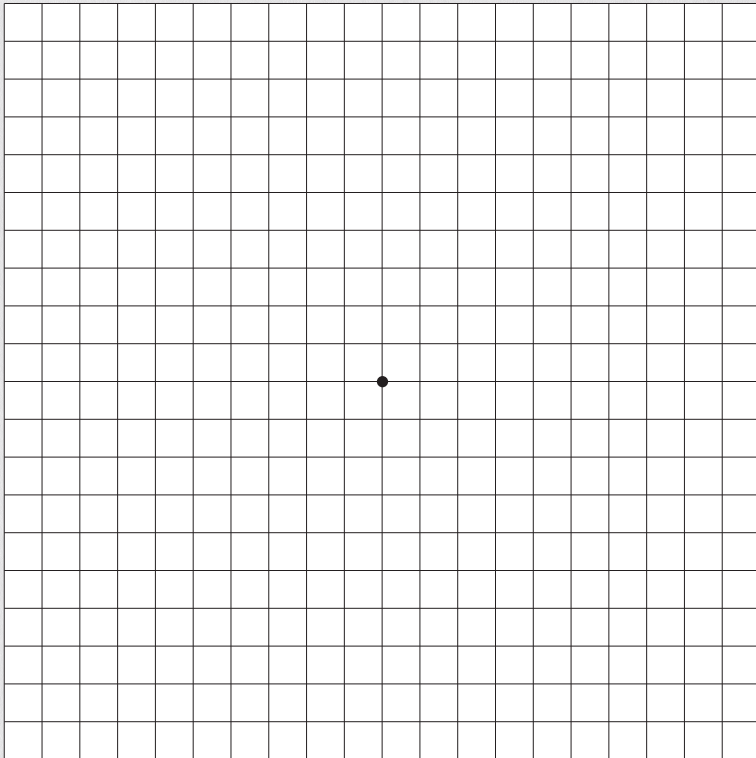


# Macular Degeneration

## MONITORING



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*the destination for the discerning spectacle wearer*

## Monitoring your eyes for macular degeneration – The Amsler Chart

The early stages of wet macular degeneration can be treated and in many cases if the treatment is given promptly the progression of the condition can be stopped. If the condition becomes established then it can lead to permanent vision loss and any future treatment will become ineffective. Therefore it is essential that if you notice any distortion in your vision that you inform your optometrist immediately.

An Amsler Chart is a quick and simple method of monitoring your vision for distortion. The simple grid pattern makes it easy to pick up distortion before you would normally become aware of it. Keep the chart where you can notice it, for example on a noticeboard, fridge or the inside of a wardrobe (don't put it in a drawer!).

## Follow these 4 steps on each eye individually

- 1 Wear your reading glasses and hold the grid at about 35cm.
- 2 Cover one eye completely with the heel of your hand (it's really important you only check one eye at a time!).
- 3 Focus on the central dot of the grid but be aware of the rest of grid without looking around.
- 4 Looking at the central dot, are any of the lines of the grid missing or distorted?

### **Aim to check your Amsler Chart at least once a week.**

Repeat these steps on the other eye and contact Eyeworks London immediately if you notice any distortion.

For more information on how to use an Amsler Chart see our video on our YouTube channel Eyeworks London.

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