



GENETICS AND GENODERMATOSES

A SEVERE CASE OF GROVER DISEASE TREATED WITH COMBINATION THERAPY OF ACITRETIN, NARROW-BAND UVB, AND BILASTINE.

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Introduction: Grover disease, also known as transient acantholytic dermatosis, is a disorder that typically affects older caucasian males. Lesions tend to occur on sun-exposed areas on the trunk, and can be intensely pruritic with significant impact on quality of life.

In addition to avoidance of triggers, initial treatment typically includes the use of topical agents such as corticosteroids, pramoxine, calcineurin inhibitors, and vitamin D analogues, often in combination with oral antihistamines. In severe cases, systemic steroids, oral retinoids, and phototherapy have been employed, however, evidence of efficacy is limited to small-scale studies.

Case: Our patient, a 71 year old caucasian male, presented to the dermatology clinic with a one year history of generalized pruritus and small erythematous lesions on his torso and proximal limbs, refractory to multiple courses of mid-high potency topical steroids and hydroxyzine.

Examination revealed multiple erythematous papules with excoriations. Punch biopsy showed focal suprabasilar acanthosis with dyskeratosis.

After two months of no response to monotherapy with acitretin 10 mg PO daily, nb-UVB therapy three times weekly was added. After 14 phototherapy treatments bilastine was added. Patient had resolution of lesions and associated pruritus after 28 weeks of combination therapy.

Conclusion: Most cases of Grover disease resolve within 6 – 12 months, but relapses are common, and persistent cases often pose a therapeutic challenge.

We report a case of a patient with severe Grover disease ongoing for approximately one year, who had excellent response to combination therapy with acitretin, nbUVB, and bilastine. Given our success with this regimen, and the relatively safe side effect profile, we propose that clinicians should consider this combination when dealing with refractory cases





of Grover disease. Further research and clinical trials are needed to identify optimal therapies.

