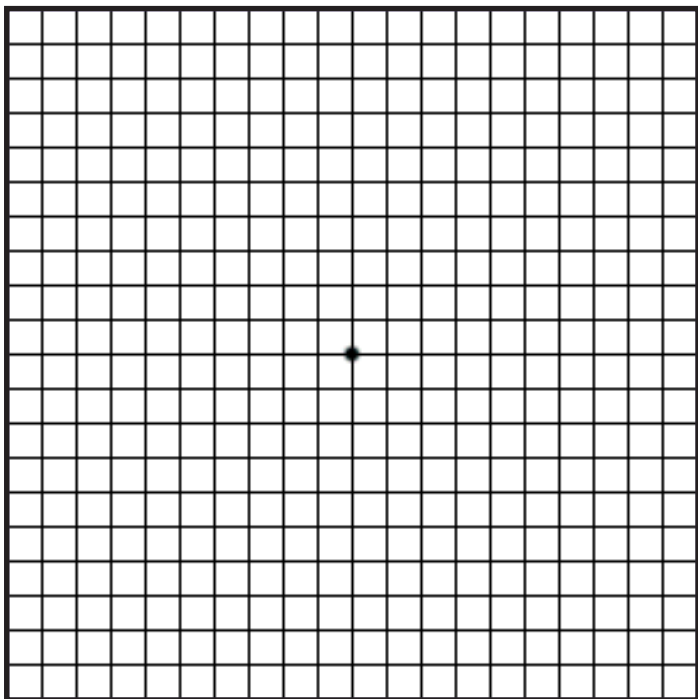




## The Amsler Grid

Born before 1950?  
Check your eyesight with  
The Amsler Grid.

Detecting age-related  
macular degeneration early  
can save your sight!



How to use the Amsler Grid:

1. Always wear your prescribed glasses to do this test.
2. Cover one eye and look at the dot in the centre (at arms length).
3. Check to see if the lines look abnormal in any way – “wavy”, blurred, discoloured, or blank.
4. Cover the other eye and focus on the dot to check for abnormalities.