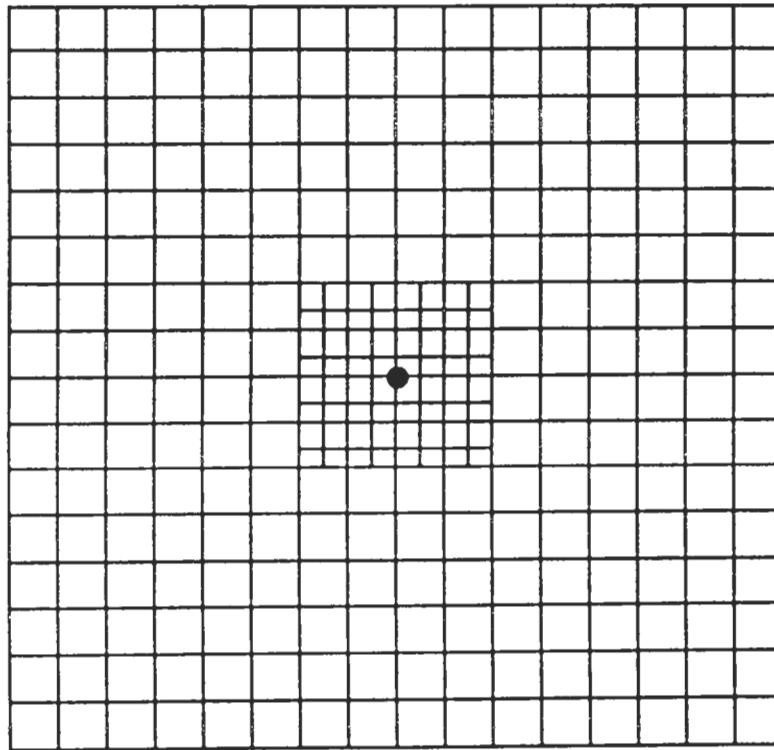


THE AMSLER GRID (828) 665-1577



DIRECTIONS

1. Check the appearance of the Amsler Grid pattern on a regular basis. Place the Amsler Grid in a convenient location, such as on the refrigerator door, or on your bedroom dresser, so you will see it every day.
2. If you normally wear glasses for reading, wear your glasses for this test.
3. Cover one eye. Hold the Amsler Grid at arm's length. Stare at the black dot in the center of the grid pattern. Slowly move the grid pattern closer to you until you notice, with your peripheral vision, that one of the gray ovals has disappeared. This should occur at 12 to 14 inches from your eyes.
4. Stare directly at the center black dot. *Do not move your eye, or look away from the center black dot on the grid pattern during this test!*
5. As you look directly at the center black dot, answer these questions:
 - a. Can you see all four corners of the grid pattern with your side, or peripheral vision ?
 - b. Does every horizontal line appear straight ?
 - c. Does every vertical line appear straight ?
 - d. Can you see the entire grid pattern without areas of missing or broken lines ?
6. Call this office immediately:
 - a. If you see the lines as wavy, distorted, broken, or uneven.
 - b. If you notice any areas where the grid pattern seems missing.
 - c. If you notice any other type of change in this grid pattern, or your vision.
7. Be sure to test each eye, separately, on a regular basis.