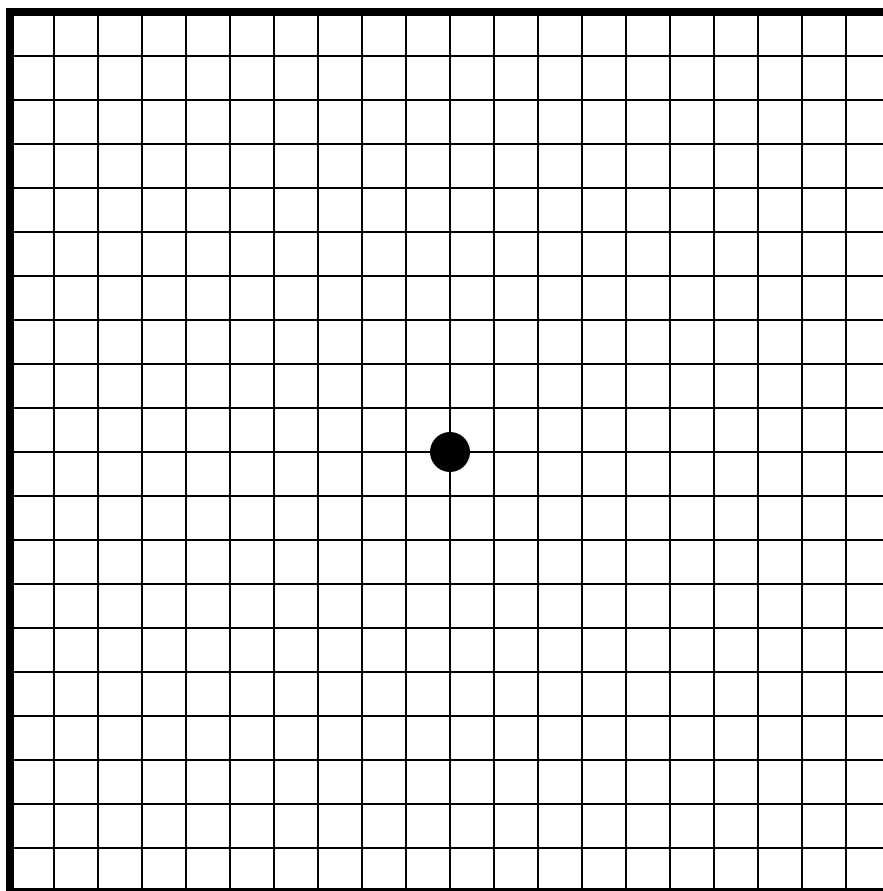


Daily monitoring with an Amsler Grid is a well-studied, first-line method for detecting early macular changes, facilitating timely intervention that can preserve vision in patients with Age-Related Macular Degeneration (AMD).



How to Use This Grid:

1. Wear your reading glasses and hold this page 12-14 inches from your face.
2. Cover one eye. Focus firmly on the center dot with your open eye.
3. While staring at the dot, check if any lines look wavy, blurry, or missing.
4. Repeat with the other eye.

If you notice any NEW distortion, wavy lines, or missing areas, contact your eye doctor immediately.

Concerned about your results?
Take the free macular degeneration
assessment at AetopiaHealth.com

Scan to visit



Clinical References:

1. AAO. Preferred Practice Pattern Guidelines: Age-Related Macular Degeneration. 2019.
2. ASRS. Guidelines for the Management of Neovascular Age-Related Macular Degeneration. 2014.
3. Faes L, et al. Diagnostic accuracy of the Amsler grid... Eye (Lond). 2014;28(7):788-796.
4. Loewenstein A, et al. Current status of home monitoring of AMD. Curr Opin Ophthalmol. 2012;23(3):206-210.

This Amsler Grid is for home monitoring only and is not a substitute for professional eye exams.