

## Fast Facts

### Graves' Disease

- A disorder of the immune system that results in the overproduction of thyroid hormones
  - Most common cause of hyperthyroidism
- Thyroid gland is normally regulated by hormones released from the pituitary gland
- Immune system produces antibodies to fight viruses, bacterium, and other foreign substances
- In Graves' disease, the immune system produces an antibody that overrides normal process
  - Around 30% of people with the disorder have Graves' ophthalmopathy
  - Graves' dermopathy is uncommon
- Uncontrollable risk factors: family history of the disorder, being a woman, being under 40, or having other autoimmune disorders
- Controllable risk factors: not smoking, managing stress well, and being pregnant

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Anxiety</li> <li>-Irritability</li> <li>-Fine tremor in hands/fingers</li> <li>-Heat sensitivity</li> <li>-Increased perspiration</li> <li>-Unexplained weight loss</li> <li>-Enlargement of the thyroid gland (goiter)</li> <li>-Frequent bowel movements</li> <li>-Fatigue</li> <li>-Sleep disturbances</li> <li>-Rapid/irregular heartbeat</li> <li>-Menstrual cycle changes</li> <li>-Erectile dysfunction</li> <li>-Reduced libido</li> </ul> <p><u>Graves' Ophthalmopathy</u></p> <ul style="list-style-type: none"> <li>-Bulging eyes</li> <li>-Gritty sensation in eyes</li> <li>-Eye pain/pressure</li> <li>-Puffy/retracted eyelids</li> <li>-Light sensitivity</li> <li>-Double vision</li> <li>-Reddened/inflamed eyes</li> <li>-Vision loss</li> </ul> <p><u>Graves' Dermopathy</u></p> <ul style="list-style-type: none"> <li>-Reddening/thickening of skin on shins/tops of feet</li> </ul>	<p><i>Goal:</i> Stop the production of thyroid hormones and block the effect of the hormones on the body</p> <ul style="list-style-type: none"> <li>-Radioactive iodine therapy</li> </ul> <p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Anti-thyroid</li> <li>-Beta blockers</li> <li>-Surgical removal of thyroid</li> </ul> <p><u>Graves' ophthalmopathy</u></p> <p><i>Mild:</i></p> <ul style="list-style-type: none"> <li>-Over-the-counter artificial tears during the day</li> <li>-Lubricating gels at night</li> <li>-Apply cool compresses to eyes</li> <li>-Wear sunglasses</li> <li>-Elevate the head of bed</li> <li>-Don't smoke</li> </ul> <p><i>Severe:</i></p> <ul style="list-style-type: none"> <li>-Corticosteroids to reduce swelling</li> <li>-Wear prisms in glasses for double vision</li> <li>-Orbital decompression surgery</li> </ul> <p><u>Graves' dermopathy</u></p> <ul style="list-style-type: none"> <li>-Over-the-counter hydrocortisone creams/ointments</li> <li>-Compression wraps</li> </ul>	<ul style="list-style-type: none"> <li>-No way to prevent</li> <li>-Best thing to do is to live a healthy lifestyle because if you do develop the condition, you'll be less likely to have as many complications</li> <li>-Exercise regularly</li> <li>-Eat healthy</li> <li>-Manage stress</li> <li>-Get enough sleep</li> <li>-Don't smoke or use illegal drugs</li> <li>-Drink alcohol in moderation</li> </ul>

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