**Graves Disease - Resource List**

*Please Note: This list of resources has been compiled for information by someone who is a thyroid patient but who is not medically qualified.*

*The inclusion of an article, book or website in this list should not be taken as an official endorsement of the content or its author by The Thyroid Trust.*

*You are strongly recommended to consult your doctor before making any changes to your lifestyle, diet or treatment regime. The information included in this reading list is not meant to substitute the clinical guidance provided by a healthcare professional.*

***Contents:***

[General](#_x5nh3l5ekilo)

[Graves and Autoimmune Disease](#_m5hjd0qp06q9)

[Graves and your Bladder](#_lifoqg6pboih)

[Graves Disease - Possible Causes](#_794ryi7kwess)

[Graves and Dental issues](#_pa0givrnsls)

[Graves and Diet / Nutrition](#_koan4x5kzzvi)

[Graves and the Epstein-Barr Virus (Glandular Fever)](#_4wa3jmp3p5a6)

[Graves Disease and the Heart](#_omrtza388fs0)

[Graves Disease and life-style](#_1bkaywctefmc)

[Graves and Mental Health](#_vy7y4geyjsz1)

[Graves and Muscle / Joint Pain](#_2bmcm15cv78b)

[Graves Disease Treatments, including Thyroid Ablation (RAI) and Thyroid Removal](#_mju4aticm8u8)

# **General**

* [Nancy Patterson](https://www.amazon.co.uk/s/ref=dp_byline_sr_book_1?ie=UTF8&field-author=Nancy+Patterson+Ph+D&text=Nancy+Patterson+Ph+D&sort=relevancerank&search-alias=books-uk), [Jake George](https://www.amazon.co.uk/Jake-George/e/B00929SDHW/ref=dp_byline_cont_book_2). ***Graves' Disease In Our Own Words.*** Sage Words Services, 2011
* Dr Amy Myers: ***The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight - and How to Get Your Life Back.*** United States: Little Brown, 2016.

***(***Provides an understanding of Graves, its symptoms, and related disease.

* Elaine Moore - **Graves Disease and Auto-Immune Education** website - [**https://www.elaine-moore.com/**](https://www.elaine-moore.com/).

Includes a searchable database of all sorts of studies on Graves.

* Elaine A. Moore: ***Graves Disease a Practical Guide***. US: McFarland & Co Inc, 2001
* Elaine A. Moore, Lisa M Moore: ***Advances in Graves Disease and Other Hyperthyroid Disorders.*** US: McFarland & Co Inc (McFarland Health Topics), 2013
* Janie Alexander Bowthorpe: ***Stop the Thyroid Madness: A Patient Revolution Against Decades of Inferior Treatment.*** US: Laughing Grape Publishing, 2019

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* Mary J Shomon. ***Living Well with Graves' Disease and Hyperthyroidism: What Your Doctor Doesn't Tell You...That You Need to Know.***  Collins’ Living Well Series. US: William Morrow Paperbacks, 2009.

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* Megan O’Rourke. ***What’s Wrong with Me? I had an autoimmune disease. Then the disease had me.*** The New Yorker, August 19, 2013. <https://www.newyorker.com/magazine/2013/08/26/whats-wrong-with-me?fbclid=IwAR0zNrd2xBdbg_vaea-GF9EtUdBQUbtWxO9eVM7B5_HQdVC5q22ZXDl41Lo>
* Adriana Rojas-Villarraga et al. ***Introducing Polyautoimmunity: Secondary Autoimmune Diseases No Longer Exist.*** Autoimmune Diseases, Volume 2012 <http://www.hindawi.com/journals/ad/2012/254319/>
* Russell D. White, MD; George D. Harris: ***“Birds of a Feather Flock Together”: Type 1A Diabetes and Other Autoimmune Disease States.*** Clinical Diabetes; 2006;24(1):40–43. <http://clinical.diabetesjournals.org/content/24/1/40.full>
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* <https://drhedberg.com/epstein-barr-virus-autoimmune-diseases/>

# **Graves Disease and bladder issues**

* ***Bladder involvement in thyroid dysfunction.*** [Farshid Alizadeh](https://pubmed.ncbi.nlm.nih.gov/?term=Alizadeh%20F%5BAuthor%5D), [Mahtab Zargham](https://pubmed.ncbi.nlm.nih.gov/?term=Zargham%20M%5BAuthor%5D), [Kia Nouri-Mahdavi](https://pubmed.ncbi.nlm.nih.gov/?term=Nouri-Mahdavi%20K%5BAuthor%5D). [Journal of Research in Medical Sciences.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724379/#) 2013 Feb; 18(2): 167. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724379/>
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* ***Keep the gut healthy for good oral hygiene.***

<https://drdanenberg.com/dental-disease-starts-in-the-gut-whod-a-thunk-it/>

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* ***Graves Remission with Iodine Case Report***. Jeffrey Dach MD. Posted on [April 6 2014](https://jeffreydachmd.com/2014/04/graves-remission-iodine-case-report-jeffrey-dach-md/). <https://jeffreydachmd.com/2014/04/graves-remission-iodine-case-report-jeffrey-dach-md/>
* [Omar N Alhuzaim](https://pubmed.ncbi.nlm.nih.gov/?term=Alhuzaim%20ON%5BAuthor%5D); [Naji Aljohani](https://pubmed.ncbi.nlm.nih.gov/?term=Aljohani%20N%5BAuthor%5D). ***Effect of Vitamin D3 on Untreated Graves’ Disease with Vitamin D Deficiency.*** [Clinical Medical Insights Case Report.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4133032/#) 2014; 7: 83–85. 2014 Aug 13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4133032/>
* ***Low Vitamin D levels Associated with Relapses in Graves Disease***. <https://elaine-moore.com/Blog/tabid/60/Post/12454/Default.aspx>

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* Dr. Nikolas Hedberg. ***Epstein-Barr Virus and Autoimmune Diseases.*** [***https://drhedberg.com/epstein-barr-virus-autoimmune-diseases/***](https://drhedberg.com/epstein-barr-virus-autoimmune-diseases/)
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* Mats Olof Holmberg; Helge Malmgren; Peter Berglund. ***Structural brain changes in hyperthyroid Graves’ disease: protocol for an ongoing longitudinal, case-controlled study in Göteborg, Sweden—the CogThy project***. November 2019. [BMJ Open](https://www.researchgate.net/journal/BMJ-Open-2044-6055) 9(11):e031168. <https://www.researchgate.net/publication/337019015_Structural_brain_changes_in_hyperthyroid_Graves'_disease_protocol_for_an_ongoing_longitudinal_case-controlled_study_in_Goteborg_Sweden-the_CogThy_project>

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* Hypothyroid.mom.com. ***Is Your Chronic Pain Related to Your Thyroid Health?*** h[ttps://hypothyroidmom.com/is-your-chronic-pain-related-to-your-thyroid-health/](https://hypothyroidmom.com/is-your-chronic-pain-related-to-your-thyroid-health/)
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* Sun Y. Lee. ***HYPERTHYROIDISM: Quality of life is worse at 6-10 years after radioactive iodine therapy of Graves’ disease compared with treatment with antithyroid drugs or surgery.*** [Clinical Thyroidology for the Public](https://www.thyroid.org/patient-thyroid-information/ct-for-patients/). [April 2019](https://www.thyroid.org/patient-thyroid-information/ct-for-patients/april-2019/), Vol 12, Issue 4 p.7-8. <https://www.thyroid.org/patient-thyroid-information/ct-for-patients/april-2019/vol-12-issue-4-p-7-8/>
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