

Prevalence and Severity of Ophthalmic Manifestations of Graves disease in Tertiary centre of North India

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ABSTRACT

Background: Thyroid Associated Orbitopathy (TAO) is most common extrathyroidal manifestation of the systemic autoimmune process known as Graves disease (GD). TAO is described as a chronic inflammation of orbital and periorbital tissue.

Objective: To evaluate the ocular manifestations in patients with GD.

Materials and Methods: This was a hospital based prospective study done on consecutive 52 newly diagnosed patients of GD documented by thyroid ^{99m}Tc-technetium scan. Patients were subjected to a complete clinical work up, thyroid profile and computed tomography orbit. The diagnosis of TAO was based on the criteria of Bartley and Gorman. Clinical activity score (CAS) and severity was estimated as per European Group on Graves Orbitopathy (EUGOGO).

Results: Age of patients ranged from 15-68 years with mean age of 42.1±11.49 years. The male to female ratio was 0.6:1. Eyelid retraction was the most common presentation (78%). Conjunctival redness was seen in 61.5% patients followed by eyelid erythema (44.2%), eyelid swelling (32.7%), plical swelling (23.1%). Almost half of the study group (51.9%) had proptosis of >20mm. Majority of patients had mild orbitopathy (65.4%) followed by moderate to severe in (34.6%) and none of the patients showed any signs of a sight threatening disease. CAS was inactive in 55.8% of the study group and active in 44.2%.

Conclusion: TAO was present in about 2/3rd of patients of GD. Majority of patients had mild orbitopathy (65.4%) and none of the patients had sight threatening disease. CAS was active in 44.2% of patients.

KEY WORDS: Thyroid associated ophthalmopathy; Graves Disease; Clinical activity score