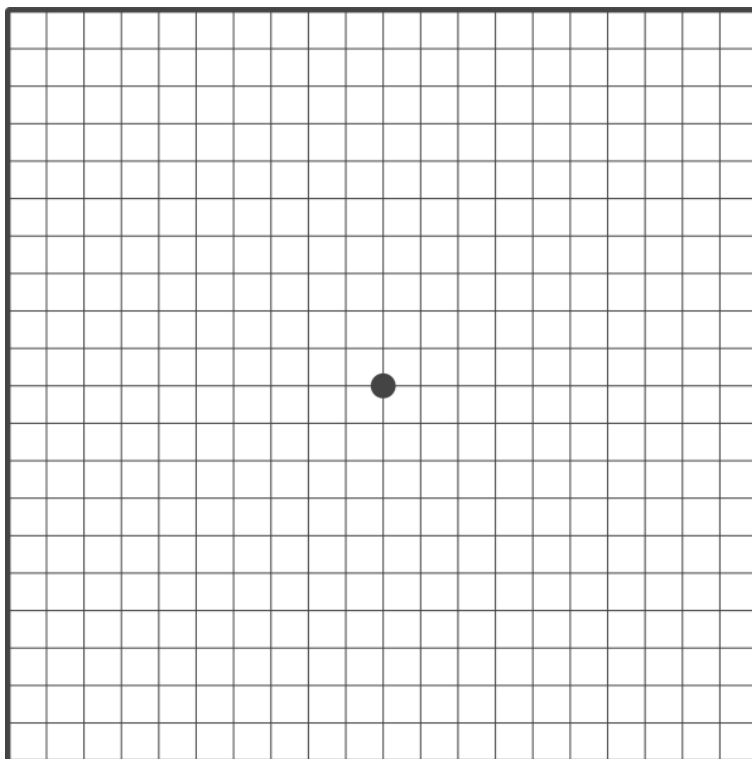


Amsler Grid

A one-minute check of your central vision, from Shane Retina

1. Wear the glasses you use for reading.
2. Hold this page 12 to 15 inches from your face in good light.
3. Cover one eye with your hand.
4. Look at the center dot and keep your eyes on it.
5. Notice whether any lines look wavy, blurry, dark, or missing, or any squares look a different size.
6. Repeat with the other eye.
7. If you notice a change, call Shane Retina the same day at (941) 351-1200.



Printed at actual size, each square is about 5 mm. Check each eye once a day.