



GRAVES' DISEASE: A DISEASE NOT TO BE IGNORED

By: Kelly Pennell



GLOBAL ISSUE—GRAVES' DISEASE ORIGINS

- ❖ Caleb Hillier Parry: the first to observe the features of hyperthyroidism, which consisted of anxiety, palpitation, and exophthalmic goitre. Ahmed writes, “He described his patients as follows: “eyes were protruded from their sockets, faces exhibited an appearance of agitation and distress, the heartbeat was so violent that each systole of the heart shook the whole thorax...”. He confirmed “a case of exophthalmos associated with goitre and ‘non-organic heart disease’ (to explain palpitation)” (Ahmed 465).
- ❖ Robert James Graves: whom this disease was named after, agreed with Parry on his ideals of exophthalmos goitre, which was produced by problems from cardiac function.
- ❖ Ludwig Rehn (1880): the first to perform a thyroidectomy. From this surgical procedure he concluded, “the clinical features of this disease were due to hyperactivity of the thyroid gland.
- ❖ Rehn’s (1886) view was supported by Paul Julius Mobius who suggested an abnormal activity of the thyroid that “poisoned” the body.
- ❖ William Osler (1909): the symptoms of Graves disease were ‘due to disturbed function of the thyroid gland, probably a hypersecretion of certain materials which induce a sort of chronic toxemia.’
- ❖ Charles Mayo (1907): suggested the term hyperthyroidism” (Ahmed 465-466).
- ❖ Weetman (current findings): “The discovery of a thyroid-stimulating factor that was not thyrotropin in the serum of patients with Graves’ hyperthyroidism was followed by the identification of this stimulator as an IgG antibody. It is now clear that Graves’ hyperthyroidism is caused by these thyroid-stimulating antibodies, which bind to and activate the thyrotropin receptor on thyroid cells” (Weetman 1236).

There were many specialists that contributed to the growing knowledge of Graves’ Disease, and we are still learning more, thanks to modern medicine.



IMPACT OF GRAVES' DISEASE ON SOCIETY

- ❖ Graves' Disease has contributed to some of the mental health issues plaguing society. Atsushi states, "Parry first described a female patient who experienced hyperthyroidism together with panic attacks while upon falling out of a wheelchair in 1825.
- ❖ When Graves described a similar syndrome in 1835, he focused on the neurosis which suggested a relationship between the thyroid and the hysteria spherical syndrome.
- ❖ Basedow described a case that merged mental disorders with thyroid dysfunction in 1840" (Atsushi et al.).
- ❖ Through these observations, specialists began to see how these symptoms affected each person differently and the toll it took on their mental state. While dealing with the gamut of symptoms, we've learned it is imperative to have strong social relationships with family, friends, and colleagues. This will create a better quality of life conducive to the needs of each patient.
- ❖ Studies done in the '90s recognized these long-standing symptoms and studied how they affected the lives of people with Graves' Disease. The study shows, "Of the subjects who provided written comments, 24% described problems in cognitive functioning, most commonly involving slowed mental functioning and memory difficulties; 37% described altered mood or personality, most commonly involving depression, mood swings, and feelings of anxiety, panic, and worry" (Stern et al. 3).
- ❖ These issues greatly affected the social relationships of patients. Stern writes, "The neuropsychiatric impairments associated with Graves' disease not only have dramatic effects on the patient but also frequently affect the patient's support system. The psychiatric, cognitive, and personality changes that occur with this illness can produce significant marital stress and conflict" (Stern et al. 5).
- ❖ With the unknown diagnosis and treatment of these concerns, patients of the past have brought a new light to these debilitating symptoms associated with Graves' Disease. This ultimately has given rise to new research to better understand and treat patients properly, as well as, give them the appropriate techniques that will create more beneficial relationships.





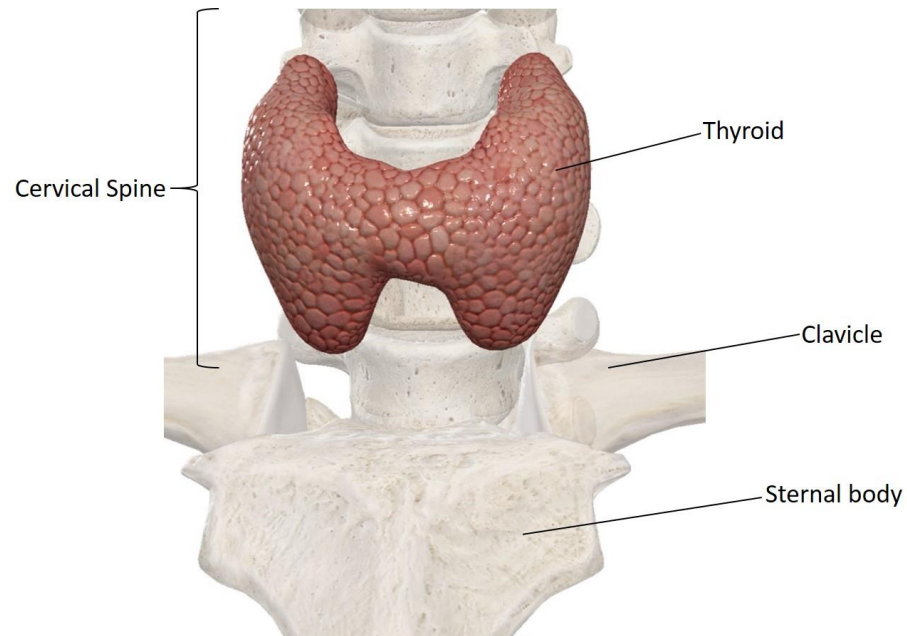
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SOCIETAL IMPACTS ON GRAVES' DISEASE

- ❖ After battling Graves' Disease since her diagnosis in 2000, popular television show host, Wendy Williams, began to grow sicker and collapsed on her show. Rubenstein states, "Following doctor's orders, she stepped away to address her Graves' disease—which threw her usually healthy body into a tailspin. The star, 53, tells People, "I had a storm going in my body is the best way I can explain it" (Rubenstein). When she returned to her show after a three-week hiatus, she soon invited Dr. Oz to join her and discuss thyroid disease.
- ❖ In this interview Dr. Oz reveals that there are probably around 20 million women walking around with thyroid issues. He explains how our immune system sometimes rebels against us. Gut bacteria being the culprit, can irritate our immune system and react to other organs in our body. The body thinks your thyroid gland isn't yours, so it attacks it to help you (so it thinks). Then your thyroid fights back by making more hormones, but ultimately enlarges your thyroid gland and causes other problems in your body. He notes this can also happen anytime in your life.
- ❖ The overall message of this video is for women to advocate for themselves; go to the doctor if you feel unwell or new symptoms arise...take care of yourself (Dr. Oz).



INDIVIDUAL FRAMEWORK OF PERCEPTION ON GRAVES' DISEASE



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- ❖ Understanding my symptoms, learning normal thyroid levels, how the disease affects other parts of my body, and how to treat Graves' Disease were crucial to my healing.
- ❖ Three main thyroid hormones: thyroxine, or T4, triiodothyronine, or T3, and thyroid-stimulating hormone or TSH. Normal thyroid levels in T3 range from 100-200, T4 0.8-1.8, and TSH 0.4-2.5 (Basile).
- ❖ Ginsberg writes, "Measurement of levels of circulating TSH receptor antibody may eventually replace the need for the RAIU (Radioactive Iodine Uptake) for confirmation of the diagnosis. However, as thyroid nodules associated with Graves' disease may have a higher likelihood of malignancy and may be more aggressive if cancerous, a thyroid scan is recommended for all patients" (Ginsberg).
- ❖ Treatment: beta-blockers, Antithyroid drugs, Radioiodine, and surgery. Each one is very different with risks of their own and is decided with the best possible outcome for each person. Gaining remission is ideal; as this disease never goes away entirely, euthyroidism, or having normal thyroid function without medication, is the ultimate goal.

This information ultimately made me more aware of my body. God only gave us one and it is up to us to take care of it!



INFLUENCE ON MY FUTURE WRITING CAREER

- ❖ Reading and writing are the foundations of the many tasks that we encounter daily. In the writing profession, much of the things written about pertain to wellness in some way. People are constantly reading books, articles, and magazines about the latest and greatest ways to eat healthily, exercise, live a more fulfilling life, etc. There will always be a new fad to research, a corrupt politician to highlight, a popular novel/movie to endorse. Analyzing wellness is a key component in making sure the correct information is handed out to the masses. That is one of the most important components for a writer-making sure, especially in nonfiction, that your facts are accurate. False information is not tolerated! Studying wellness has shown me how much value is brought to a topic with this focus and how more well-rounded writing can become. For my future writing endeavors, I now feel that my words can have a large impact on our population and perhaps maybe even change their lives for the better.
- ❖ I just recently finished a creative nonfiction piece that I wrote as a memoir titled, “Living With Graves’ Disease: A Disease Not to Be Ignored.” This was therapeutic for me as this disease wreaks havoc on your mind and body. I hope that providing information about Graves’ Disease for those that were just recently diagnosed or want to know more about it, will aid them in some way. As I use my artistic talents in writing, I feel that the knowledge about this disease will continue to grow. This is the pinnacle for most writers...to inform and bring awareness to topics that hold importance to us. Knowledge is power!



INTERACTIONS WITH SOCIETY

When we critically analyze wellness, we need to be aware that sometimes combatting a disease and all its symptoms, can hinder interactions with society. We should know that everyone could be battling issues of their own and we need to be patient and understanding of each person's circumstances.

- ❖ Viewing Graves' Disease through the social sciences lens brings to light the struggle with mental health. Some studies reveal that stress is related to the onset of Graves' Disease.
- ❖ Atsushi asserts, "208 (95%) of 219 eligible patients with newly diagnosed GD and 372 (80%) of all selected matched controls answered an identical mailed questionnaire concerning marital status, occupation, drinking and smoking habits, physical activity, familial occurrence of thyroid disease, life events, social support and personality.
- ❖ Compared with controls, GD patients claimed to have had more negative life events in the 12 months preceding the diagnosis, and negative life-event scores were also significantly higher" (Atsushi).
- ❖ Anxiety and depression are also common mental health issues associated with Graves' Disease patients.



BENEFITS AND CHALLENGES IN ADDRESSING WELLNESS

Benefits

- ❖ Providing opportunities for new wellness programs that are promoted in the job setting to enhance productivity and happy and healthier employees.
- ❖ Through technology and engineering, new creations are introduced to society like wearable technology (Fitbit), smartphone apps, interactive websites, etc.
- ❖ Each facet of wellness is continually evolving and updating new procedures, surgeries, workouts, diets, meditations, medications, etc.
- ❖ Advocating for human health is at the forefront.

Challenges

- ❖ With new technology comes issues that can be harmful to health like the production of GMO's in our food.
- ❖ Having a disease that hinders you from taking action toward better wellness.
- ❖ Maintaining all eight dimensions of wellness on a daily basis, can be a daunting task. Especially when certain issues are out of our control. This can then lead to added stress.
- ❖ Having accessible healthcare for all.



ADDING VALUE TO INTERACTIONS WITH SOCIETY

A Healthy
{RELATIONSHIP}
doesn't drag you
down. It Inspires
you to be Better.
mandy hale

WWW.L

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When we break wellness down into its many dimensions, we get a better idea as to how much it encompasses. It covers pretty much every aspect of our lives. It is important to be aware of these components so we can try to maintain a good balance between each of them. When we uphold wellness, there are many benefits, and one is creating better personal and societal relationships. But it also goes without saying that having these good relationships also creates optimal wellness. Umberson and Montez state, “Studies show that social relationships have short- and long-term effects on health, for better and for worse, and that these effects emerge in childhood and cascade throughout life to foster cumulative advantage or disadvantage in health” (Umberson and Montez). It is also interesting to note, “Adults who are more socially connected are healthier and live longer than their more isolated peers” (Umberson and Montez). Knowing this adds great value to our lives and relationships. It can create a more mindful thought process that keeps us healthy and helps us to live a longer and more fulfilling life. #lifegoals



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