



PATIENT EDUCATION

Graves' eye / thyroid eye disease & radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What is Graves' eye disease?

Graves' ophthalmopathy (thyroid eye disease) is an autoimmune inflammation of the tissues around the eyes, often linked to Graves' thyroid disease. Soft tissues and muscles behind the eye can swell, causing bulging eyes (proptosis), double vision, irritation, light sensitivity, or pressure. It is not an eye infection and it is not cancer. Activity can flare and then settle over months to years.

What you may notice

- Red, watery, or gritty eyes; light sensitivity
- Eyelid retraction ("staring" look) or bulging of one or both eyes
- Double vision, especially looking up or to the side
- Pressure or pain behind the eyes; rare vision threat if the optic nerve is compressed

Usual care options

Care is shared among endocrinology, ophthalmology, and sometimes radiation oncology. Lubricating drops, selenium when appropriate, smoking cessation, thyroid control, steroids or other medicines for active inflammation, and surgery for stable severe changes are common tools. **Orbital radiation** may be considered for selected patients with active moderate disease to help calm inflammation.

Where CureRays may fit. For selected patients with active Graves' eye disease, carefully planned **orbital radiation** can be part of a multi-specialty plan to reduce inflammatory activity. Your ophthalmology and radiation team decide timing, dose, and whether medicines or surgery should come first or alongside.

What treatment usually involves

- Multi-specialty review (thyroid status, eye exam, imaging when needed)
- A planned course of outpatient radiation to the orbital tissues — sessions are typically short
- Custom immobilization (a mask or head support) so the head stays still and the beam stays on target
- Eye and skin care instructions during the course
- Continued endocrine and eye follow-up; radiation is one piece of a larger plan

Immobilization — why it matters

A thermoplastic mask or similar device holds the head still so dose stays on the planned orbital tissue and away from structures that should be spared. Immobilization is for **accuracy and safety**, not because you are casted afterward. You usually go home the same day.



Side effects you should know about

Orbital radiation for thyroid eye disease uses carefully limited doses. Discuss your personal risk profile; common themes include:

- **Eye and lid irritation.** Temporary dryness, redness, or tearing can occur; lubricating drops are often recommended.
- **Fatigue.** Mild tiredness during the course is possible.
- **Skin.** Mild redness over treated areas can occur and usually fades.
- **Rare / serious.** Sudden vision loss, severe pain, or fever need urgent care. Long-term cataract risk and other late effects are discussed case-by-case — ask your team what applies to you.

Evidence in plain words

Orbital radiotherapy has been studied as an option for active moderate Graves' ophthalmopathy, often alongside or after medical therapy. Results vary by disease activity and prior treatments. We do **not** quote a single success percentage here — your team will describe expected benefit and risks for your eyes and thyroid status.

What this means for you at CureRays

If your eye disease is active and moderate, radiation may be one tool to calm inflammation and support comfort and function. Stable "burned-out" disease is more often managed with rehabilitative surgery when needed. CureRays coordinates with your eye and thyroid clinicians.

Questions to ask

- Is my thyroid eye disease still in an active inflammatory phase?
- Should steroids or other medicines come before, with, or instead of radiation?
- What eye-care steps and follow-up will I need during treatment?
- What late effects (such as cataract) should I understand for my age and lens status?

How to schedule or learn more

CureRays Radiation Medicine® — 300 Sierra College Drive, Suite 150, Grass Valley, CA 95945

Toll free: **(844) CURERAYS** / (844) 287-3729 · Office: (530) 802-6400 · office@curerays.com · www.curerays.com

Learn more: www.curerays.com/conditions

Important. Educational only — not a diagnosis, prescription, or guarantee. Radiation decisions require a clinician who knows your history, exam, and imaging. Percentages appear only when tied to a named source; many handouts intentionally omit rates rather than invent them. © 2026 CureRays Global Inc. · Keep Cancer Away® · Keep Arthritis Away® · Printout v1