

# AMSLER GRID

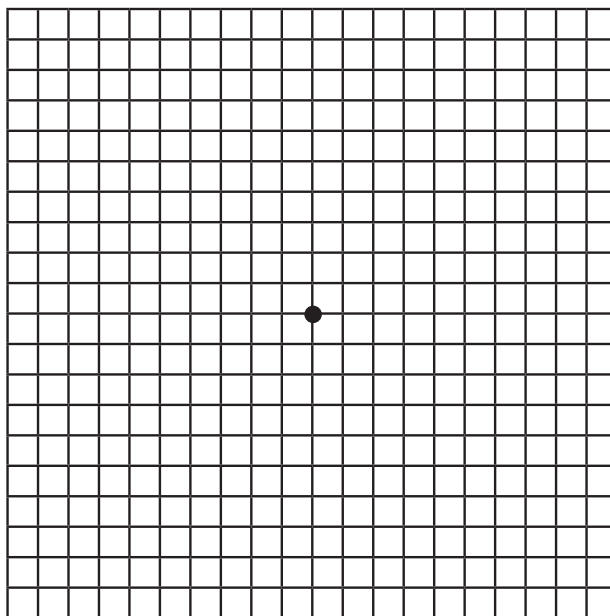
# MACULAR DEGENERATION HOME TEST

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

- Hold the grid at your normal reading distance (use glasses if you need to)
- 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. **THIS TEST DOES NOT REPLACE A ROUTINE SIGHT TEST AT YOUR LOCAL OPTICIANS**

For more about macular disease and information about local support groups for people affected by the condition contact the Macular Society helpline 0300 3030 111 or visit [www.macularsociety.org](http://www.macularsociety.org)



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 23 - SUNDAY 29 SEPTEMBER 2019  
**YOUR VISION MATTERS**