



DOCTOR DISCUSSION GUIDE

# Managing Thyroid Eye Disease

Thyroid eye disease, also called thyroid ophthalmopathy, is characterized by exophthalmos (bulging eyes). Asking the right questions during a conversation with your doctor will help you know what to expect and how to better navigate this condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Diplopia</b>	Double vision is called diplopia. It can occur when the nerves or muscles around the eyes function unequally. In thyroid eye disease, pressure on the eye muscles can lead to diplopia.
<b>Thyroid Gland</b>	This gland is located in the neck and it produces thyroid hormones.
<b>Thyroid Hormones</b>	These hormones help your body metabolize food, allowing you to use food for energy. Changes in thyroid hormones can affect things such as your energy level, body weight, and mood.
<b>Hyperthyroidism</b>	When thyroid disease causes excess thyroid hormones, this is described as hyperthyroidism. This condition causes jitteriness, a feeling of being overheated, a rapid heart rate, and weight loss.
<b>Hypothyroidism</b>	When thyroid disease causes low levels of thyroid hormones, this is described as hypothyroidism. This causes depression, weight gain, fatigue, and decreased energy.
<b>Graves' Disease</b>	This is a specific type of hyperthyroidism that is frequently associated with thyroid eye disease.
<b>Antibodies</b>	Antibodies are a type of immune protein made by white blood cells to help fight infection. Antibodies can cause thyroid eye disease to develop.
<b>Autoimmune Disease</b>	A disease in which the body attacks its own tissue is called an autoimmune disease. Graves' disease is a type of autoimmune disease in which antibodies attack the thyroid gland. In thyroid eye disease, antibodies cause swelling in the the area around the eyes.
<b>Orbit</b>	The orbit is also described as the eye socket. It is the part of the skull that surrounds the eye.
<b>Optic Nerve</b>	The nerve that controls vision in each eye is called the optic nerve. It can be affected by severe thyroid eye disease, potentially affecting vision.

