

THE AMSLER GRID...

...The first line of defense for macular degeneration is awareness...

Amsler Grids are often used to test one's vision at home. **Patients with macular degeneration are often instructed to monitor their vision daily with an Amsler Grid.** This is because if their condition begins to worsen, treatment should be started immediately. Treatments for macular degeneration, such as *Lucentis* or *Avastin*, are more effective if they are started soon after disease progression occurs.

How to use the Amsler Grid

- Wear the eyeglasses you normally wear for reading.
- Position the chart 14 inches away from your face.
- Cover one eye at a time with your hand.
- Stare at the dot in the center. Do not let your eye drift from the center dot.
- Contact your retina specialist immediately if:
 - Any of the straight lines appear wavy or bent.
 - Any of the boxes differ in size or shape from the others.
 - Any of the lines are missing, blurry or discolored.

