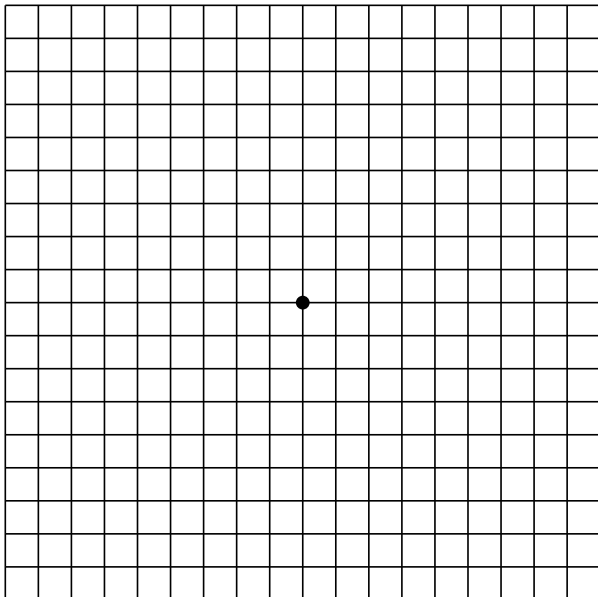


Amsler Grid

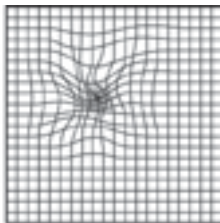
This is a tool that can be used to help detect any changes in your vision.

See reverse for instructions on how to use.



Important

If you notice any significant, constant or new changes in the grid, for example the lines looking wavy, broken, distorted in any way, ensure you contact your eye care provider for further advice.



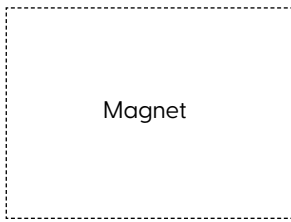
An example of how distortion may look.

Help us find a cure and support macular research



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How to test your eyes with the Amsler Grid:

- Make sure you are wearing your eyeglasses or contact lenses
- Make sure you are in a well lit room
- Hold the grid at arms length
- Cover one eye and focus on the centre dot
- If you notice any lines are missing or distorted, mark them on the chart
- Repeat with the other eye.

Age-related Macular Degeneration

Age-related Macular Degeneration (AMD) is a degenerative disease that affects the central area of the retina called the macula. Changes to your vision noted on the Amsler Grid may suggest a significant change in the status of your AMD.

It is one of the leading causes of severe vision loss in Australia and is most prevalent in those aged over 50.

AMD Research


The Macular Research Unit at the Centre for Eye Research Australia is working on a wide range of projects to improve diagnosis and treatment for AMD and to progress towards a cure.

Professor Robyn Guymer leads the unit and is a recognised world leader in research and clinical management of AMD.

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