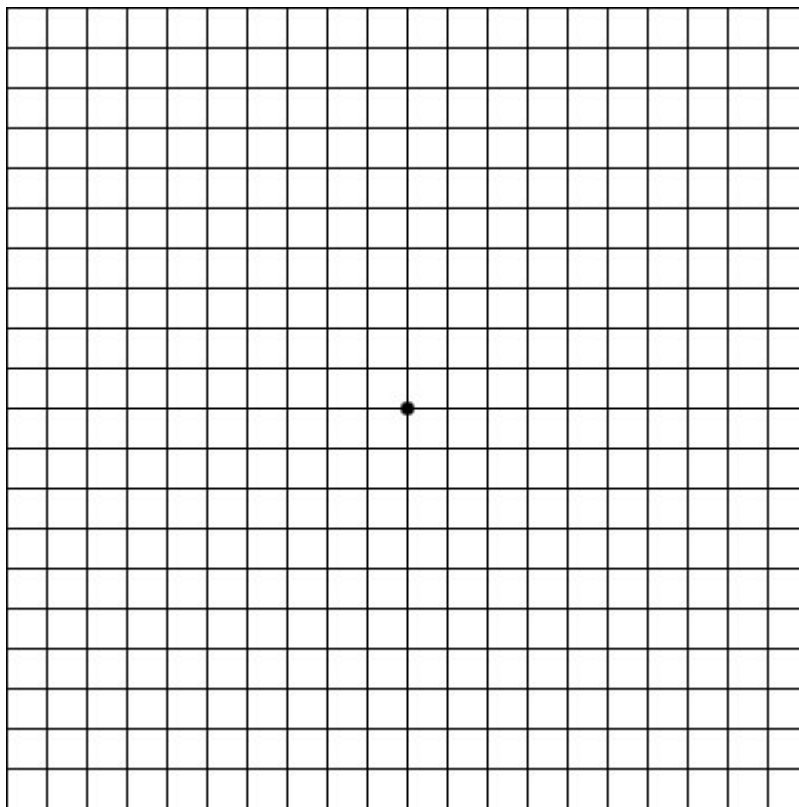


- Wear your reading glasses, if you normally use them and sit about 14 inches away from the screen.
- Cover the left eye.
- With the right eye, focus on the dark dot in the center of the grid.
- While looking at this dot, you still should be aware of the lines of the grid. Notice if any of the lines are distorted or broken or if there are blurred areas.
- Now, cover the right eye and repeat the test.
- If you notice any blurred, wavy or missing lines, contact your ophthalmologist as soon as possible.



If you are at risk or have Macular Degeneration you should check yourself on the Amsler Grid. But remember that it is a "gross" test and may not catch early vision loss. You should see your eye doctor every year for a dilated eye examination.