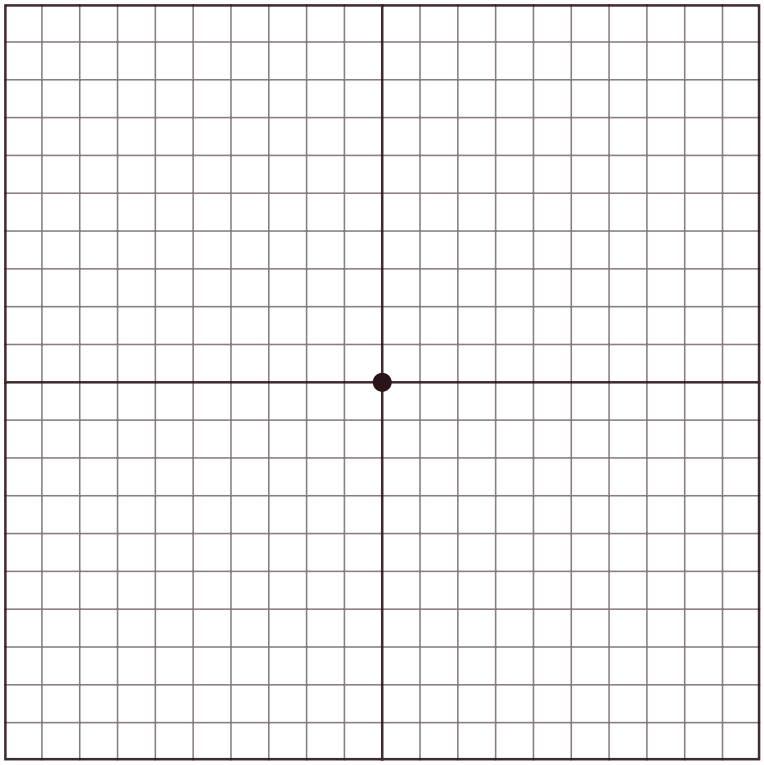
Try the Amsler grid at home.

Macular changes can be subtle. This simple grid helps you notice distortion early — and know when to be seen.



1. Wear your reading glasses and hold the grid about 30 cm away.
2. Cover one eye and look steadily at the centre dot.
3. Are any lines wavy, blurred or missing? Repeat with the other eye.

This is not a diagnosis. If anything looks different — or changes suddenly — contact me or your optometrist promptly.

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