

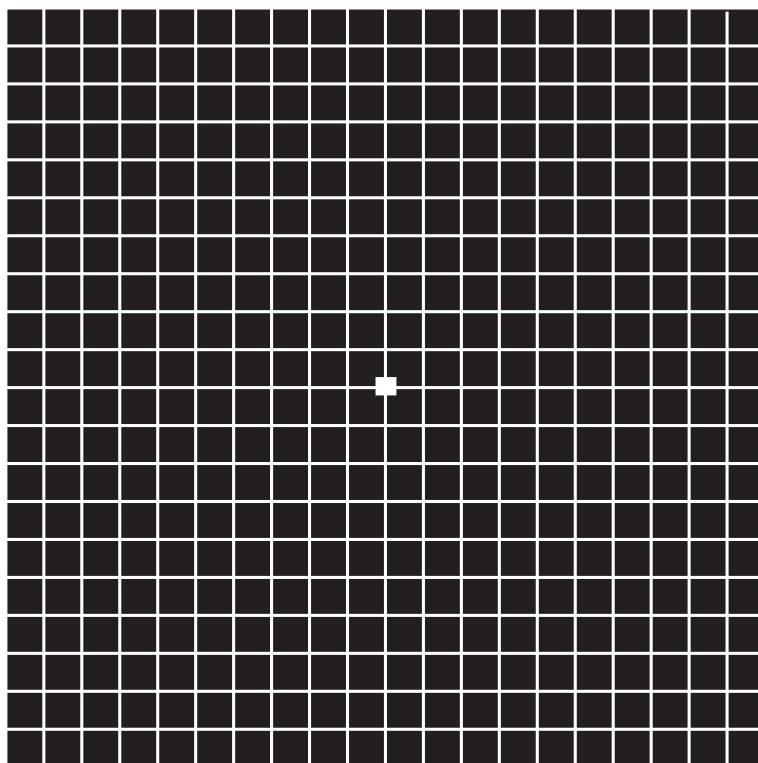
# THE AMSLER GRID

## Test yourself now for the early symptoms of AMD

Using an Amsler Grid is a quick and simple way to monitor your vision for early symptoms of AMD.

Keep this test handy to check your sight for symptoms of AMD

Remember the Amsler Grid test does not replace the need for regular eye examinations. If you are aged 50 years or over, it is important that you have an annual eye examination of the back of the eye by an eye care professional. For more info go to [www.amd.ie](http://www.amd.ie)



*See instructions overleaf*

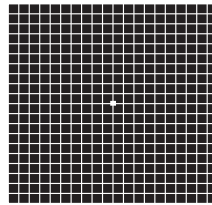
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# INSTRUCTIONS

## The Amsler Grid is a simple way to monitor for any change in your sight

### Simply:

- Keep your reading glasses on if you usually wear them, or contact lenses in, then cover one eye.
- Hold the grid on the reverse of this sheet at a comfortable reading distance, about 12-14 inches.
- Look at the dot in the center and keep focused on it at all times.
- See how the surrounding lines look with your uncovered eye on the dot. Are they straight or wavy? Are the squares of equal size or are they blurred and distorted? If wavy lines are noticed or there is blurring or distortion of the grid, you may be experiencing some of the symptoms of AMD and you should immediately visit an eye care professional.
- Test each eye separately.



12-14 inches  
distance



**Keep this handy magnetic test on your fridge so you will remember to use it.  
But if you are worried about your sight, make sure you see an  
eye care professional for a full eye test for AMD.**