

## **How Is Graves' Disease Treated?**

Graves is treatable and well controlled. However, many patients need long-term treatments. The following are the leading treatment options:

### **Antithyroid Drugs:**

These drugs reduce the amount of hormone produced by the thyroid. The drug of choice is methimazole. Propylthiouracil may be preferred for pregnant or breastfeeding women. These drugs help control hyperthyroidism while you wait to see if the disease goes into remission and can sometimes be used for long-term treatment of Graves' disease.

### **Radioactive Iodine:**

Radioactive iodine cures the hyperthyroidism caused by Graves' disease in the majority of patients. This treatment is generally well tolerated, but can worsen Graves' eye disease if present. Radioactive iodine slowly destroys the overactive thyroid gland, so patients may need to start thyroid hormone supplementation when effective.

### **Operation:**

Surgical removal of the thyroid gland is a permanent solution. However, there is a risk of damage to the nearby parathyroid glands (which control calcium metabolism in the body) and laryngeal nerves (voice box). Surgery is recommended when antithyroid drugs and radioactive iodine therapy are not tolerated or inappropriate; It may be the treatment of choice for women with pregnancy plans.

### **Beta Blockers:**

Beta blockers can control many symptoms, especially fast heart rate, tremors, and anxiety. They do not affect the production of thyroid hormone, but they provide relief of the patient's complaints in a short time.