

Talking to your TED Eye Specialist

Below are your responses to the TED Symptom Survey, as well as additional tips and questions to help you prepare for your next discussion with your TED Eye Specialist.



Evaluate your symptoms

Thyroid Eye Disease (TED) may cause discomfort in, around, or behind your eye. Over the past 3 months, have you experienced any of the following symptoms? Check all that apply:

- Pain or pressure behind your eye

- Discomfort or pain in or behind your eye when you look left/right, or up/down

- Eyelid swelling

- Eyes feel swollen or look red

- Redness in the whites of your eyes

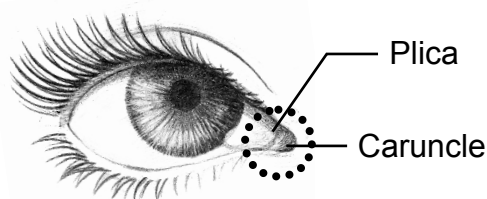
- Eye pus or area that appears blistered

- Bulging of one or both eyes

- One eye moves slower than the other

- Difficulty reading street signs or subtitles on TV or in movies

- Inflammation in the areas of your eye known as caruncle or plica (inside corner of your eye)



Now count the number of symptoms you marked above and enter your total in the box to the left. Share this number with your doctor to help evaluate your symptoms.

Please note that this information does not replace a diagnosis or conversation with your doctor. Be sure to talk to your doctor about your condition and treatment options.

Additional symptoms to track



The earliest symptoms of TED often involve changes to the way your eyes feel. Your doctor should know if you often experience the following sensations:

- Dry, gritty eyes**

- The feeling of something stuck in your eye**

- Watery, teary eyes**

Symptoms also commonly include changes to the way your eyes work. Consider speaking with your doctor if you've noticed any of the following:

- Sensitivity to light**

- Blurry vision**

- Double vision**

Thyroid Eye Disease (TED) is often diagnosed when physical symptoms appear. Make note if you've noticed any of the following:

- Eyelid retraction (pulled-back eyelids)**

- Misaligned eyes (or eyes that point in different directions)**

- Drooping or twitching eyelids**

If left untreated, TED can threaten your vision. Contact a doctor immediately if you're experiencing either of the following:

- Color-vision loss**

- Vision loss**

TED's impact on daily life



TED can have a big impact on nearly all parts of your life, including daily activities. Be sure to speak up and tell your doctor if your eye symptoms have made it harder to do any of the following:

Walking outdoors

Reading

Driving

Watching TV

Cooking

Working

Walking up or down stairs

Are there other activities or hobbies that you wanted to do but could not because of TED?

TED's impact on your well-being



TED can cause changes to your physical appearance and your vision that affect your mental health and your social life. Be open with your doctor and let them know if your eye symptoms are causing any of the following:

- Depressive feelings**

- Feeling anxious**

- Feeling like you are being watched or judged**

- Wanting to hide your physical appearance**

- Having difficulty making normal facial expressions**

- Having trouble with face-to-face interactions**

- Feeling disconnected from loved ones and hobbies**

Are there other ways that TED has changed how you feel about yourself?

Prior treatments



Have you used any of the following treatments to treat your TED?

Eye drops or gel

Steroids

Radiotherapy

Surgery

List any other treatments you may have used to treat TED.

Tips for talking to your TED Eye Specialist



- 1** Bring these results with you to help start a TED-focused conversation with your physician.
- 2** Be honest with your physician about how your symptoms affect your life on a day-to-day basis.
- 3** Make sure that you speak openly with your physician; don't be reluctant to share how your symptoms make you feel.
- 4** Ask your physician if any treatments are available to help you manage your symptoms.
- 5** Make sure you understand your options, even if you feel like you're repeating yourself. Your physician would rather you ask questions than leave the appointment confused.

Use the space below to write in any questions you may have.



Congratulations! You are now taking an active role in protecting your eyes, vision, and well-being from Thyroid Eye Disease.

If you have questions about Thyroid Eye Disease (TED) or finding a TED Eye Specialist, call a Nurse Advocate at 1-833-833-3930.

Nurse Advocates do not provide individual patient care or medical advice.