



## GROVER'S DISEASE

**Kathleen W. Judge, M.D.**

*Medical Director*

*Diplomate American Board of Dermatology  
Dermatology and Dermatologic Surgery*

Grover's disease (transient acantholytic dermatosis) is a condition that typically appears as small red spots on the trunk. The cause of Grover's disease is unknown. It is not contagious and cannot be spread by contact with the lesions. In many patients it seems to flare with exposure to heat or sweating. The lesions typically are very itchy and scratching them may cause them to crust or scab. Grover's disease is usually identified by its appearance and symptoms, but it does have a characteristic pattern under the microscope and a skin [biopsy](#) may be performed in questionable cases.

Treatment is directed at controlling the symptoms, especially the itching. Minor outbreaks can usually be improved with prescription strength topical cortisone creams. More severe cases may require treatment with cortisone injections or oral cortisone for symptom relief, but these medications are not necessarily curative and may have potential side effects. Additionally, because scratching may lead to open sores, it is possible for patients to develop a secondary bacterial infection that require antibiotic treatment.

Grover's disease typically lasts six to twelve months (which is why it was originally called "transient"), but it may last much longer. In fact, some patients have reported having this condition for years.