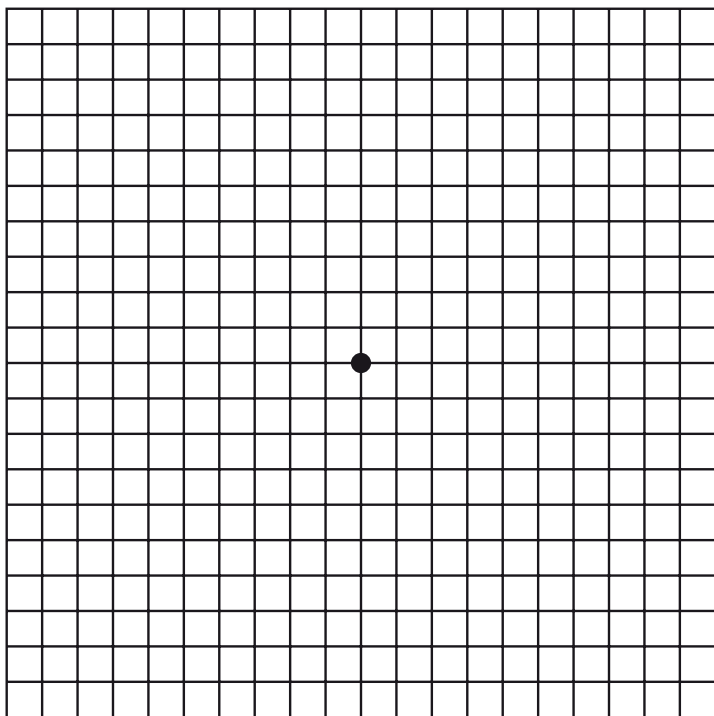


# AMSLER GRID



**The Amsler Grid is used to test for and monitor symptoms of Macular Degeneration (MD). It should not be depended upon for diagnosis.**

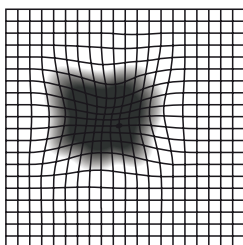
## **Instructions:**

- 1.** Do not remove glasses or contact lenses normally used for reading.
- 2.** Hold grid at eye level approximately 33cm away in a well lit room
- 3.** Cover one eye and focus on the centre dot with the uncovered eye (make sure the eye is fully covered)
- 4.** Repeat with the other eye



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If the grid lines are wavy, broken or distorted, or if there are blurred or missing patches, this may be a symptom of MD.

**Please see reverse side for what to do.**

**Macular Degeneration (MD)** is the leading cause of blindness and severe vision loss in Australia. It is primarily age related and referred to as Age-related Macular Degeneration (AMD).

**Risk Factors** include age (over 50 years), a direct family history and smoking.

**The Amsler Grid** should be used daily as per instructions to test for symptoms of MD which can include one or more of the following:

- Distortion where straight lines appear wavy or bent
- Dark patches or empty spaces appearing in the centre of your vision

In addition, key symptoms may also include:

- Distinguishing faces becomes a problem
- Difficulty with reading or any other activity that requires fine vision
- Increased need for illumination, sensitivity to glare, decreased night vision or poor colour sensitivity

## **What to Do**

If you experience any of the above symptoms or any changes in your vision, immediate referral to an optometrist or ophthalmologist is critical. Never dismiss any changes in vision as part of getting older. Early detection can save your sight.

**For information, guidance, understanding and support for you and your family contact the Macular Disease Foundation Australia.**

**1800 111 709**

**[www.mdfoundation.com.au](http://www.mdfoundation.com.au)**

**Free information kit available.**