



GOING FOR PLATINUM WITH YOUR HEALTH

Five Tips from Olympic Gold Medalist Gail Devers

- 1 Be your own advocate** – You know your body best, and have the power to take control of your health. Don't be afraid to seek a second opinion or ask questions to find the care you deserve.
- 2 Know the symptoms** – It took more than two years for me to get a Graves' disease diagnosis. If you have a combination of weight loss, trouble sleeping, hair or skin issues like I did, talk to your doctor.
- 3 Focus on your eye health** – Up to half of people living with Graves' disease will develop a separate condition called Thyroid Eye Disease (TED) – a rare autoimmune disease that can cause bulging eyes, double vision and debilitating eye pain. If you have Graves', keep track of any changes in your eyes.
- 4 Find the right care team** – Just like I could not have reached gold without the dedicated support from my coach and family, TED requires specialized care from TED Specialists, such as a neuro-ophthalmologist or oculoplastic surgeon.
- 5 Don't focus on the hurdle, focus on what comes next** – Take life one hurdle at a time. I always say, "If I can't go over it, I'm going through it." Remember, you are not alone.



To find a nearby TED Specialist, visit [TEDdoctors.com](https://teddoctors.com).

