

There are 18 videos that Dr. Soparkar has put on-line. You can access them by going to this link on our website: <http://plasticeyesurgery.com/thyroid-eye-disease/>

Some points of advice in watching these videos:

1. After you have watched the first video, “The Essential Introduction,” you will be taken to YouTube where all the videos are stored. At the end of the video, DON’T click “next,” because YouTube will randomly select the next video for you to watch, and they will be out of order. Instead, hit the back button and return to our website to select “Video 1.1 Essential Introduction.” You will need to go back to our website at the end of each video to choose the next appropriate video each time.
2. The videos are divided into 18 sections for two reasons. First, if there is something you’d like to review, you don’t have to hunt through all the material, just re-watch the video that interests you. Second, as the medical and scientific fields develop, we can update short sections. Unfortunately, each video starts with essentially the same introduction. Feel free to breeze through that.
3. The videos really should be watched in the order in which they were intended, as terminology and concepts build throughout the series.
4. Dr. Soparkar has a second doctorate in molecular biochemistry. Although he thinks that he has glossed over much of the basic science, some people find the science a little heavy. It’s not important that you remember all the science, but that you understand that science and extensive, rigorous research dictate and support the points made. This is important, since some information may contradict things you are told by other health-care providers or read on the internet.
5. The first five video sections deal with whole-body general concepts regarding thyroid disorders, whereas the latter sections focus on the impact on the eyes, treatment, and potential roles for diet. You need to watch all 18 videos to understand your disorder and options.
6. Please feel free to “thumbs up” our videos, leave comments, and “subscribe.” We have a number of other similar short projects we will be releasing.

Have fun learning and teaching your family and friends. Knowledge is power, and nobody will care as much about your health and well-being as you will.