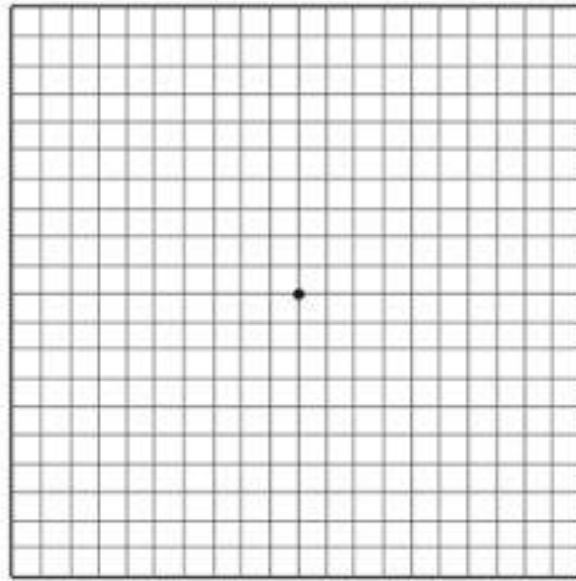


AMD – AMSLER GRID SELF TEST

The Amsler Retina Grid Test is a diagnostic test that is used by doctors and eye care professionals to detect problems resulting from damage to the macula (the central part of the retina) or the optic nerve.



How to use the Amsler Retina Grid Test:

1. If you wear glasses for reading it is important that you wear them while you use the Amsler Grid.
2. The Amsler Retina Grid Test should be at about the same distance from your eyes as any other reading material would be.
3. Cover one eye, then focus on the dot in the centre of the Amsler Grid.
 - Do any of the lines look wavy, blurred or distorted?
 - Are there any missing areas or dark areas in the grid?
 - Can you see all corners and sides of the grid?

Ideally all lines should be straight, all intersections should form right angles and all the squares should be the same size. If the lines of grid do not appear straight and parallel or there are missing areas, please contact us directly on 02 9635 0663 or if after hours Sydney Eye Hospital on 02 9382 7111 - This may indicate retinal disease. This does not necessarily mean that you have macular degeneration, but it is a warning sign that you may need an eye check.