

MACULAR DEGENERATION HOME TEST

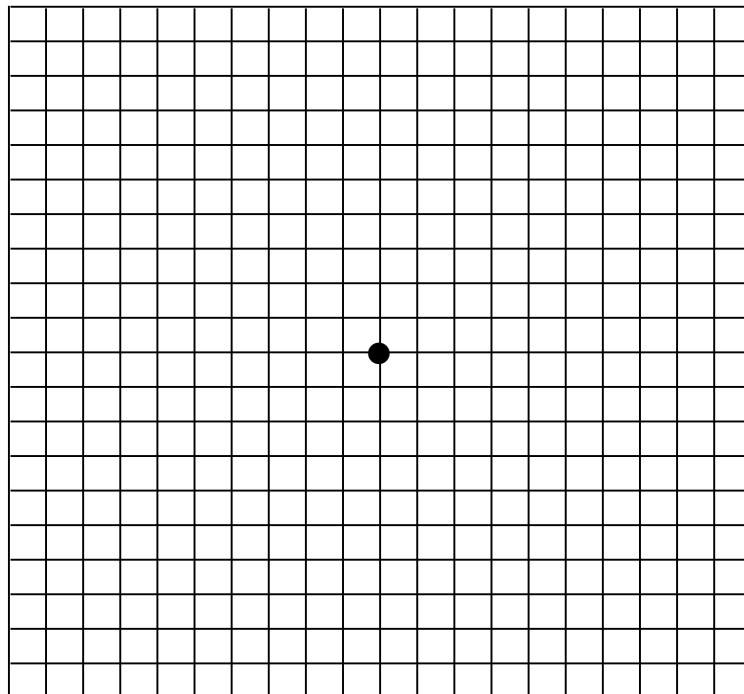
Macular degeneration is a common condition affecting more than 600,000 people in the UK. A build up of deposits in the eye can cause a gradual decline in your central field of vision.

Use the Amsler Grid below to test your vision for tell-tale signs of the condition.

How to Use the Grid

- 1 Hold the grid at your normal reading distance (use glasses if you need to)
- 2 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. We recommend that everyone has an eye examination every two years, unless advised otherwise by your optometrist.



For more information about Macular Degeneration please visit the Eyecare Trust's website at www.eyecaretrust.org.uk