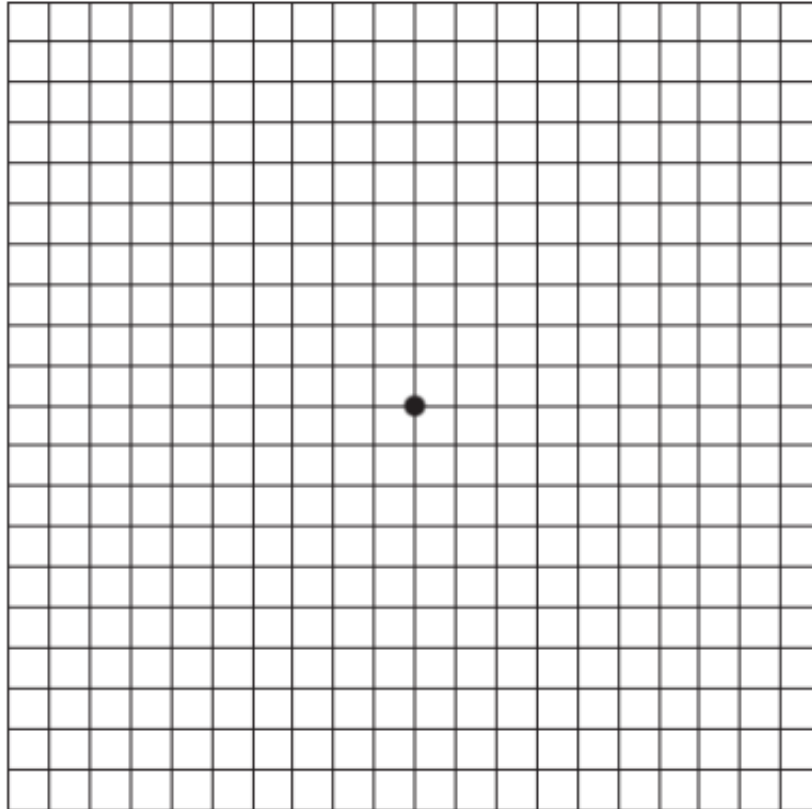




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Amsler Grid



With macular degeneration it is a good idea to check your vision with an Amsler Grid every day.

Best methods of use:

- Hold the chart about 13 inches away
- Wear your normal glasses you use for reading
- Cover your non-testing eye with your hand
- Stare or fixate at the center dot and look to see if any of the straight lines appear bent or wavy, the boxes differ in shape or size from the others, or the lines are blurry, discolored or missing.
- You'll need to contact your eye care doctor promptly if you notice changes.
- Put the Amsler Grid in an easy place (i.e. refrigerator) so you can check your vision regularly