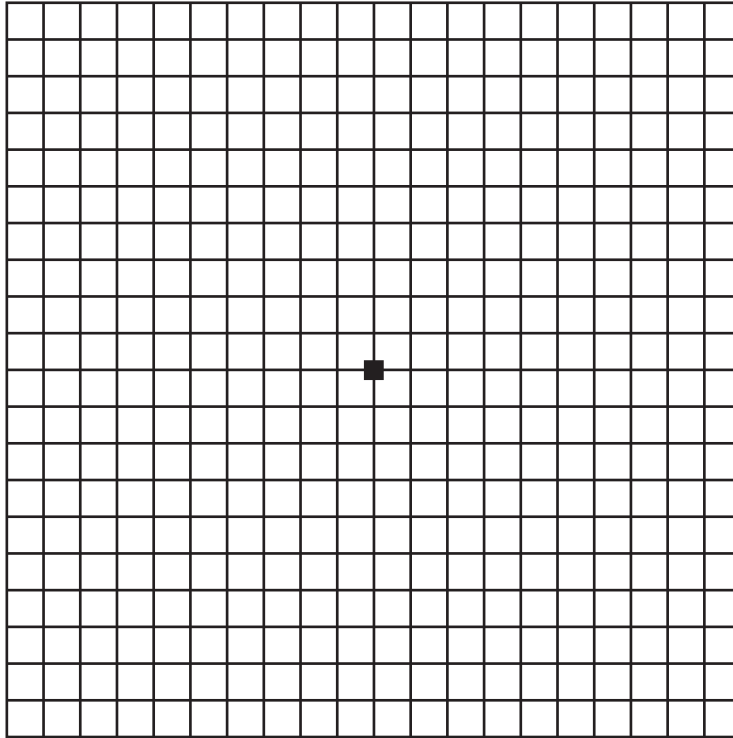


AMSLER GRID



HOW TO USE YOUR AMSLER GRID

Place the grid under adequate lighting at a normal reading distance—about 16 inches away. If you use glasses, be sure to wear them while looking at the grid.

Cover one eye and focus on the center dot.

- Do any lines seem wavy, blurry, or distorted?
- Are there any areas missing? Any dark areas on the grid?

Now cover the other eye and ask yourself the same questions.

If you answered yes to any of the above questions, be sure to report them to your ophthalmologist or retina specialist right away.