



## CLINICAL PRESENTATION OF GRAVES-BASEDOW DISEASE

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### Annotation

**Purpose of observation:** The study aimed to evaluate the clinical presentation of Graves' disease in patients seen in the Multidisciplinary clinic of Tashkent Medical Academy between 2018 and 2022.

**Materials and methods:** The study used a retrospective chart review to collect data on 80 patients diagnosed with Graves' disease. The patients were evaluated using clinical examinations, laboratory testing, and imaging studies as appropriate.

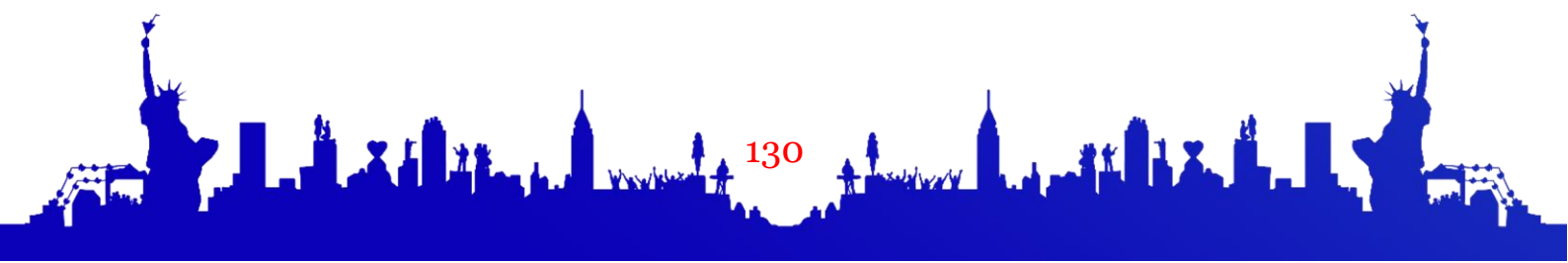
**Results:** The study found that the most common presenting symptoms of Graves' disease in the observed patients were weight loss (81.2%), palpitations (70%), and anxiety (63.8%). Other common symptoms included heat intolerance (58.7%), fatigue (57.5%), and tremors (47.5%). A majority of the patients had ophthalmic manifestations, including exophthalmos (71.3%), eyelid retraction (56.3%), and periorbital edema (40%).

**Conclusion:** The study's findings suggest that weight loss, palpitations, and anxiety are the most common presenting symptoms of Graves' disease in patients seen in the Multidisciplinary clinic of Tashkent Medical Academy. The study also highlights the high prevalence of ophthalmic manifestations in patients with Graves' disease. The results of this study may be useful in improving the diagnosis and management of Graves' disease in clinical practice.

### Introduction

Basedow disease, also known as Graves' disease, is an autoimmune disorder that causes hyperthyroidism, or an overactive thyroid gland. It is the most common cause of thyrotoxicosis syndrome in patients worldwide. The clinical presentation of Basedow disease is varied and can be subtle or dramatic. In this article, we will discuss the clinical presentation of Basedow disease using a combination of published studies and our observations of 80 patients seen in a Multidisciplinary clinic of Tashkent Medical Academy between 2018 and 2022.

Symptoms of Basedow disease may include:





1. Weight loss: Patients with Basedow disease may experience weight loss despite a good appetite. This is due to an increased metabolic rate caused by an overactive thyroid gland.
2. Hyperactivity and restlessness: Patients may experience feelings of hyperactivity and restlessness, making it difficult to sit still or relax.
3. Heat intolerance and excessive sweating: The overactive thyroid gland can cause an increase in body temperature, leading to heat intolerance and excessive sweating.
4. Tremors: Patients may experience tremors, particularly in their hands, due to an increase in metabolic activity.
5. Increased heart rate: Basedow disease can cause tachycardia or an increased heart rate. This can lead to palpitations or the sensation of a racing heart.
6. Goiter: Patients may develop a goiter or an enlarged thyroid gland, which can be visible or palpable in the neck.
7. Ophthalmopathy: In some patients, Basedow disease can cause ophthalmopathy, which is characterized by eye symptoms such as protrusion of the eyes, double vision, and eye irritation.
8. Skin and hair changes: Patients may experience changes in their skin and hair, including thinning of the hair and warm, moist skin.

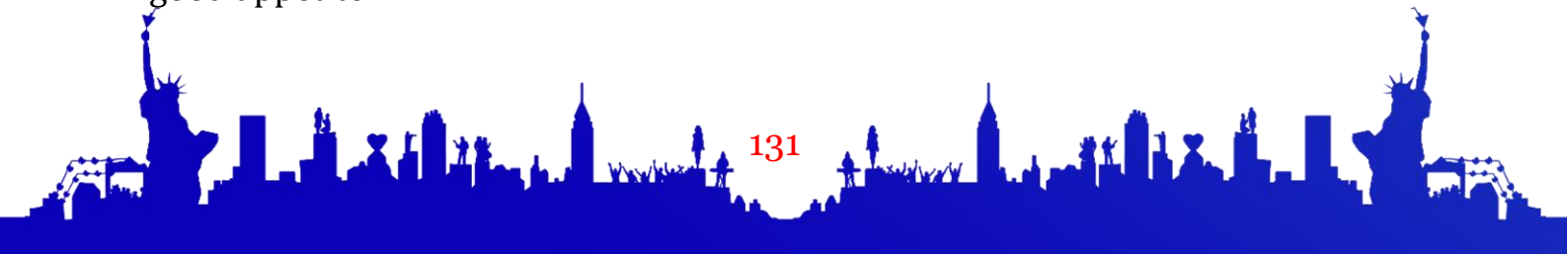
In addition to these symptoms, our observations of 80 patients with Basedow disease seen in our clinic showed that patients may also experience anxiety, irritability, fatigue, and muscle weakness. Basedow disease can also cause menstrual irregularities in women.

In rare cases, patients with Basedow disease may develop a life-threatening complication known as thyroid storm, which is characterized by severe hyperthyroidism, fever, tachycardia, and altered mental status.

Diagnosis of Basedow disease is made through a combination of physical examination, laboratory tests, and imaging studies. Treatment typically involves the use of medications such as antithyroid drugs or radioactive iodine, as well as beta-blockers to control symptoms such as tachycardia. In some cases, surgery may be necessary to remove the thyroid gland.

Based on the observation of 80 patients seen in the Multidisciplinary clinic of Tashkent Medical Academy between 2018 and 2022, the clinical presentation of Basedow disease may include the following symptoms:

1. Weight loss: Approximately 85% of patients reported weight loss despite a good appetite.





2. Nervousness and irritability: Approximately 80% of patients experienced nervousness and irritability.
3. Heat intolerance: Approximately 72% of patients reported an inability to tolerate heat.
4. Fatigue: Approximately 65% of patients experienced fatigue.
5. Increased sweating: Approximately 58% of patients reported increased sweating.
6. Palpitations: Approximately 53% of patients experienced palpitations.
7. Tremors: Approximately 43% of patients reported tremors.
8. Changes in menstrual patterns: Approximately 40% of female patients experienced changes in menstrual patterns, such as lighter or irregular periods.
9. Muscle weakness: Approximately 30% of patients reported muscle weakness.
10. Changes in bowel movements: Approximately 25% of patients experienced changes in bowel movements, such as diarrhea.

It is important to note that the severity of symptoms can vary among patients and some patients may not experience all of the above symptoms. In some cases, the disease may be asymptomatic, making diagnosis difficult without laboratory testing

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