

TED Community Organization

Thyroid Eye Disease Health Care Team

For the best possible care for people living with thyroid eye disease (TED), a team of healthcare providers (HCPs) may collaborate on both diagnosis and treatment. Such multidisciplinary coordination can be a crucial component for people who live with TED and associated thyroid diseases (such as Graves' Disease) to manage their disease long term. HCPs who can diagnose, treat, and manage TED include eye doctors, endocrinologists, and primary care physicians.



Primary care physicians may refer patients to an endocrinologist or eye doctor when lab abnormalities suggest a potential issue with the thyroid or if unusual eye symptoms such as dry eye are observed during a physical examination. Similarly, optometrists may also sometimes refer patients to eye doctor specialists such as general ophthalmologists if symptoms are observed during routine eye exams or vision check-ups.

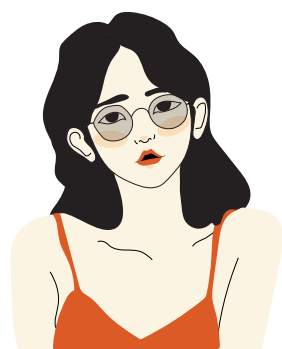
Endocrinologists are physicians who treat metabolic conditions and sometimes specialize in managing thyroid diseases. Endocrinologists can see a spectrum of people living with TED at different stages of disease and can often be the physician who provides the initial diagnosis and management of TED. It is important to know one's medical history as hyperthyroidism and diagnosis of Graves' disease, alongside symptoms such as dry eye, eye redness, eyelid redness or swelling, and protrusion of the eye (called proptosis) could be indicators of the development of TED.

Eye doctors who can diagnose and treat TED include specialists such as general ophthalmologists, oculoplastic surgeons, and neuro-ophthalmologists.

- **General ophthalmologists** are physician-eye specialists who can diagnose and treat multiple eye conditions and may be one of the first eye doctors you are referred to because of symptoms, such as dry eye, caused by TED. A primary care physician or an optometrist will often refer individuals to general ophthalmologists as a first step.

- **Oculoplastic surgeons** are specialized ophthalmologists who use both surgical and medical methods to treat TED. Surgery is sometimes needed to alleviate symptoms as well as to cosmetically improve the changes in appearance of the eyes and face due to TED.

- **Neuro-ophthalmologists** are specialized ophthalmologists who treat eye and vision conditions with a focus on the nerve behind the eye called the optic nerve. A neuro-ophthalmologist may be involved in treating symptoms such as double vision and vision loss caused by TED.



Once diagnosed, there are a few options available for treating TED. Discussing these with a trusted HCP who is also a TED specialist is key in being able to find the right treatment for you at the right time.