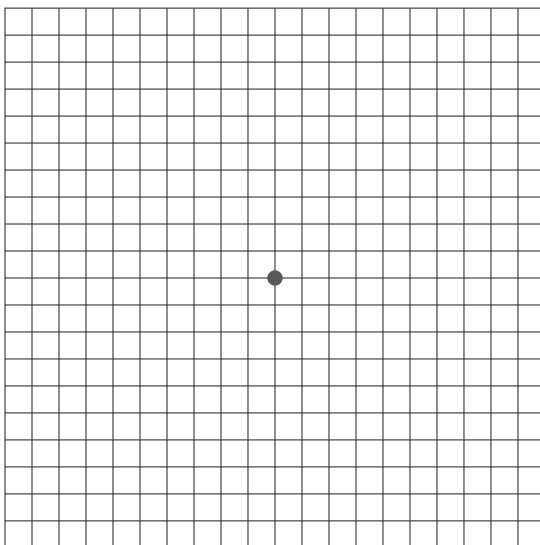


## Amsler Grid

This test is designed to check for distortion, which may be a sign of macular disease



1. Wear your reading glasses
2. Cover your left eye, and look at the central dot with your right eye
3. Observe the gridlines- they should be straight and of the same size
4. If there are any areas where the lines are wavy or missing, see your eye doctor immediately
5. Repeat for your other eye

If you already have macular disease, use the Amsler grid to detect any worsening in your vision

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