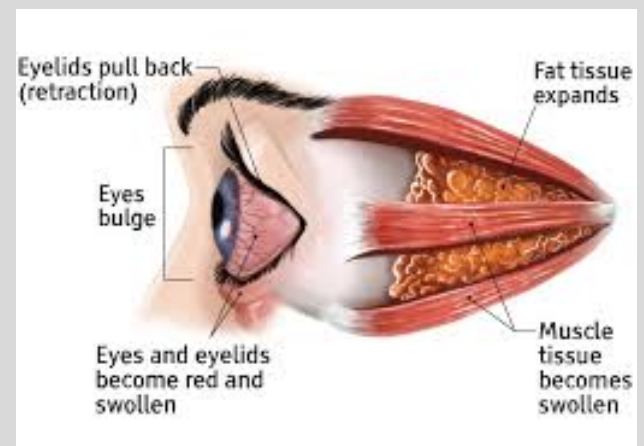


THYROID EYE DISEASE

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WHAT IS THYROID EYE DISEASE (TED)?

Thyroid eye disease causes the muscles and soft tissues within the eye socket to swell. This pushes the eyeball forward and causes various eye symptoms. It is usually associated with an abnormality of thyroid gland function. TED is sometimes called other names such as thyroid ophthalmopathy, dysthyroid eye disease, Graves' ophthalmopathy or ophthalmic Graves' disease.



WHO GETS THYROID EYE DISEASE?

This is a rare condition affecting about 16 women in every 100,000 people and 3 men in every 100,000 people each year. Most of these people have a problem with an overactive thyroid gland and have an underlying autoimmune condition. It generally occurs in middle age. Some people carry genes that make it more likely that they will get thyroid eye disease. It is also more likely to develop if you smoke.

WHAT ARE THE SYMPTOMS OF THYROID EYE DISEASE?

Active Phase Symptoms of Thyroid Eye Disease



*How is thyroid eye disease diagnosed?
Diagnosis can be made simply by examining your eyes if you already have a diagnosis of a thyroid gland problem. Eyes have a classic Staring look, also there is a noted bulge, restriction of ocular movements, congestion etc. Some Blood tests and eye scans might be required*



What is the treatment for Thyroid Eye Disease?

This is a self-limiting disease: if left untreated, the inflammation will gradually go by itself. But, the symptoms caused by the swelling (such as bulging eyes) may remain, as some of the tissues that have been stretched may not always be able to return to their original form.

The eye problems will be managed by an eye doctor (ophthalmologist) and the underlying thyroid problem by your own doctor or by a specialist in the hormone systems of the body (an endocrinologist).

Is there anything I can do?

Yes. Here are a few tips:

- We know that one thing that makes this disease worse is smoking. If you do smoke, please stop smoking.
- Sleeping propped up will help reduce the puffiness (congestion) around the eyes.
- Lubricants and decongestant drops can be used to reduce symptoms of irritation.
- If you may find bright light uncomfortable, wear sunglasses
- Stop driving ,if you have double vision.

Are there any complications from Thyroid Eye Disease?

Most people do not develop permanent complications. However, they do occur in some people, especially those where treatment is delayed or where the TED has been severe. They are also more likely in older people, in those who smoke and in people with diabetes. Possible complications from the disease include:

- Damage to the cornea due to exposure.
- Permanent squint or double vision.
- Damage to the nerve of the eye, resulting in poor vision or color appreciation.
- Unsightly appearance.
- loss of eye sight