

# Step 1: Track your symptoms

Bring this guide to your next appointment so you and your doctor can discuss your symptoms and develop the best treatment plan for you.

## Changes to your eyes

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

	All the time	Sometimes	Never
<b>Eye bulging</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pulled back eyelids</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Swollen, puffy eyelids</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Drooping or twitching eyelids</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Dry, gritty eyes</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Redness in/around the eye</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Watery, teary eyes</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Eye pain</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Light sensitivity</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Eyes pointing in different directions</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Blurry vision</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Double vision</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Color vision loss</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Vision loss</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Step 2: Share how TED is impacting your daily life

## Daily life

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

	Yes	No	Not sure
<b>Walking outdoors</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Reading</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Driving</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Watching TV</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cooking</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Working</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Walking up or down stairs</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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.)

## Wellbeing

The emotional effects of Thyroid Eye Disease (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.)

	Yes	No	Not sure
<b>Depressive feelings</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Anxiety</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Feeling like you are being watched or judged</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Hiding your appearance in public</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Having a hard time making normal facial expressions</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Having difficulty holding face-to-face conversations</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Feeling disconnected from friends, family, and hobbies</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

## Step 3: Ask your doctor about TEPEZZA

Could TEPEZZA be right for me?

How is TEPEZZA different from other treatments?

How might TEPEZZA reduce some of my TED symptoms?

What are the possible side effects of TEPEZZA?

If you feel TEPEZZA is right for me, how will I receive it?

Please see Important Safety Information on pages 6-7 and Full Prescribing Information at [TEPEZZA.com](https://www.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 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 6-7 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.

### **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.

#### **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.

## Important Safety Information (continued)

- 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, and dry skin.

This is not a complete list of all possible side effects. Tell your doctor or treatment team if you have any side effect that bothers you or that does not go away.

Please visit [TEPEZZA.com](https://www.tepezza.com) for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/safety/medwatch](https://www.fda.gov/safety/medwatch), or call the FDA at [1-800-FDA-1088](tel:1-800-FDA-1088).



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