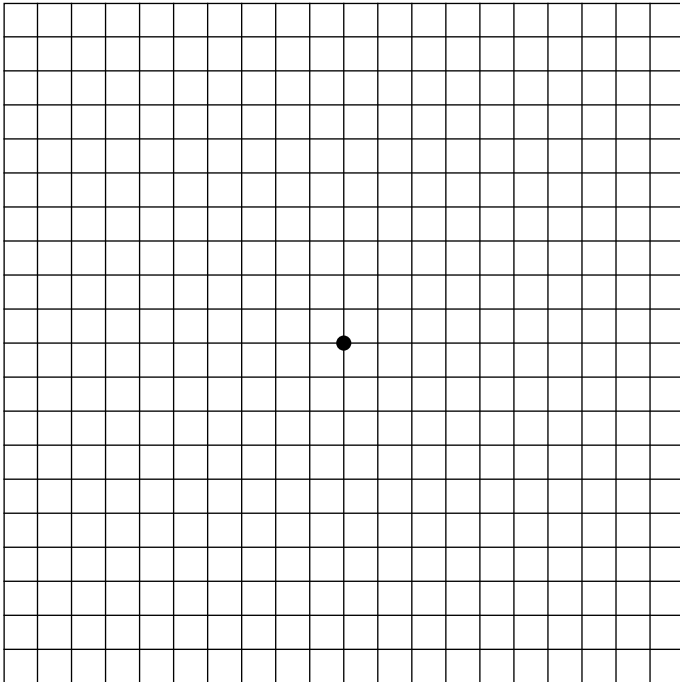


Visual Distortion Chart

This chart may be helpful in revealing signs of wet Age-related Macular Degeneration (AMD). It is not a substitution for regular eye tests.



Directions

1. If you wear glasses or contact lenses for reading leave them on but do not wear varifocals or distance glasses.
2. Hold the chart approximately 12 inches (30cm) in front of your eyes in a well lit room.
3. Cover one eye with your hand and focus on the centre dot with your uncovered eye. Repeat with other eye.
4. If you see wavy, broken or distorted lines, blurred or missing areas of vision, you may be displaying symptoms of AMD and should contact your Optician/Optomtrist within the next week.