

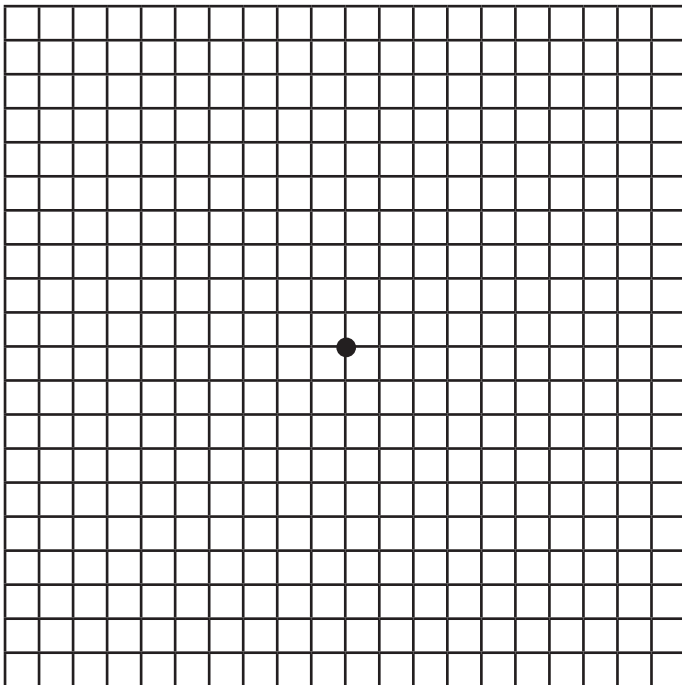
MACULAR DEGENERATION HOME TEST

Macular degeneration is a common condition affecting more than 600,000 people in the UK. A build up of deposits in the eye can cause a gradual decline in your central field of vision.

Using the Amsler grid below you can test your vision for any of the tell-tale signs of macular degeneration.

How to Use the Grid

- 1 Hold the grid at your normal reading distance (use glasses if you need to)
- 2 Cover one eye at a time and focus at the dot in the centre of the grid



If the lines appear to be wavy, distorted or broken in any way you should make an appointment to see your optometrist.

Remember everyone should have a routine sight test at least once every two years, unless advised otherwise by their optometrist.



**NATIONAL EYE
HEALTH WEEK**
MONDAY 19 – SUNDAY 25 SEPTEMBER 2016
YOUR VISION MATTERS