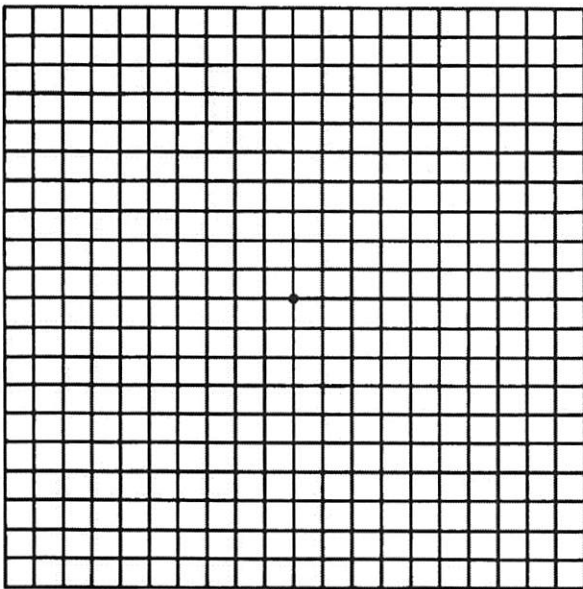

Test your vision with the Amsler grid

AMD causes your vision to change over time. You may not notice these changes when they happen. But you need to catch vision changes as soon as possible. Treating them early can help slow or stop further loss of sight.

You should use an **Amsler grid** every day to monitor your vision. One is below for you to use.



Here is how to use the Amsler grid:

Keep the Amsler grid in a place where you see it every day. Many people keep an Amsler grid on their refrigerator door or on their bathroom mirror.

In good light, look at the grid from about 12–15 inches away. Be sure to wear your reading glasses if you normally use them.

Cover one eye. Look directly at the dot in the center of the grid with your uncovered eye. Notice if any of the lines look bent or wavy. See if any part of the grid looks blurry, dim, or out of shape.

Now cover your other eye and test your vision this same way again.

Call your ophthalmologist right away if you notice that any lines or parts of the grid look wavy, blurry, or dim.