

Take selfies to track your progress



Taking selfies **before each infusion** is a great way to keep track of how symptoms and appearance change with each treatment. When you take your selfie, try to zoom in on your eyes. Go ahead and try one now!

Record any changes you see

A selfie is a good start. But it's also a good idea to make note of how specific symptoms may be bothering you. Check any that may apply.

	Not at all 1	Mild 2	Moderate 3	Severe 4	Extreme 5
Eye bulging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Double vision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eye pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Redness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Use the space below to write in any other symptoms you may have related to your Thyroid Eye Disease (TED).

Symptom level
(1–5)

Share how TED is impacting your daily life

Take some time to reflect on how Thyroid Eye Disease (TED) has affected your ability to do daily tasks without the help of a family member or friend. Check all that apply.

	Not difficult 1	Somewhat difficult 2	Difficult 3	Very difficult 4	Impossible 5
Walking outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking up or down stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Working	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Use the space below to record any other activities or hobbies that have been affected by TED.

Difficulty level
(1–5)

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<hr/>	<hr/>

Check in with how you're feeling

Thyroid Eye Disease (TED) affects more than just your eyes. Take time to track how you are feeling. Check all that apply.

	Never 1	Rarely 2	Sometimes 3	Often 4	All the time 5
Feeling depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling like you are being judged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hiding your appearance in public	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Use the space below to record any other ways that TED affects you emotionally or socially.

How often
(1–5)

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