


Bring this guide to your next appointment so you and your doctor can discuss how Thyroid Eye Disease (TED) has affected your overall well-being and develop the best treatment plan for you.

# Step 1: Assess the full impact Thyroid Eye Disease (TED) has on your life


The different ways TED affects you can really add up. Using the three scales below, mark the impact TED has had on you. Use your answers to start a conversation with your doctor about the full impact of TED.



**Signs and symptoms**  
Some examples: eye pain, redness, swelling, eye bulging, double vision (these are not all the signs and symptoms of TED)

Mild                      Moderate                      Severe


AND



**Emotional well-being**  
Some examples: feeling anxious, depressive feelings, hiding your appearance in public

Good                      Managing                      Discouraged

AND



**Daily activities**  
Some examples: walking outdoors, driving, reading

Easy to perform                      Some difficulty                      Hard to perform

This is not a medical tool.

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# Step 2: Identify your potential signs and symptoms

Over the past month, have you experienced any of the following Thyroid Eye Disease (TED) symptoms? (Check all the boxes that apply.)

**Have you ever had pain or pressure behind your eye?**

The medical term for this is "spontaneous orbital pain"

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**When you look left/right, or up/down, do you ever feel discomfort or pain in or behind your eye?**

The medical term for this is "gaze-evoked orbital pain"

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**Have you had eyelid swelling?**

The medical term for this is "eyelid edema"

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**Do your eyes ever feel swollen or look red?**

The medical term for this is "eyelid erythema"

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**Do you ever notice redness in the whites of your eyes?**

The medical term for this is "conjunctival redness"

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**Have you ever observed that you have eye pus or areas that are swollen and look blistered?**

The medical term for this is "chemosis"

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**Do you ever notice that one or both of your eyes are bulging?**

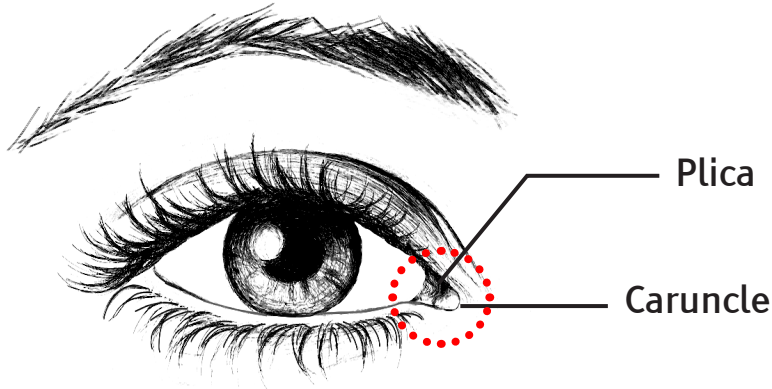
The medical terms for this are "proptosis" or "exophthalmos"

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**When you look in the mirror and move your eyes, do you ever notice that one eye moves slower than the other? (you may also notice two images - double vision - when looking in a certain direction)**

**Do you ever notice that you have difficulty reading street signs, or subtitles in TV or movies?**

**Do you ever have inflammation in the areas of your eye known as the Caruncle or Plica (see illustration on next page)?**



Now count the number of symptoms you marked above and enter your total in the box below.

Share this number with your doctor to help them evaluate your symptoms.

## Additional symptoms to track

Over the past month, have you experienced any of these additional Thyroid Eye Disease (TED) symptoms? (Check the boxes that apply.)

Dry, gritty eyes

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Watery, teary eyes

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Blurry vision

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Light sensitivity

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Drooping or twitching eyelids

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Pulled-back eyelids

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Eyes pointing in different directions

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Double vision

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Color vision loss

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Vision loss

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# Step 3: Share how TED is impacting your well-being and daily life

In making a decision about your TED treatment, it is also important for your doctor to understand the impact of TED on your ability to do daily tasks and on your overall well-being.

## Well-being

The emotional effects of TED should not be ignored. It's important that you talk with your doctor about how TED affects all aspects of your life. Over the past month, have you noticed any of the following? (Check the boxes that apply.)

**Depressive feelings**

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**Feeling anxious**

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**Feeling like you are being watched or judged**

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**Hiding your appearance in public**

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**Having a hard time making normal facial expressions**

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**Having difficulty holding face-to-face conversations**

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**Feeling disconnected from friends, family, and hobbies**

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Are there other ways that TED has changed how you feel about yourself?  
(Use the space below to write your answer.)

## Daily Life Impact

Over the past month, has Thyroid Eye Disease (TED) made it harder to do any of these daily tasks? (Check the boxes that apply.)

Walking outdoors

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Reading

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Driving

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Watching TV

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Cooking

---

Working

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Walking up or down stairs

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Are there any other activities or hobbies that you wanted to do but could not because of TED? (Use the space below to write your answer.)

# Step 4: List any prior treatments

What have you used in the past to treat your Thyroid Eye Disease (TED)?  
(Check the boxes that apply.)

Eye Drops or Gel

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Steroids

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Radiotherapy

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Surgery

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Use the space below to write in any other prior treatments.

# Step 5: Ask your doctor about TEPEZZA (teprotumumab-trbw)

How is TEPEZZA different from other treatments?

How might TEPEZZA reduce some of my TED symptoms?

What are the possible side effects of TEPEZZA?

Could TEPEZZA be right for me?

**Please see Important Safety Information on pages 9-10 and Full Prescribing Information at [TEPEZZA.com](http://TEPEZZA.com).**

## More questions for your doctor

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



### **Use selfies to help you track changes**

Taking selfies is a great way to keep track of how your symptoms and appearance are changing over time. Try to zoom in on your eyes when you take your selfie, and make sure that your face is well lit.

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If you have questions about Thyroid Eye Disease (TED), TEPEZZA, or this guide, call a Nurse Advocate at **1-844-483-7399**, Monday-Friday 8 AM-8 PM, ET.

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

**Please see Important Safety Information on pages 9-10 and Full Prescribing Information at [TEPEZZA.com](https://www.tepezza.com).**



# USE and IMPORTANT SAFETY INFORMATION

## USE

TEPEZZA is a prescription medicine used to treat Thyroid Eye Disease (TED), no matter if you've had TED for months or years.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about TEPEZZA?

Infusion reactions can happen during or within 24 hours after your infusion of TEPEZZA. If you have a reaction while receiving TEPEZZA, your doctor or nurse will slow or stop your infusion and treat your reaction. If you have a severe infusion reaction, your doctor may stop your treatment completely.

### Tell your doctor or nurse right away if you have any of these symptoms during or after your treatment with TEPEZZA:

- High blood pressure
- Fast heartbeat
- Redness of the face/Feeling hot
- Difficulty breathing
- Headache
- Muscle pain

If you have inflammatory bowel disease (IBD), such as Crohn's disease or ulcerative colitis, TEPEZZA may make your IBD symptoms worse. Symptoms of worsening IBD may include: an increased number of loose stools with stomach pain or cramps, and blood in your stools. After each TEPEZZA infusion, tell your doctor right away if you have worsening IBD symptoms.

TEPEZZA may cause an increase in your blood sugar. Before starting treatment with TEPEZZA, tell your doctor if you are currently being treated for diabetes, know your blood sugar is high, or have been diagnosed with diabetes. It is important for you to take your treatments and follow an appropriate diet for glucose control as prescribed by your doctor.

TEPEZZA may cause severe hearing problems including hearing loss, which in some cases may be permanent. Tell your doctor if you have any signs or symptoms of hearing problems or changes in hearing.

**(Continued on next page)**

# IMPORTANT SAFETY INFORMATION (continued)

**Before receiving TEPEZZA, tell your doctor if you:**

- Have inflammatory bowel disease (Crohn's disease or ulcerative colitis).
- Are currently being treated for diabetes, have been diagnosed with diabetes, or know your blood sugar is high.
- Are pregnant or plan to become pregnant. TEPEZZA may harm your unborn baby. Tell your doctor if you become pregnant or suspect you are pregnant during treatment with TEPEZZA.
  - Women who are able to become pregnant should use an effective form of birth control (contraception) prior to starting treatment, during treatment and for at least 6 months after the final dose of TEPEZZA.
- Are breastfeeding or plan to breastfeed. It is not known if TEPEZZA passes into your breast milk. Talk to your doctor about the best ways to feed your baby during treatment with TEPEZZA.
- Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, dietary and herbal supplements. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

## **What are the possible side effects of TEPEZZA?**

The most common side effects of TEPEZZA include muscle cramps or spasms, nausea, hair loss, diarrhea, feeling tired, high blood sugar, hearing problems, taste changes, headache, dry skin, weight loss, nail problems, and changes in menstruation.

This is not a complete list of all possible side effects. Tell your doctor or treatment team about any side effect you may have.

**You are encouraged to report negative side effects of prescription drugs to the FDA.**

**Visit [www.fda.gov/safety/medwatch](http://www.fda.gov/safety/medwatch), or call 1-800-FDA-1088.**

**Please visit [TEPEZZA.com](http://TEPEZZA.com) for more information.**



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