

AMSLER GRID

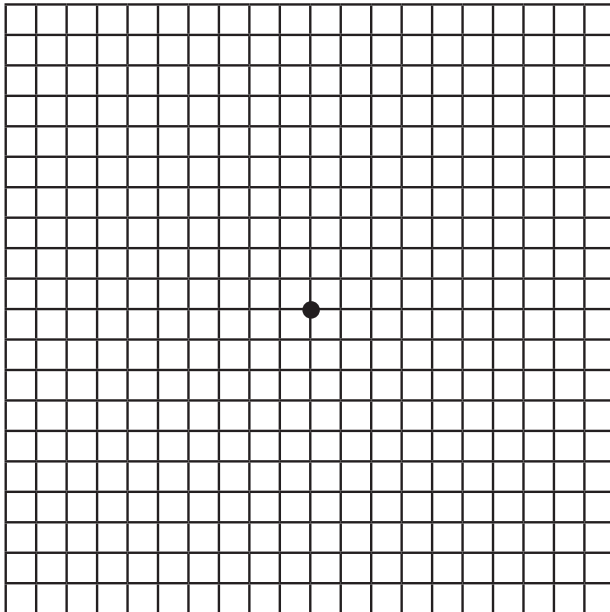
MACULAR DEGENERATION HOME TEST

Age-related macular degeneration (AMD) is a common eye disease affecting more than 700,000 people in the UK. A build up of deposits in the eye can cause a gradual decline in your central vision.

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

HOW TO USE THE GRID

In good light, and wearing any glasses you normally use to read, hold the grid around 30cms away from your face. 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.**

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



**NATIONAL EYE
HEALTH WEEK**
MONDAY 23 - SUNDAY 29 SEPTEMBER 2024
VISION MATTERS