

RETINA ASSOCIATES OF NEW JERSEY, P.A.

DISEASES OF THE RETINA AND VITREOUS

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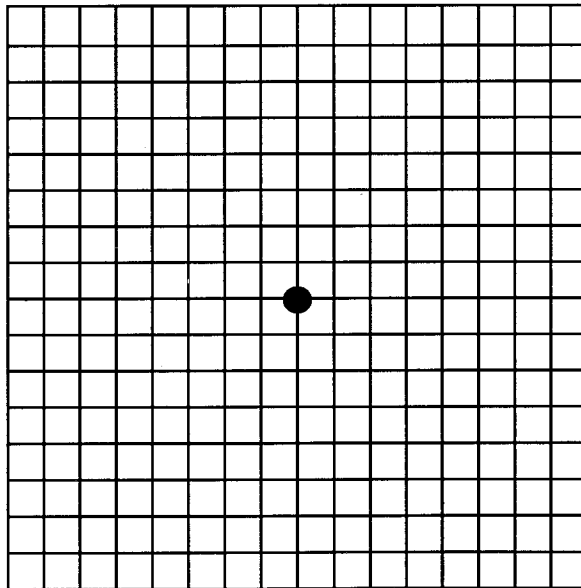
Teaneck - (201) 837-7300

Wayne - (973) 633 - 9898

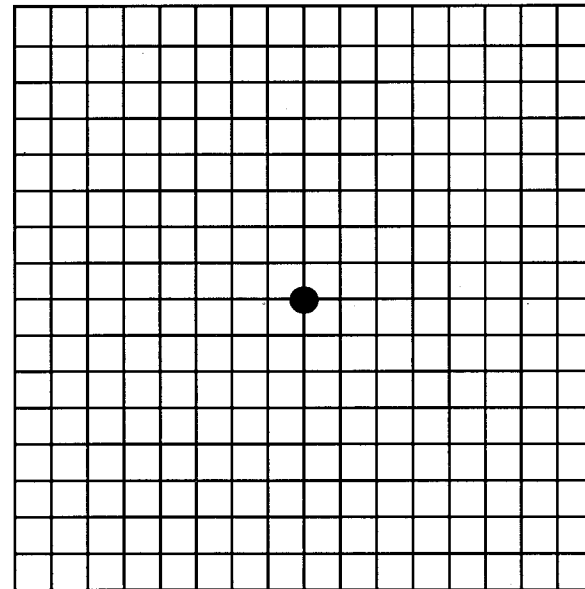
Belleville - (973) 450-5100

Millburn - (973) 762 - 2300

LEFT EYE



RIGHT EYE



INSTRUCTIONS FOR USE: THIS TEST CAN BE AN IMPORTANT INDICATOR OF DISEASE IN THE RETINA. TEST YOUR EYES DAILY TO DETECT CHANGES AS SOON AS POSSIBLE. IF YOU NORMALLY WEAR READING GLASSES, IT IS IMPORTANT THAT YOU WEAR THEM WHILE PERFORMING THIS TEST. PROPER LIGHTING IS ALSO ESSENTIAL. THIS **AMSLER GRID** SHOULD BE HELD AT NORMAL READING DISTANCE.

1. LOOK AT THE BLACK DOT IN CENTER OF CARD. COVER ONE EYE AND CONTINUE TO LOOK AT DOT.
2. IF YOU HAVE MACULAR DEGENERATION, THE LINES SURROUNDING THE DOT MAY NOT APPEAR PERFECTLY STRAIGHT.
3. IF YOU FIND A NEW AREA OF DISTORTION OR MISSING LINES AND IF THIS DOES NOT CLEAR WITHIN A FEW MINUTES, YOU SHOULD CALL THE OFFICE NEAREST TO YOU IMMEDIATELY FOR AN EXAMINATION.
4. THIS TEST SHOULD BE PERFORMED EVERY SINGLE MORNING ON EACH EYE, INDIVIDUALLY.