

# Mabel MP Cheng MD, PLLC

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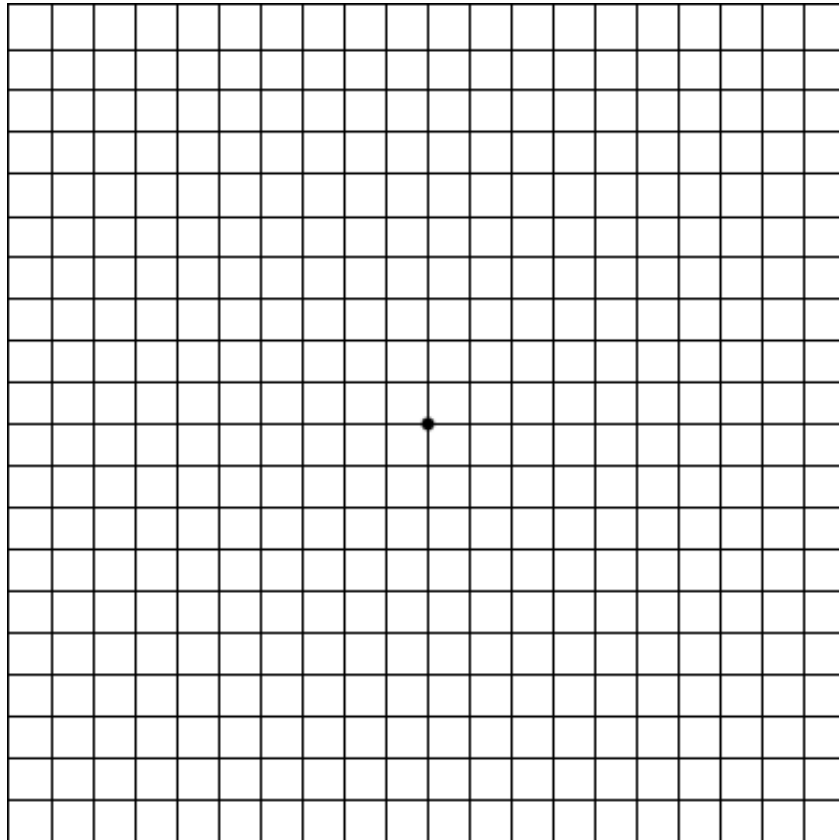
[www.mabelchengmd.com](http://www.mabelchengmd.com)

## Amsler Grid

The best defense against disease is self-detection and monitoring. Many diseases, such as diabetes and macular degeneration can have long term effects on your eyesight. Early detection of deteriorating vision is key to preventing permanent vision loss.

### Daily use of the Amsler Grid:

- Hold this piece of paper at your normal reading distance. If you wear glasses, to read, please wear them.
- Covering one eye, focus on the dot in the center of the grid. Ask yourself the following questions:
  - Are areas of the grid missing?
  - Do some of the lines look wavy, blurred, or distorted?
  - Can you see all corners and sides of the grid?
- Repeat the test with the other eye.



**Very Important:** If you see any irregularities, report this to your eye physician immediately. Circle the area where you notice the irregularity, write down the date you noticed it, and bring this sheet of paper with you to your eye exam.