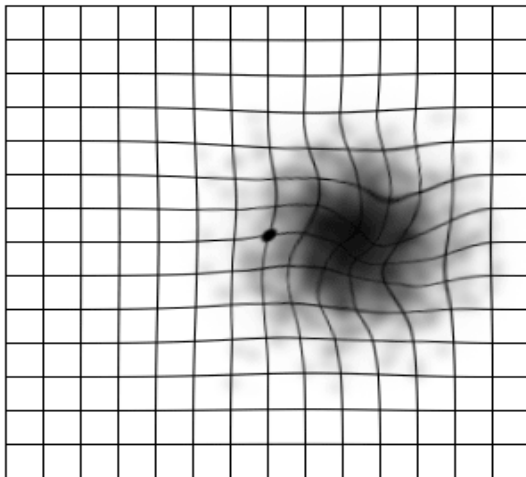
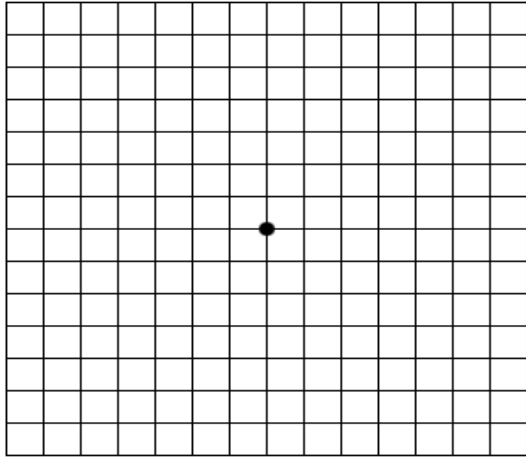


AMSLER GRID-TEST YOUR MACULA



- If you wear glasses leave them on and hold the top left grid at eye level
- Cover one eye and focus on the dot in the middle of the grid with the uncovered eye
- Repeat with each eye
- If the grid lines are distorted or missing patches (eg. Like the bottom left image) arrange an appointment with your ophthalmologist or optometrist

