

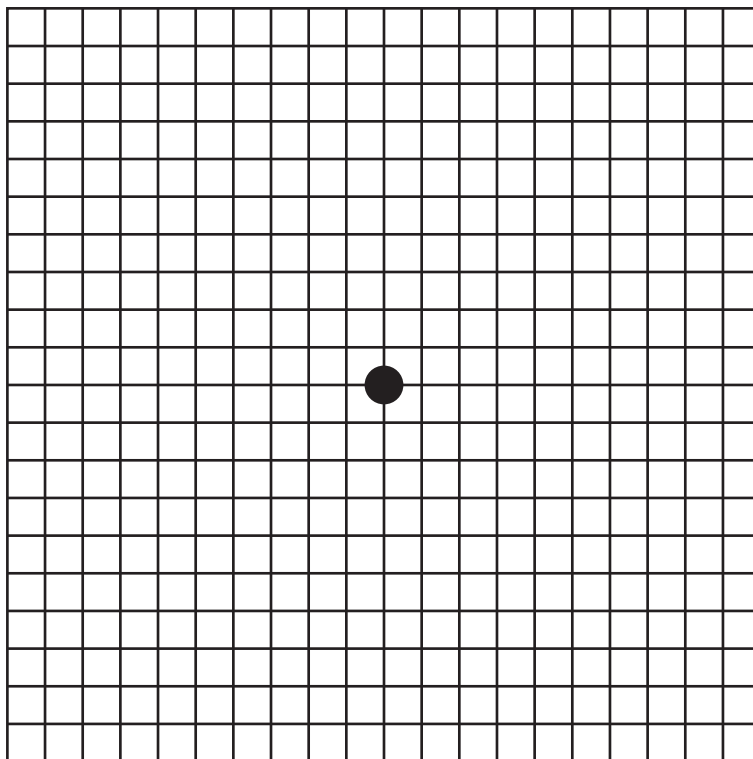
# AMSLER GRID

## How to test yourself:

- Print this page.
- If you wear reading glasses, please wear them while you use this Amsler grid.
- The grid should be the same distance from your eyes as you would usually hold reading material.
- Cover one eye, and focus only on the dot in the center.
- While looking at that dot, do you notice any blurring, distortion, waviness, dark or missing areas of the grid?
- Cover your other eye and repeat.

**IMPORTANT:** If you notice any irregularities, see your Optometrist immediately.

[www.FindAnEyeDoctor.ca](http://www.FindAnEyeDoctor.ca)



To make sure the Amsler Grid stays 10cm x 10cm, please follow the printing instructions:

- Page Size: **8.5" x 11"**
- Orientation: **Portrait**
- Scale: **Actual size**

Learn more: [www.optom.on.ca](http://www.optom.on.ca)

Age-Related Macular Degeneration

