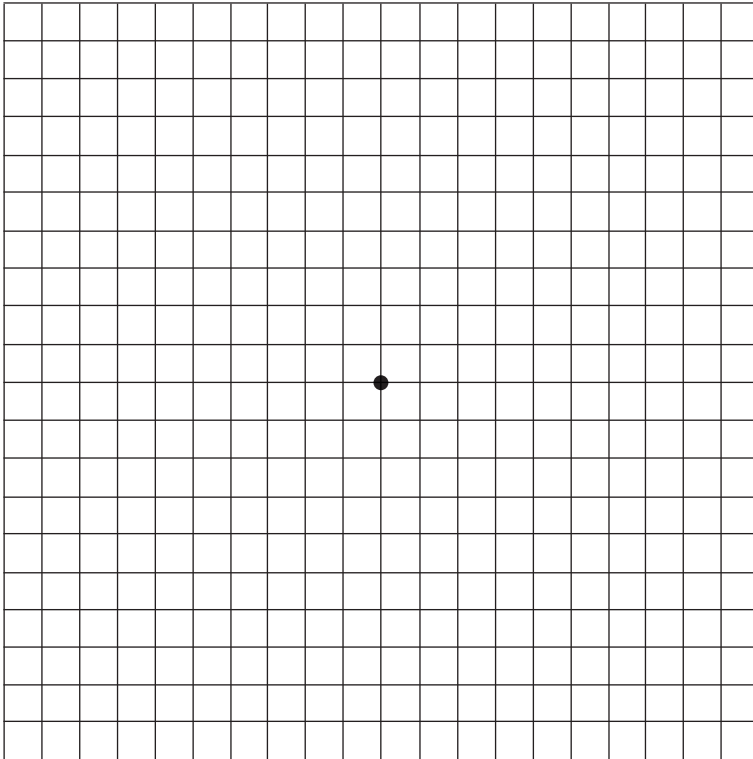


# Amsler Grid

The Amsler Grid may be useful in revealing signs of macular degeneration. It is not a substitute for a regular eye examination.



## Directions

- 1 If you wear glasses or contact lenses for reading leave them on but do not wear varifocals or distance glasses.
- 2 Hold the Amsler Grid approximately 30cm in front of your eyes in a well lit room.
- 3 Cover one eye with the palm of your hand and focus on the centre dot with your uncovered eye.

If you see wavy, broken or distorted lines, blurred or missing areas of vision, you may be displaying symptoms of AMD and should contact your Optometrist as soon as possible (within a week).

- 4 Repeat with the other eye.

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