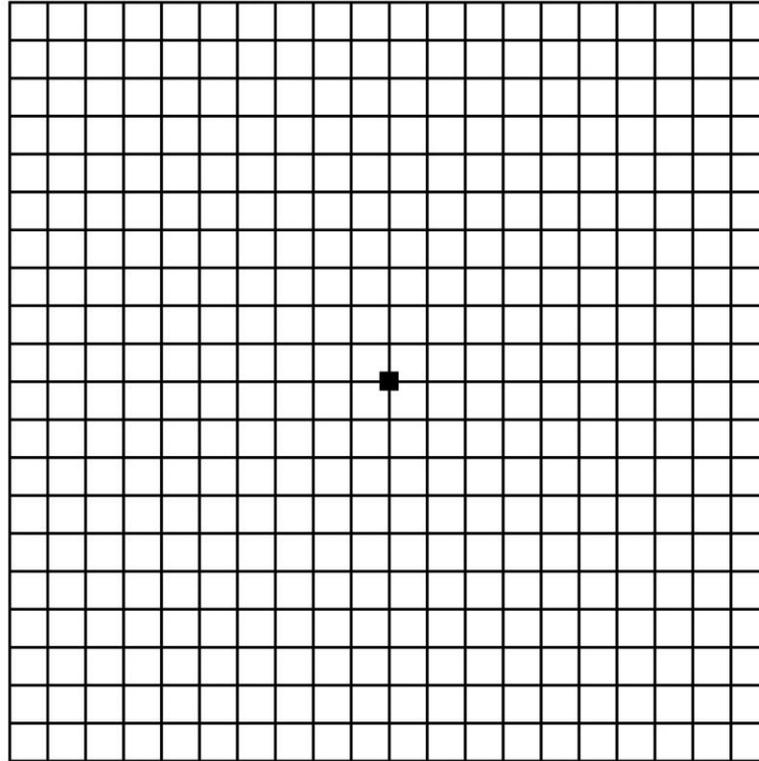


Amsler Grid

The Amsler Grid is a simple test that you should take on a daily basis to monitor changes due to Age Related Macular Degeneration. Most patients find it a convenient to post the Amsler Grid by their door or on their refrigerator to remind them to take the test daily.



How to test yourself with the Amsler Grid

1. If you have a pair of reading glasses, please wear them during this test.
2. Make sure that the grid is about the same distance from your eyes that any reading material would be.
3. Cover one eye and focus on the dark square dot in the center.
4. Ask yourself the following questions:
 - **NORMAL LINES:** Do any of the lines look wavy, blurred or distorted?
(All the lines should be straight. All intersections should form right angles. All the squares should be the same size)
NOTE: You are looking for changes. If the lines were wavy previously, you are looking to check that it has not changed or worsened.
 - **COMPLETE GRID:** Are there any missing areas or dark areas of the grid?
 - **VISIBLE CORNERS:** Can you see all corners of the grid?
5. Repeat the test for the 2nd eye.

Please report any irregularities to your eye doctor immediately.
You may mark the areas of the chart that you are not seeing properly and bring it with you to your eye exam.