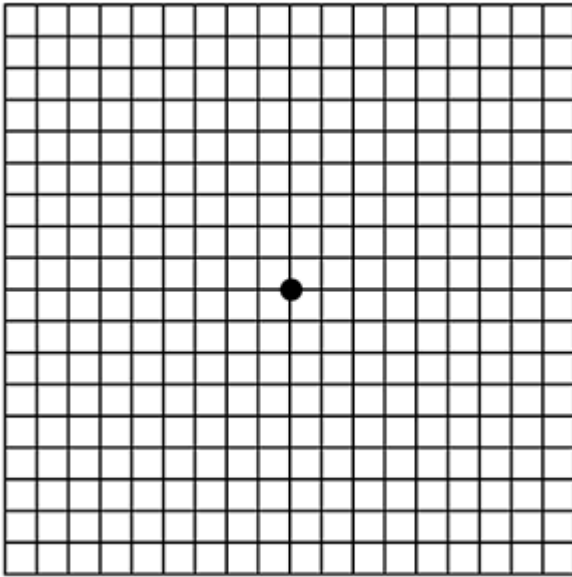


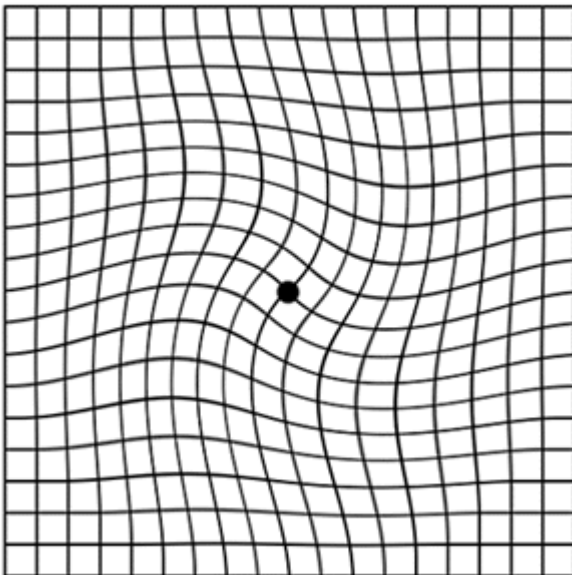
Amsler Grid

The Amsler Grid is a useful tool to detect certain visual disorders such as macular degeneration and glaucoma. The second sheet of this form will allow you to print and test yourself. Please follow the directions listed on the second page of this document.

Normal (lines appear straight)



Abnormal (lines are bent or missing)



Test Yourself with the Amsler Grid

The grid should be printed portrait not landscape and should be placed in a visible location with good lighting. If you wear glasses then glasses should be worn at the time of the test.

1. View the grid one eye at a time
2. Focus on the central dot at a normal reading distance
3. Look for distortion or blind spots
4. Check the other eye

If you notice a change in your vision, schedule a consultation with your ophthalmologist.

