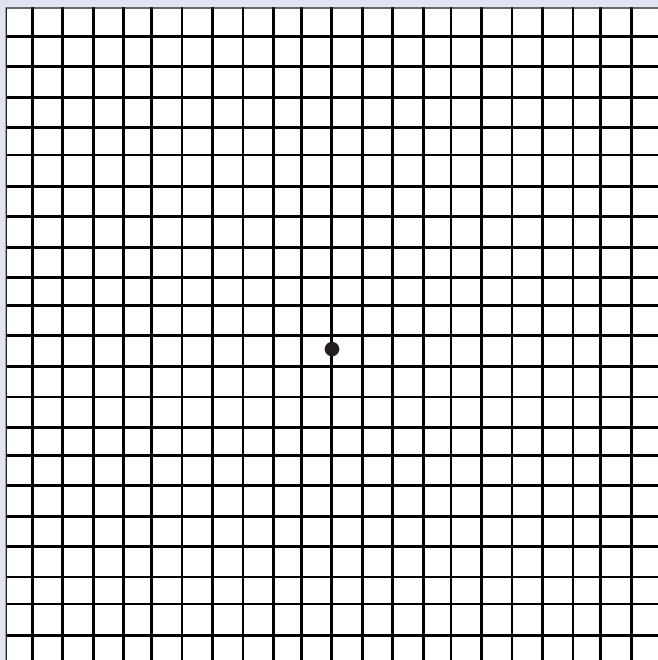


The Amsler Grid is a special test that can detect changes in your central vision.



### Take The Amsler Grid “Self-Test”

- 1) Wear your reading glasses and hold this grid at 12 to 15 inches in good light.
- 2) Cover one eye.
- 3) Look directly at the center dot with the uncovered eye.
- 4) While looking directly at the center dot, note whether all lines of the grid are straight or if any areas are distorted, blurred or dark.
- 5) Repeat this procedure with the other eye.
- 6) If any area of the grid looks wavy, blurred or dark, contact Deglin & Greene Retinal Center immediately.