

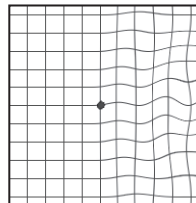
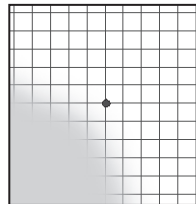
CHECK FOR SIGNS OF MACULAR DEGENERATION

Macular Degeneration is a degenerative disorder of the retina, particularly affecting the most sensitive central vision. This means that it has the most impact on tasks that involve central vision - like driving, watching TV, reading, handicrafts, using a digital device or looking at people's faces.

The early warning signs for Macular Degeneration include blurred vision, distortions and blank areas in what we see. The *Amsler Grid Test* is designed to test for these specific signs.

PROCEDURE:

1. Fasten the *Amsler Grid Test* to a vertical surface. Perhaps with tape on a wall, or a magnet on the fridge. This will have the test accessible for use again in the future.
2. If they are bifocals or progressives, look through the lower (reading) portion of the lenses.
3. Position yourself at a comfortable reading distance from the centre of the *Amsler Grid Test* (approx 40 cm or 14 inches).
4. Look at the dot in the centre of the grid, then cover your left eye and continue looking at the dot with your right eye.
5. Ask yourself 2 questions:
 - Do any of the lines have blank areas?
 - Do any of the lines look wavy instead of straight?
6. Repeat the test by covering your right eye and looking at the dot with your left eye.

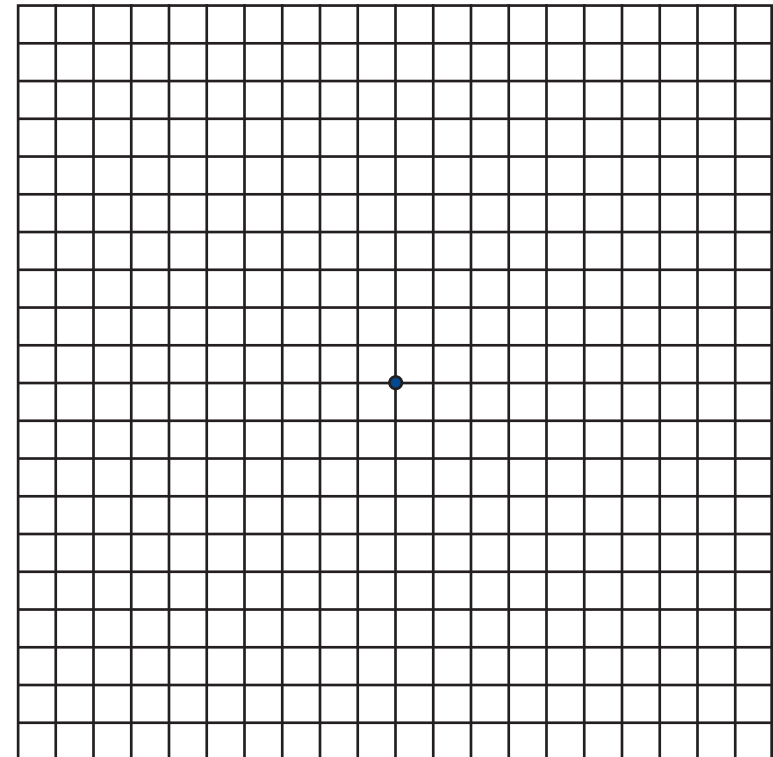


INTERPRETATION:

If your answer for the *Amsler Grid Test* was "Yes" for either question with either eye, you should have a follow-up eye examination with your optometrist or ophthalmologist.

AMSLER GRID - TEST RECORDING CHART

(Use for the Amsler Grid Test*)



PATIENT'S NAME: _____

COMMENTS: _____

(* Maculopathy - Retinopathy - Metamorphopsia)

____/____/____