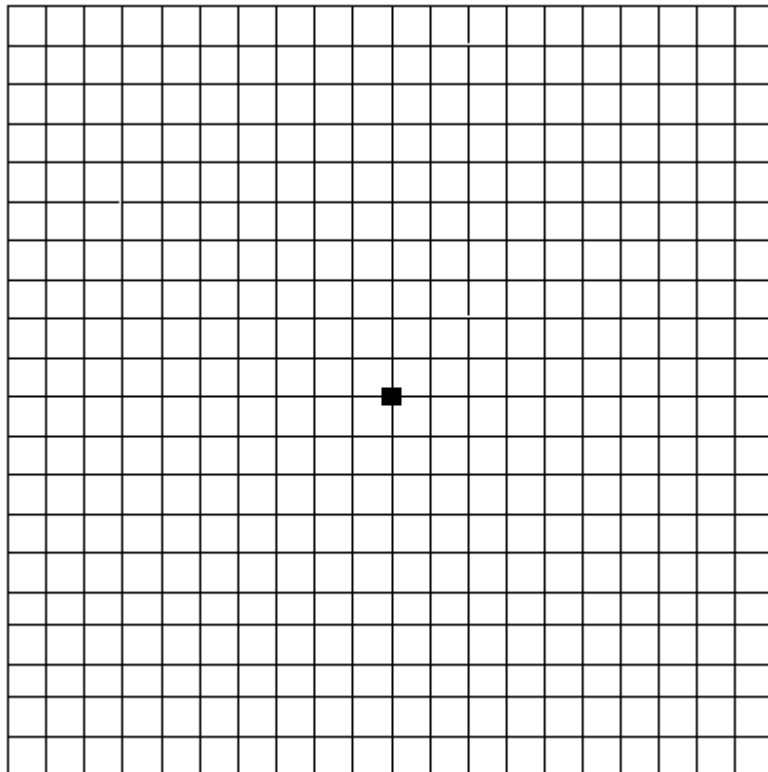


Testing for macular degeneration

1. Cover the left eye and look at center of the grid using your reading glasses at a comfortable reading distance.
2. The lines should be straight and you should be able to see the dot in the center of the grid.
3. Repeat the test by covering the right eye.
4. Distortion of the lines on the grid or blurring of the grid may be a symptom of macular degeneration.
5. You should be examined by your eye doctor if there is new or increased distortion or blurring of the grid.



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