

TED Online Peer Support - Join the Conversation

Wednesday, January 15th @ 4:30pm PT / 6:30pm CT / 7:30pm ET

Friday, January 17th @ 12 Noon PT / 1pm MT / 2pm CT / 3pm ET



Hello TED Community ❤️

Happy New Year 2025! We have an abundance of great opportunities and experiences to look forward to in the next 12 months. You can dive in and participate in them all or pick and choose. Watch your INBOX then mark your calendar!

To start the New Year on a positive note, please join us for a TED Peer Support Meet Up – a heartfelt, uplifting, and solution-oriented conversation about living with thyroid eye disease/TED.

Below are the topics for the midday and evening one-hour meetings that will take place on Zoom in January 2025. (International participants welcomed!)

You can be on or off camera. This is a safe space so make yourself comfortable!

ZOOM LOG IN BELOW

TOPICS

Off the Top

EYE DROPS, OINTMENTS, ICE, HEAT, and other methods **for bringing comfort to TED eyes.**

The Person in the Mirror

It is common for TED patients to report bewilderment, at times intense anxiety, when looking in the mirror. It is understandable. Bulging eyes (proptosis) and changes in facial appearance due to swelling or asymmetry can severely impact one's self-image and self-esteem. Many of us avoid mirrors, cameras, and Zoom calls for this reason.

You might be wondering what steps to take to get your life back! We're going to talk about it.

Emotional and Psychological Impact

Anxiety, depression, and feelings of helplessness are common. The unpredictability of TED and the visible changes it causes can lead to emotional stress and decreased mental well-being.

How can this be turned around?

TED & Difficulty with Daily Activities

Even routine activities like reading, driving, or working on a computer can become difficult or impossible due to vision problems or discomfort, leading to frustration and loss of independence. Is the answer to practice "acceptance" or is there a way to recapture one's independence?

We'd like to hear how you are dealing with this dilemma.

On a final note: Medication and side effects.

###

TED Community Organization Zoom Log In

Use this link to log in:

<https://us06web.zoom.us/j/86066715350?pwd=dKnXZtmf6xtXZPNsESPyHyn6PU7en.1>

Meeting ID: 860 6671 5350

Passcode: 2025

—

One tap mobile

+16694449171,,86066715350#,,,,*2025# US

—

+1 669 444 9171 US

Find your local number: <https://us06web.zoom.us/u/kdEh1La3NP>

With kindness,

Christine

Christine Gustafson

Executive Director

TED Community Organization

831-241-2243 tx & ph

hello@tedcommunity.org

<https://tedcommunity.org>