ACUTE EXOPHTHALMOS DUE TO THYROTOXICOSIS IN AN ELDERLY: A CASE REPORT

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ABSTRACT
Thyrotoxicosis is a common endocrine problem. This problem can result in several clinical manifestations including to exophthalmos. In the elderly, the problem is less common. Here, the author report a case of an old female patient presenting with acute exophthalmos. Finally, the patient was diagnosed to be a case of oxophthalmic goiter.

Keywords: exophthalmos, thyrotoxicosis, elderly, acute

INTRODUCTION
Thyrotoxicosis is a common endocrine problem 1 - 4. Graves' disease (GD) and toxic nodular (TN) goitre are common cause of thyrotoxicosis. Regarding thyrotoxicosis, the disorder can be confirmed with measurement of a suppressed serum thyrotropin concentration (TSH) and elevated free thyroid (T) hormones. This problem can result in several clinical manifestations including to exophthalmos 5 - 8. In the elderly, the problem is less common 9 - 10. Here, the author report a case of an old female patient presenting with acute exophthalmos. Finally, the patient was diagnosed to be a case of oxophthalmic goiter.

CASE REPORT
The patient is a 86 years old female patient. She was bought to the medical center by her son and daughter. Her son and daughter observed that she had a swelling eyeball for 2 days. The relatives of the patient noted that the swelling suddenly occurs without any other symptoms. On examination, the vital signs of the patient were within normal limit except for a rapid regular pulse rate.

This case was checked by laboratory test and the positive laboratory tests include high serum free T3, free T4 and low TSH level. The patient was diagnosed to be a case of thyrotoxicosis and managed by antithyroid drug. Regarding her ocular problem, the case was referred to the ophthalmologist and the eye lid surgery was performed to relieve the
Acute exophthalmos due to thyrotoxicosis in an elderly

Ocular problem (Figure 1). This patient got well controlled of thyrotoxicosis by standard antithyroid drug treatment.

Figure 1. Face of the patient showing exophthalmos.
DISCUSSION

Thyroid is an important endocrine organ of human beings. This endocrine organ regulates metabolism in the human body. The abnormality of thyroid gland is not uncommon. The excessive thyroid hormone is a common clinical problem. Hyperthyroidism or thyrotoxicosis can cause several clinical problems and requires proper diagnosis and management. In clinical practice, the young adult female is the most common group of patient affected by thyrotoxicosis. Nevertheless, this condition can be seen in other age groups. In the present report, the author presents a case study of an old female presented with acute exophthalmos and finally got the diagnosis of thyrotoxicosis. The exophthalmos is the first clinical presentation in this geriatric case. In case, the occurrence of thyrotoxicosis in an old female is less common than in young female. In the present case, the first clinical presentation is the ocular presentation. In fact, the patient might have other clinical problems but the first noted problem by her relatives is acute exophthalmos.

CONCLUSION

Acute exophthalmos is possible first clinical presentation among a geriatric patient. The physician in charge should not forget to include thyrotoxicosis as a differential diagnosis for the geriatric patient presenting with acute exophthalmos.

CONSENT

The author obtained written, informed consent from the patients for the publication of this article.

COMPETING INTERESTS

The author declares for no conflict of interest.

REFERENCES