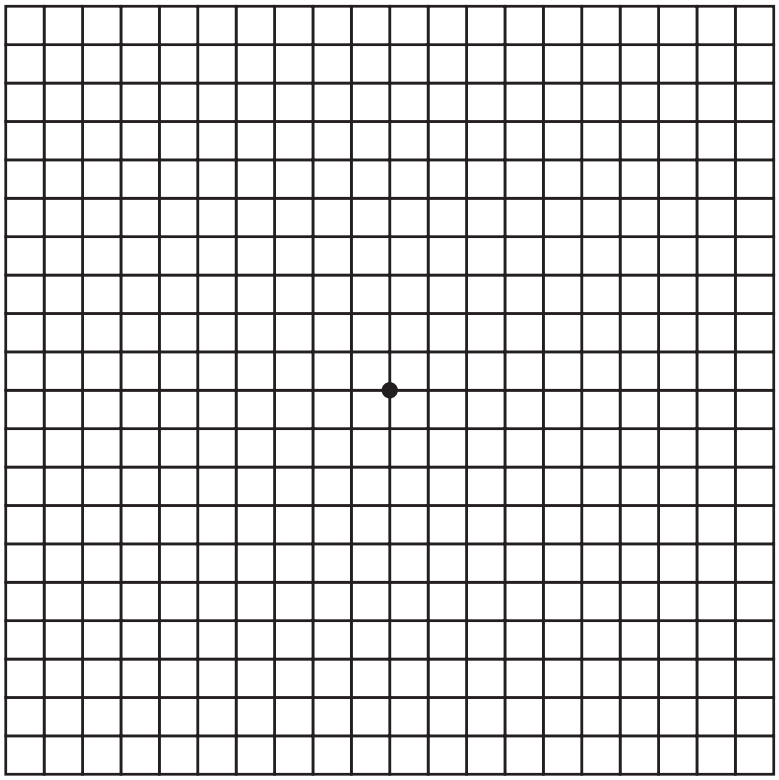
NYRETINA

Early detection is your best defense against vision loss caused by macular degeneration.

Use the Amsler Grid to Test Your Sight



1. Print this sheet and tape it up in a well-lit area at eye level. Some people find it most convenient to tape it to a bathroom mirror or position it on the refrigerator door.
2. Stand approximately 24 inches away from the grid.
3. If you use reading glasses, put them on.
4. Cover one eye with your hand.
5. Focus on the dot at the center of the grid for one full minute.
6. Repeat the process for the other eye.

If any of the lines on the grid are blurred, wavy, or even missing, call (516) 360-2020 to schedule a "dilated" eye exam.