

YOUR EYES

The Amsler Grid and Age-related Macular Degeneration

In just 10 seconds, you can check your vision at home with the Amsler Grid. You should test your vision daily to detect any changes that may be caused by advanced stages of age-related macular degeneration (AMD).

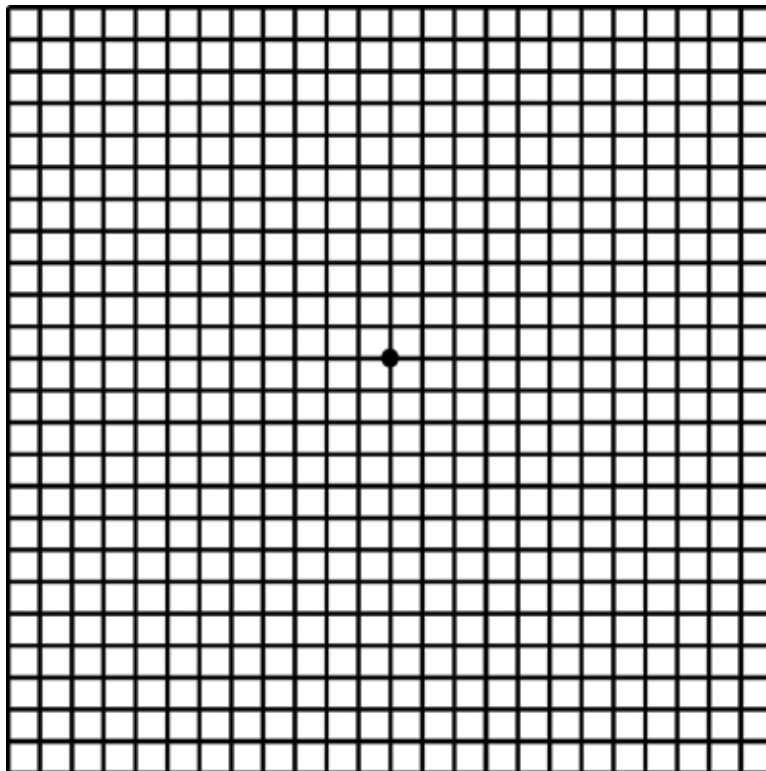
Follow these simple steps once a day while looking at the **grid on the next page**:

1. If you normally wear reading glasses, put them on before taking this test.
2. Hold the Amsler Grid at a normal reading distance, about 12 to 14 inches away from your face.
3. Close your left eye.
4. With your right eye, look at the dot in the center of the grid and at all four corners of the grid. Make sure that you can see these points.
5. Next look at the center dot, and do not shift your gaze.
6. While focusing on this dot, do you see any **wavy** lines on the grid? Are any of the lines **missing**? Do any of the squares seem **smaller, larger, or distorted**? Is there an area of the grid that looks **darker, lighter, blurry, or a different color**?
7. If you answered “yes” to any of the above questions, write down what you saw.
8. Repeat these steps with your left eye while your right eye is closed.

If your eyes are healthy, your vision should stay the same from day to day. However, if you notice a sudden change in your vision, such as a **new** distortion or blind spot, call your retina doctor immediately because you may have developed advanced AMD.

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