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Thyroid Eye Disease Symptoms & Treatment



EYE CARE WITH CARE

Thyroid Eye Disease

Symptoms & Treatment



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While medical treatments are crucial, diet and lifestyle modifications can also play a significant role in managing the condition

Thyroid Eye Disease (TED), also known as Graves' Orbitopathy or Graves' Ophthalmopathy, is an autoimmune condition often associated with thyroid disorders, particularly Graves' disease. This condition primarily affects the muscles and tissues around the eyes, leading to a range of symptoms that can significantly impact a patient's quality of life.

Symptoms

TED manifests through a variety of symptoms, which can vary in severity from mild to severe. Common symptoms include:

- **Eye Bulging (Proptosis):** Eyes appear to bulge out of their sockets due to inflammation and swelling of the tissues behind the eyes.
- **Double Vision (Diplopia):** The swelling of the eye muscles can lead to misalignment of the eyes, causing double vision.
- **Eye Pain and Discomfort:** Patients may experience pain or a feeling of pressure behind the eyes, which can be exacerbated by eye movement.
- **Redness and Swelling:** The eyes and eyelids may become red and swollen, often giving the appearance of conjunctivitis.
- **Dry Eyes and Irritation:** Reduced tear production or altered tear composition can lead to dryness, grittiness, and irritation.
- **Light Sensitivity (Photophobia):** Inflammation can make the eyes more sensitive to light.
- **Reduced Eye Movement:** Swelling of the eye muscles can restrict their movement, leading to difficulties in moving the eyes and maintaining proper vision.

Treatment

- **Medical Therapy:**

Corticosteroids: To reduce inflammation and swelling.

Immunosuppressive Drugs: To modulate the immune response.

- **Local Treatments:**

Lubricating Eye Drops: To alleviate dryness and irritation.

Prisms in Glasses: To help manage double vision.

- **Surgical Interventions:**

Orbital Decompression Surgery: Removing some of the bone around the eye to create more space for the swollen

antioxidants, such as berries, leafy greens, and bell peppers to reduce inflammation.

Omega-3 Fatty Acids: Fatty fish (salmon, mackerel), flaxseeds, and walnuts - have anti-inflammatory properties.

Whole Grains: Opt for whole grains like brown rice, quinoa, and oats instead of refined grains - have a lower glycaemic index and can help maintain stable blood sugar levels.

Nuts and Seeds: Almonds, chia seeds, and sunflower seeds are good sources of healthy fats and antioxidants.

Avoid Inflammatory Foods: Reduce the intake of processed and packaged

Symptoms & Treatment

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Reduced Eye Movement



Medical Therapy
Local Treatments
Surgical
Interventions
Dietary & Lifestyle
Modifications

tissues, thereby reducing proptosis.

Strabismus Surgery: To correct misaligned eyes and alleviate double vision.

Eyelid Surgery: To address retraction of the eyelids and improve appearance and function.

Thyroid Disease Management: Ensuring optimal control of the underlying thyroid disorder through medications, radioactive iodine treatment, or surgery.

Dietary Modifications

Anti-Inflammatory Diet:

Fruits and Vegetables: Rich in

foods high in sugar, unhealthy fats, and additives. Limit consumption of sugary beverages and sweets, as they can contribute to inflammation and weight gain. Avoid trans fats found in fried foods, baked goods, and margarine, as they can promote inflammation.

Hydration: Drink plenty of water throughout the day to stay hydrated. Proper hydration helps maintain overall health and can alleviate dry eyes.

Maintain a Balanced Diet: Ensure a balanced intake of proteins, carbohydrates, and healthy fats. Balanced nutrition supports the immune system

and overall health.

Lifestyle Modifications:

Regular Exercise: Engage in regular physical activity, such as walking, swimming, or yoga. Exercise can help reduce inflammation, improve mood, and maintain a healthy weight.

Stress Management: Practice stress-reducing techniques such as meditation, deep breathing exercises, or mindfulness. Chronic stress can exacerbate autoimmune conditions and negatively impact eye health.

Adequate Sleep: Aim for 7-9 hours of quality sleep each night. Proper sleep is essential for overall health and can aid in reducing inflammation.

Smoking Cessation: If you smoke, seek support to quit. Smoking can worsen

TED symptoms and overall eye health. Avoid exposure to second-hand smoke as well.

Protect Your Eyes: Wear sunglasses to protect your eyes from UV rays and environmental irritants. Use lubricating eye drops to relieve dryness and discomfort.

Monitor Thyroid Health: Regularly monitor and manage in consultation with your Doctor to control the progression of TED.

Avoid Alcohol Intake: Alcohol consumption can interfere with immune function and exacerbate inflammation.

Mindful Eating: Practice mindful eating by paying attention to hunger and fullness cues. Avoid overeating, which can lead to weight gain and increased inflammation.



Multi Speciality Eye Hospital
Eye Care with Care

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FACILITIES AVAILABLE

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- ◆ Glaucoma Services
- ◆ Orbit, Oculoplasty & Neurophthalmology
- ◆ Community Services
- ◆ Facial Aesthetics

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