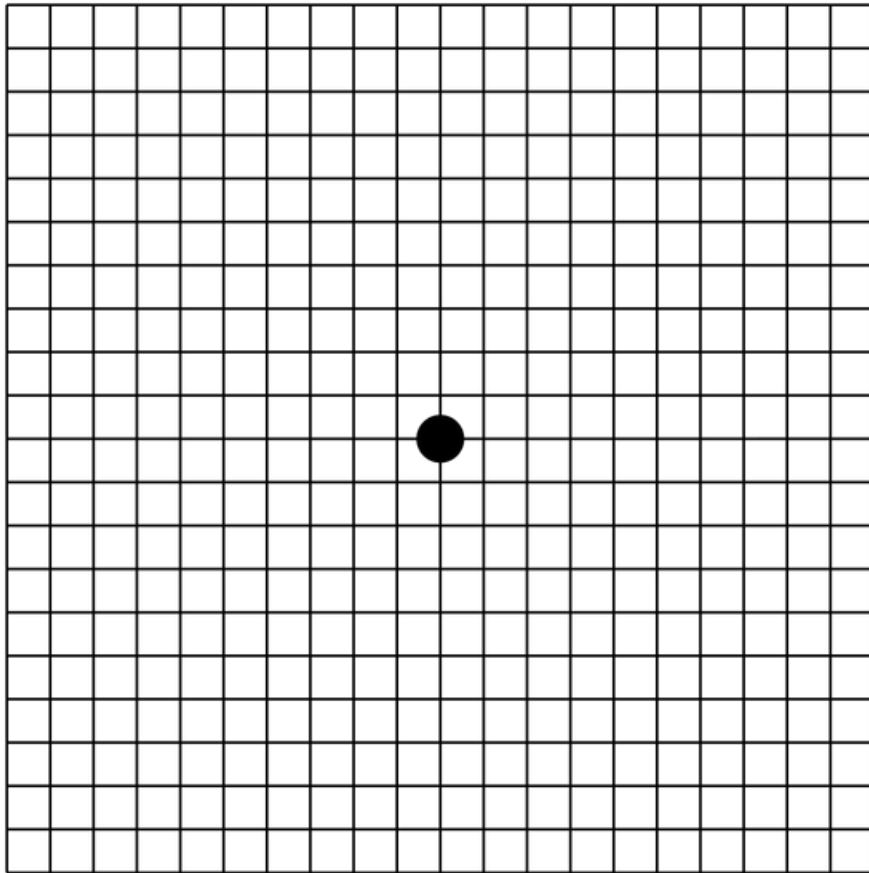




When living with dry AMD, it's important to monitor your vision regularly. If your condition progresses to wet AMD, you need to be referred quickly for treatment. The best way of monitoring at home is by using an Amsler Grid.

How to use an Amsler Grid

1. Print this page on white paper
2. Wearing your glasses, hold the grid at normal reading distance in good light.
3. Cover one eye with your hand.
4. Look directly at the center dot and try to stay focused on it.
5. While looking directly at the dot, notice if all grid lines look straight or if any lines or areas look blurry or wavy.
6. Follow the same steps with the other eye.

IMPORTANT – If you notice any irregularities such as wavy lines or blurry areas, report to your eye doctor immediately. Mark the areas of the chart that you're not seeing correctly and bring it with you when you next visit your doctor.