

# Catching Thyroid Eye Disease (TED) early while the disease is still A.C.T.I.V.E. can make a big difference

Medicines have only been shown to help signs and symptoms during Active TED. So checking for signs of Active TED regularly and talking to your doctor are extremely important.

Compare your symptoms to this A.C.T.I.V.E. Symptom Tracker Checklist. Check all that apply to you.

**A**

## Appearance



Bulging eyes



Pulled-back eyelids

**C**

## Changes

Have the signs and symptoms gotten worse lately?

Do they vary during the course of the day?

**T**

## Tenderness



Dry, gritty eyes



Eye pain, including behind the eye/headache



Watery, teary eyes

**I**

## Inflammation



Red, swollen eyes and/or area around your eyes

**V**

## Vision Changes



Light sensitivity



Blurry vision



Double vision

**E**

## Engage

- If you see any of these signs and symptoms, it could mean Active TED
- Talk to your doctor about your symptoms and whether you and your doctor should develop a treatment plan
- You can find a doctor who specializes in treating TED at [TEDdoctors.com](https://www.teddoctors.com)

# Don't downplay your symptoms

You may be reluctant to share with your doctor how TED really makes you feel. But remember, every little bit of information helps your doctor decide the best way to manage your TED.

**Be specific:** List out the ways TED has affected your daily life. For example: "I have to wear sunglasses at all times, even indoors"

**Take a selfie:** Track eye symptoms with your phone by taking selfies regularly, maybe pick a day of the week.

## Talk to your doctor about all the ways TED is affecting:



### Your Physical Wellbeing

- Difficulty driving
- Depending on others for care
- Having to miss work because of symptoms



### Your Emotional Wellbeing

- Depressive feelings
- Anxiety



### Your Social Wellbeing

- Avoiding other people and social events
- Having a hard time making normal facial expressions
- Having problems holding face-to-face conversations
- Experiencing loss of self-worth



### Your Sense of Self

- Feeling self-conscious
- Feeling like you don't recognize yourself in the mirror
- Feeling disconnected from friends, family, and hobbies

**You can stay ahead of TED—if you stay A.C.T.I.V.E. and involved!**