



For Your Health

HEALTH INFORMATION BROUGHT TO YOU BY KAISER PERMANENTE

USING THE AMSLER GRID

With proper use of the Amsler Grid, patients can detect very small changes in their vision. Visual changes can signal any number of conditions. Here's how to use the Amsler Grid properly:

- Wear your normal reading glasses or wear bifocals, using the portion for near vision.
- Place the grid on a flat surface you see frequently, such as the bathroom mirror or refrigerator door.
- Cover one eye and look at the central black dot with the other eye.

While looking at the central dot you should be able to see the four corners of the square. Note that the large square is made up of many smaller squares.

The first day you look at the grid, mark with a pencil any distorted areas and any blank, gray or blurry spots. This is your baseline pattern.

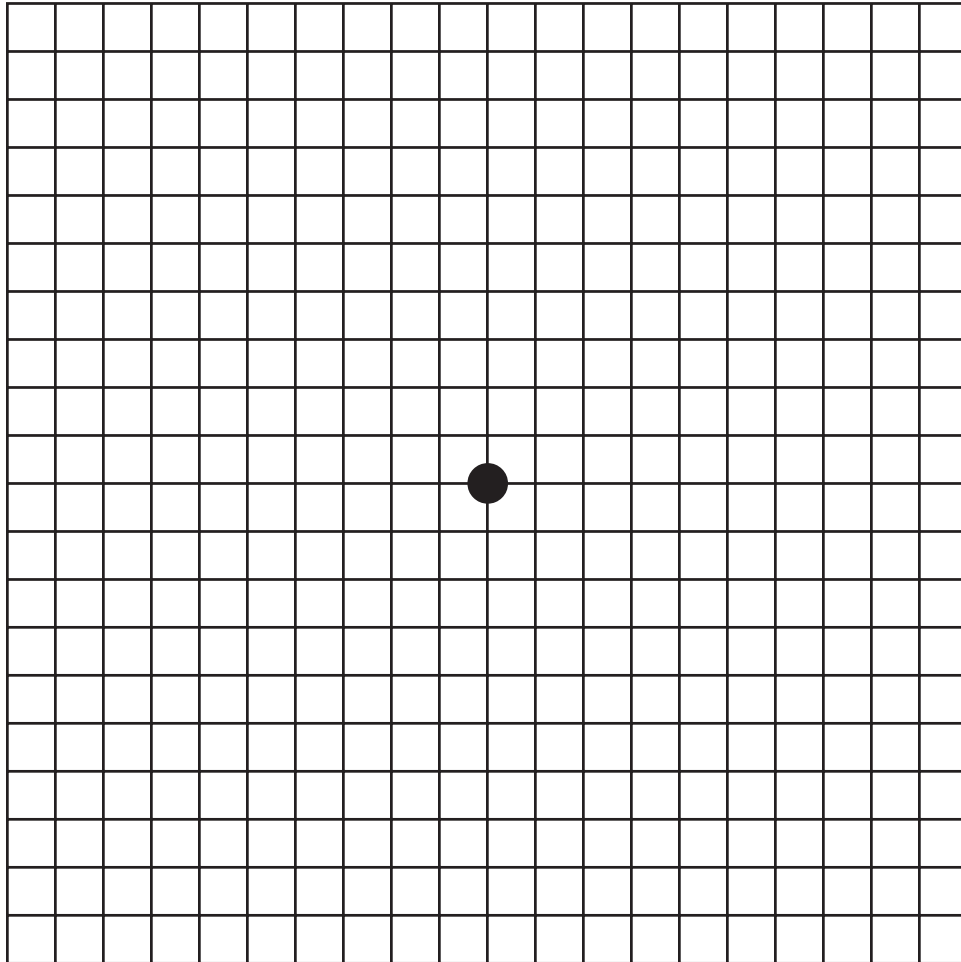
Then look at the center dot of the grid every day. It is very important that you call for an appointment at 571-4022 the very day you notice any changes in the pattern: wavy lines, distortions, enlargements of blank spots, and new blank spots. Our advice nurses are aware of these kinds of problems and will arrange to have you seen as soon as possible.

Your evaluation will consist of a retinal examination and possibly eye photography. This evaluation will determine the cause of the vision disturbance.

If you have any questions regarding the use of the Amsler Grid, please call 571-4022.



AMSLER GRID



1. Use glasses normally used for reading.
2. View the grid from a comfortable reading distance (14"-16").
3. Cover one eye.
4. Look directly at the center dot with the other eye.
5. Note any distortion, wavy lines, blurred areas, or blank spots.
6. Call the office if new changes occur.