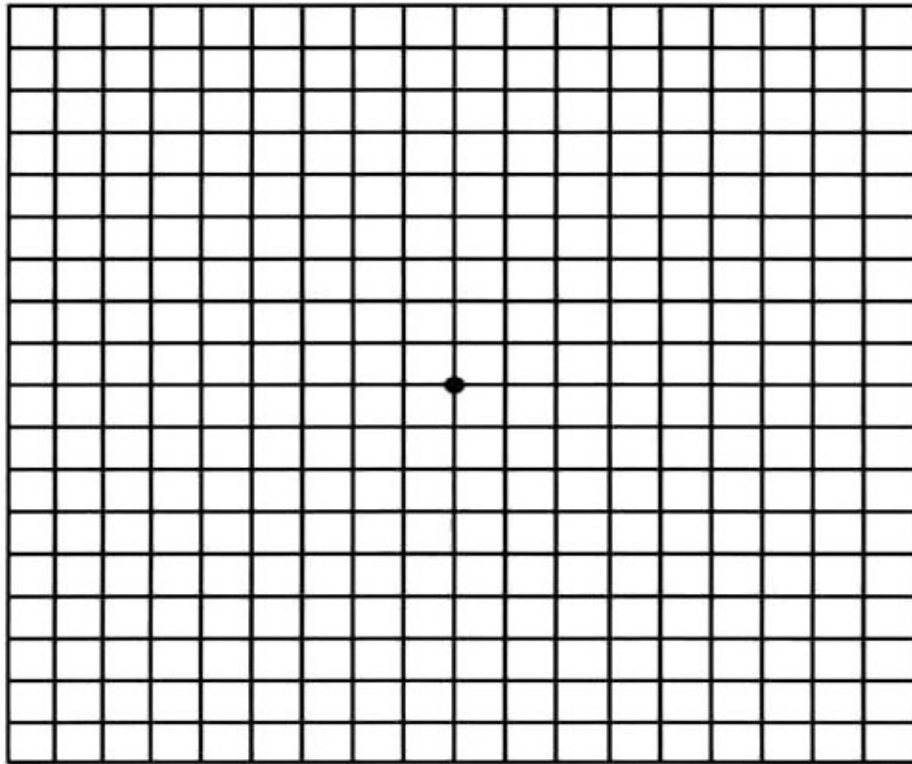
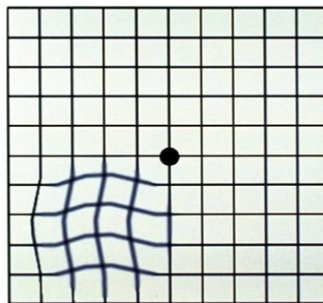


# Amsler Grid



To use the Amsler grid, follow these steps once a day, every day:

1. Wearing any glasses you normally use to read, hold the grid 12 to 15 inches away from your face in good light and cover one eye.
2. Look directly at the center dot with your uncovered eye and keep your eye focused on it.
3. While looking directly at the center dot, notice in your side vision if all grid lines look straight or if any lines or areas look blurry, wavy, dark, or blank.
4. Follow the same steps with the other eye.



*With Macular Degeneration, an Amsler grid may appear to have wavy lines or blank spots.*

If you notice any areas of the grid that appear darker, wavy, blank or blurry, contact your ophthalmologist right away. He or she will check to see what's going on with your eye, and begin treatment if appropriate.

**Remember: doing this simple eye test at home once a day, every day can help save your vision.**