

A simple test of your vision will alert you to any changes that may indicate a problem with macular degeneration or a worsening of your condition. This common test is known as the Amsler Grid.

Here is how to use the graph below:

- Wear your reading glasses, if you normally use them and sit about 14 inches away from the screen.
- Cover the left eye.
- With the right eye, focus on the dark dot in the center of the grid.
- While looking at this dot, you still should be aware of the lines of the grid. Notice if any of the lines are distorted or broken or if there are blurred areas.
- Now, cover the right eye and repeat the test.
- If you notice any blurred, wavy or missing lines, contact your ophthalmologist as soon as possible.

