

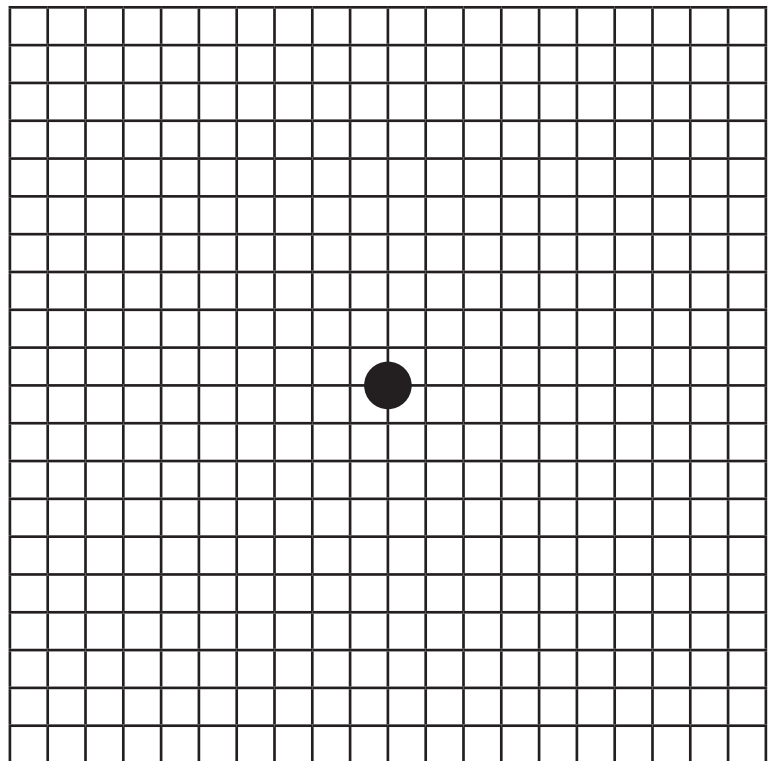
# When living with dry AMD, it's important to monitor your vision regularly.

If your condition progresses to wet AMD, you need to be referred quickly for treatment. The best way of monitoring at home is by using an Amsler Grid.

## How to use an Amsler Grid

1. Wearing your glasses, hold the grid at normal reading distance in good light.
2. Cover one eye with your hand.
3. Look directly at the centre dot and try to stay focused on it.
4. While looking directly at the dot, notice if all grid lines look straight or if any lines or areas look blurry or wavy.
5. Follow the same steps with the other eye.

## Amsler Grid



**Important:** If you notice any irregularities such as **wavy lines** or **blurry areas**, mark the areas on the chart and report to your optician or eye hospital as soon as possible. Take the chart with you to your appointment. If you are in any doubt, call the OcuPlan rapid advice line.