

Impacts of thyroid eye disease (TED), beyond the signs and symptoms

In 2024, the TED Community Organization, physicians with expertise in treating TED, and Viridian Therapeutics surveyed* people living with TED to learn about their experiences and to better understand key issues affecting quality of life, mental health, and daily living.

ElevaTED was completed by **204 adults in the USA living with TED**

151 of 204 participants were female
Average age of participants was **50 years**

Average time participants reported living with TED

2.7 years

Average time since diagnosis

2.2 years

Race/ethnicity

53% White

23% Hispanic, Latino, or Spanish origin

21% Black or African American

5% Other



190 of 204 participants reported experiencing **TED symptoms within the prior month**

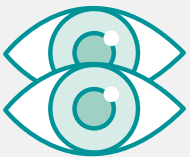
How severe were their symptoms in the prior month?

Severe 35 of 190

Moderate 111 of 190

Mild 44 of 190

5 most frequently experienced symptoms reported in the prior month



Double vision



Pressure or pain around or behind the eye



Red, swollen, or burning eyes



Dry/ gritty eyes



Sensitivity to light

Double vision and pain were reported as the most burdensome symptoms

The more severe the TED symptoms, the more frequently participants **reported negative impacts on quality of life**



Number of participants who reported TED impacting their **Mental Health**

Depression

29 of 35

67 of 111

4 of 44



Anxiety

25 of 35

55 of 111

4 of 44

Number of participants who reported TED impacting their **Sleep**



Sleep

22 of 35

25 of 111

3 of 44

Number of participants who reported TED impacting their **Activities of Daily Living**

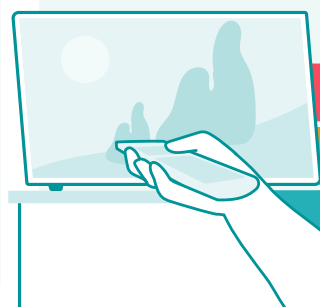


Doing household chores

30 of 35

87 of 111

27 of 44

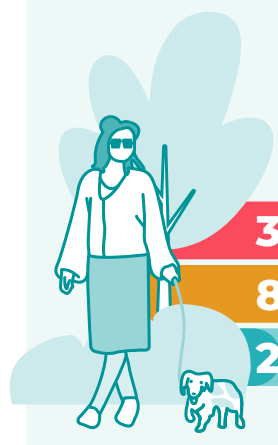


Watching TV

34 of 35

99 of 111

35 of 44



Activities outside

34 of 35

89 of 111

21 of 44



Using electronic devices

35 of 35

101 of 111

35 of 44



Reading

32 of 35

102 of 111

30 of 44



Driving

31 of 32

101 of 111

18 of 44

170 of 204 participants, regardless of symptom severity, were very or extremely **worried about their symptoms returning or getting worse**

198 of 204 participants **wanted to discuss more topics with their physicians** such as:

Ability to do daily activities

Sleep quality

TED symptoms

Overall quality of life

Eye pain



Thank you!

The authors would like to thank the survey participants who made this research possible. The authors would also like to thank the Autoimmune Association, Prevent Blindness, Graves' Disease & Thyroid Foundation, TED Community Organization, and the Vision Health Advocacy Coalition for recruitment support for this survey.

