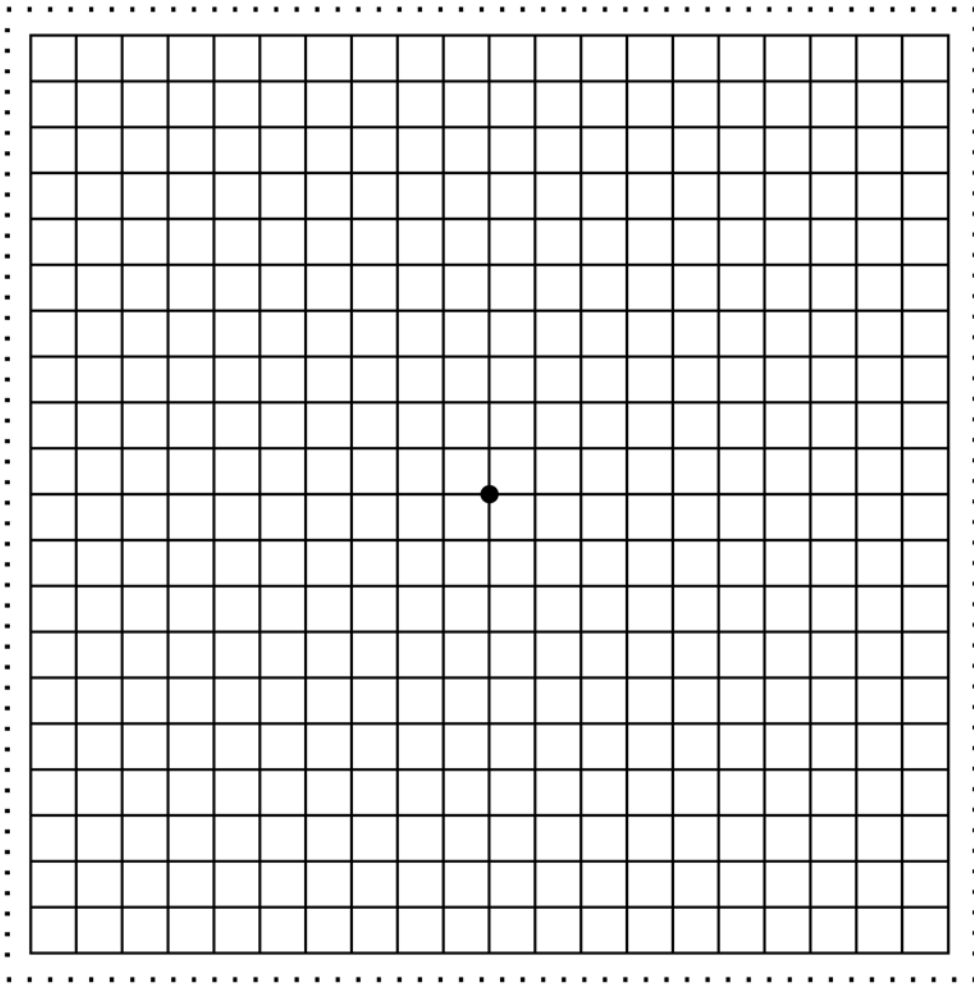


Amsler Grid



Cut out and put somewhere you look at frequently like the refrigerator door or bulletin board.

Instructions for Your Amsler Grid

Q. What is it?

The Amsler grid was developed in 1945 by a Swiss ophthalmologist to help check the health of the back of the eyes. It is a square of graph paper with a dot in the center. It screens for something different from the eye chart vision test.

Q. How do I use it?

1. Print and cut out your Amsler grid and mount it somewhere.
2. Use the same amount of room light as you would to read.
3. If you need glasses to read, then wear them.
4. Keep back from your Amsler grid about 14 to 16 inches.
5. Cover your left eye with your hand and look with the right eye.
6. Look at the center dot. If you can't see the dot, try to look at the center of the graph paper where the dot would be if you could see it.
7. Repeat by covering the right eye with your hand and look with the left eye.

Q. What do I look for?

1. Are any lines blurred, distorted or wavy?
2. Are all the little boxes square and the same size?
3. Are there any areas that are missing or dark?
4. Can you see all the corners and sides at the same time, looking at the dot?

Q. What do I do if I find something?

1. Contact an eye doctor right away.
2. Print two copies of the Amsler grid, one for right eye and one for left eye.
3. Mark the copies showing areas where you noted the issues. Bring to doctor.

Q. Is this an eye exam?

1. No, of course not. It is an easy to use screening to help detect a possibly treatable problem in your eyes.