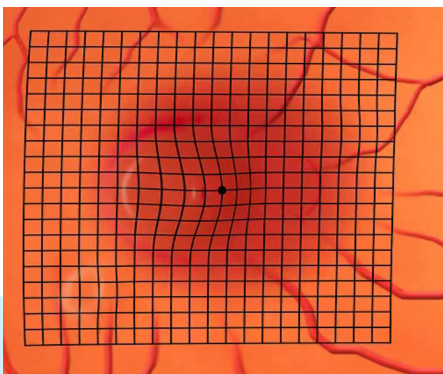


## AMSLER CHART

**Q Who should use an Amsler Chart?**

**A** The Amsler Grid is designed to detect small changes in the centre of your vision which can be an early sign of macular degeneration.

The macular is a small area in the centre of the retina (the light sensitive layer at the back of the eye). The macular is a very important part of the retina as it is the area that we use to see small detail, for example, reading, seeing the television, recognizing faces etc. Macular degeneration is a painless condition that affects the macular causing progressive loss of central vision.



Macular degeneration is the most common reason for people in the UK to be registered blind, though total blindness almost

never occurs from this condition, but you are likely to find it difficult to read, to recognize people or to drive. However, the area surrounding the macula is not affected so peripheral vision remains clear and you can usually still move around fairly freely.

Age-Related Macular Degeneration (ARMD) is the most common form of macular degeneration (there are some rare forms that affect younger people). As the name suggests, it is more likely to occur as you get older and is more common in females. Other risk factors include family history and smoking.

The Amsler Grid provides a quick way of checking for any distortion or loss of sensitivity in the centre of your vision.

**Q How should I use an Amsler Chart?**

1. Put on the spectacles that you normally use for reading (if any)

2. Cover your left eye with the palm of your hand or a large spoon
3. Hold the chart at about 40cm from your eyes
4. Stare at the black dot in the centre of the grid
5. While staring at the black dot, look at the surrounding grid.
6. Do the lines look fainter in any part of the grid?
7. Do all the lines look straight or do some look curved or wavy?
8. Make a note on the chart of where the lines look faint or distorted
9. Repeat this procedure with your right eye covered

A **You should use the chart at least once a week** or if you notice any change in your vision. If you notice any new distortion or other change in the appearance of the grid you should arrange to see your optometrist as soon as possible.



**Q What should I do if I notice a change in my vision?**