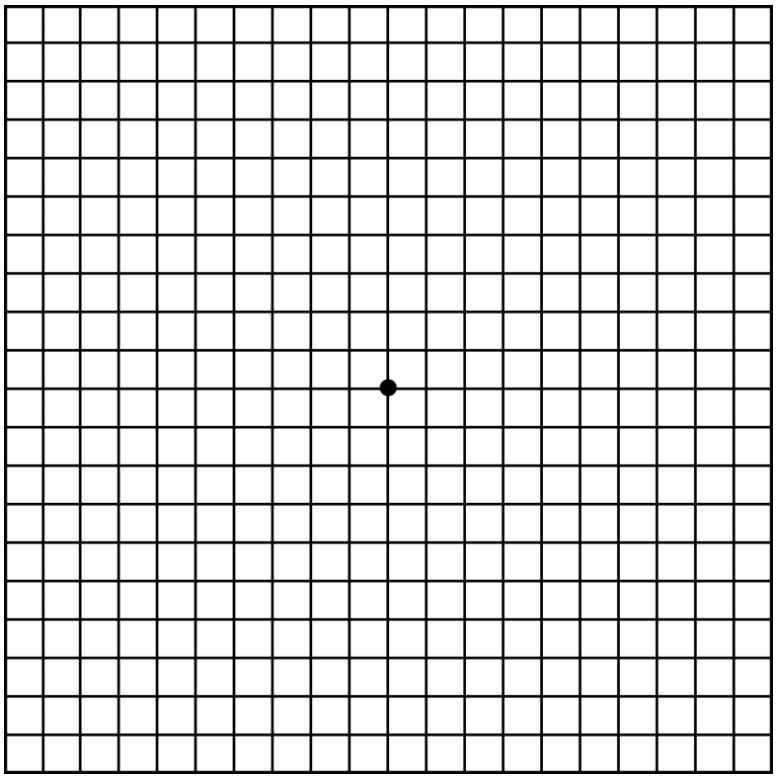
AMDF American Macular Degeneration Foundation
Saving sight through research and education

PO Box 515
Northampton, MA 01061-0515
1.888.MACULAR (622.8527) 1.413.268.7660
www.macular.org amdf@macular.org

Amsler's Chart to Test Your Sight



1. Tape this page at eye level where light is consistent and without glare.
2. Put on your reading glasses and cover one eye.
3. Fix your gaze on the center black dot.
4. Keeping your gaze fixed, try to see if any lines are distorted or missing.
5. Mark the defect on the chart.
6. TEST EACH EYE SEPARATELY.
7. If the distortion is new or has worsened, arrange to see your eye doctor at once.
8. *Always* keep the Amsler's Chart the *same distance* from your eyes each time you test.

The AMDF is a 501(c)(3) non-profit, publicly supported organization as described in sections 509(a)(1)and 170(b)(1)(A)(vi) of the Internal Revenue Code. Contributions to the Foundation are tax deductible to the extent allowed by law.