

Listening comprehension



GUARDA!



Audio

• Exophthalmos

A After listening, fill in the gaps with words from the article.

Exophthalmos

What is exophthalmos?

It is the projection or bulging of the (1)**eyeball**..... outwards (proptosis), which may give the impression of "bulging eyes". This may affect one eye or both, depending on the causes.

What causes it?

In a high percentage of cases, exophthalmos is associated with (2)**thyroid**..... orbitopathy, an inflammatory disease related to hyperthyroidism.

The disease may be very serious, since the (3)**orbit**..... is a non-extensible osseous cavity, in which an inflammatory process such as this can compress the optic nerve and cause (4)**blindness**.....

Other processes, which may cause exophthalmos, are orbital tumours, a large eyeball, high myopia or congenital glaucoma, as well as other thyroid or inflammatory orbital (5)**diseases**.....

How can it be prevented?

In some cases, in its initial stages, exophthalmos can only be detected using imaging techniques.

Patients with (6) problems should see an ophthalmologist, since the visual organ is a target for diseases related to hyperthyroidism.

What are the main symptoms?

Patients may present:

- Upper eyelid retraction, which gives the face a look of shock or surprise.
- Ocular irritation and reddening of the orbital and (7)**conjunctival**..... tissues.
- In inflammatory cases, such as thyroid orbitopathy, the exophthalmos may be accompanied by strabismus (deviation of an eye) and diplopia (double vision). This is due to (8)**thickening**..... of the extraocular muscles, as well as a significant loss of vision due to compression of the optic nerve.

What are the most common treatments?

Depending on the causes, the evolution and the prognosis of each patient, there are different strategies for treating exophthalmos:

- Protective measures to combat the symptoms. Use of artificial drops, (9)**sunglasses**..... when out on the street or sleeping with your head raised to avoid the accumulation of fluid in the eye.
- Medical treatment. With corticosteroids and/or immunosuppressants.
- Surgical treatment. This is necessary when there is a serious compromise in visual acuity due to the optic nerve. The main surgery focuses on decompression of the orbit, with the aim of increasing its capacity. If there is double vision, after a while, this surgery may be complemented with surgery of the retro-ocular (10)**muscles**..... Current orbital surgery addresses the ocular, aesthetic and functional problems in patients with orbital problems, such as exophthalmos, and recovers the vision, if this has been affected, as long as action was taken in time.



B Decide if these sentences are true (T) or false (F).

	T	F
1. Exophthalmos affects both eyes		X
2. Exophthalmos is caused by hyperthyroidism		X
3. Exophthalmos may lead to an important loss of vision	X	
4. There are several ways to treat this disease	X	
5. The operation is highly recommended at the beginning of the disease		X

C After listening, answer the following questions.

- How can you define exophthalmos?
It is the projection or bulging of the eyeball outwards (proptosis), which may give the impression of "bulging eyes".
- What is the connection between exophthalmos and hyperthyroidism?
In a high percentage of cases, exophthalmos is associated with thyroid orbitopathy, an inflammatory disease related to hyperthyroidism because the visual organ is a target for diseases related to hyperthyroidism.
- How does an ophthalmologist choose the most indicated treatment?
Depending on the causes, the evolution and the prognosis of each patient.
- What is the purpose of the protective measures?
Protective measures aim to combat the symptoms.
- When is it necessary to resort to the surgical treatment?
This is necessary when there is a serious compromise in visual acuity due to the optic nerve.

D After listening, find synonyms of the following words.

- PROTRUSION **PROJECTION**
- LINKED **ASSOCIATED**
- INBORN **CONGENITAL**
- ILLNESSES **DISEASES**
- CURE **TREATMENT**

E Speaking & Writing

In pairs, write the text for a poster or a leaflet for the awareness-raising day about exophthalmos.