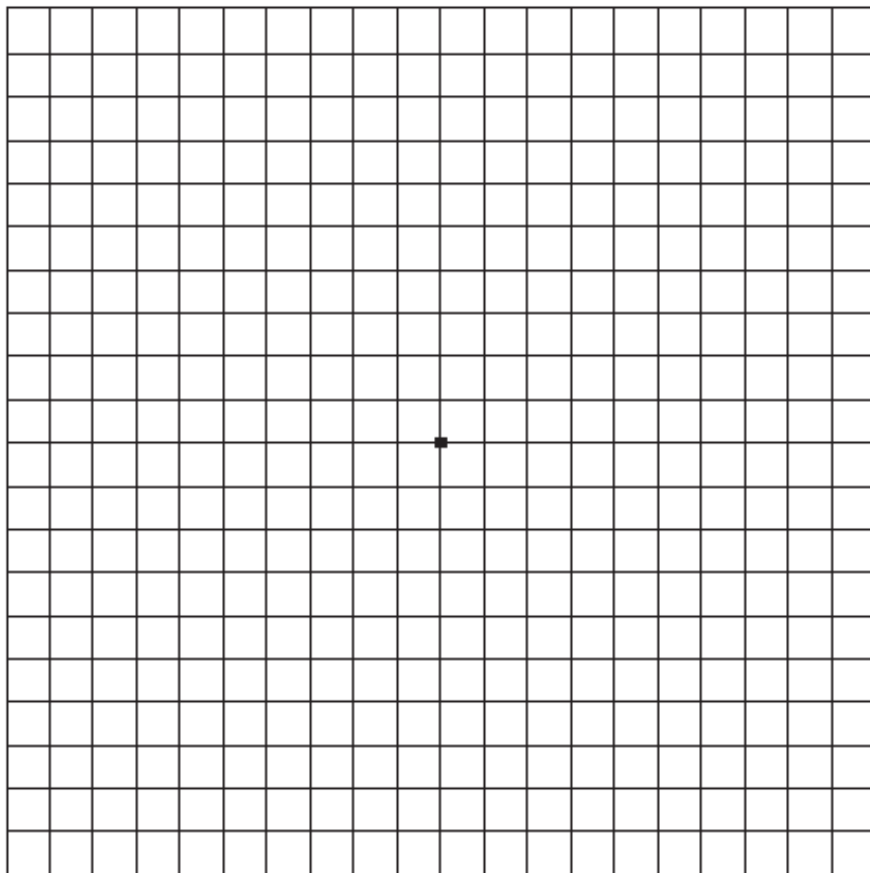


## Amsler Grid

The Amsler Grid is a simple test of vision quality and can detect degenerative changes in the macula. This test only takes a moment for each eye and the results can give you a warning of changes in your retina that require immediate attention by an ophthalmologist. While wearing your reading glasses, cover one eye and look at the dot in the center of the grid. The grid should appear uniform in size and shape. Cover your other eye and repeat the test. If you notice areas on the grid are distorted, blurred, or discolored, contact your eye doctor immediately.



If you have any questions, please contact Lynn at [Lynn@supportsight.org](mailto:Lynn@supportsight.org), call 888 681 8773, or visit [supportsight.org](http://supportsight.org) for more information.