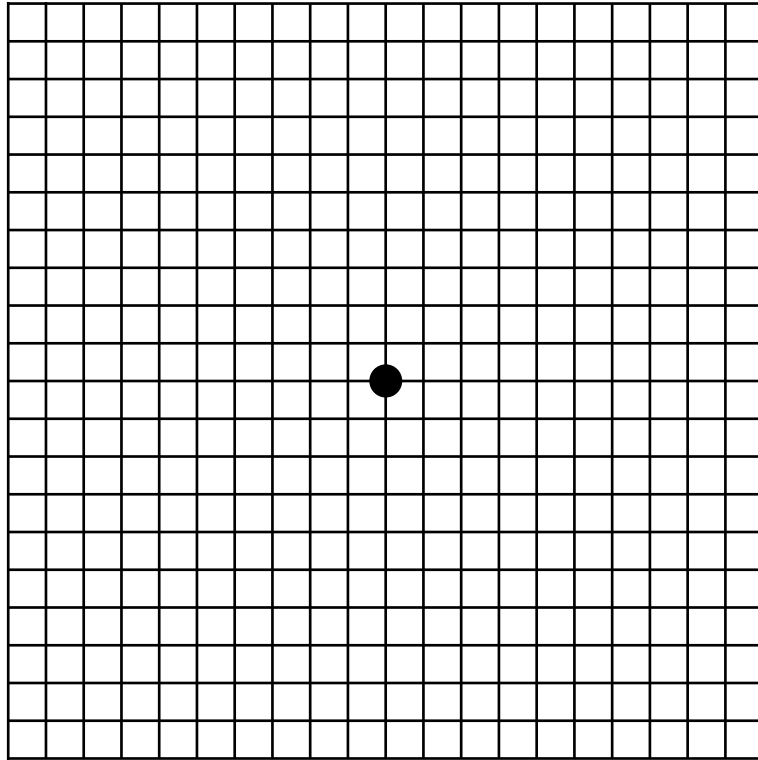
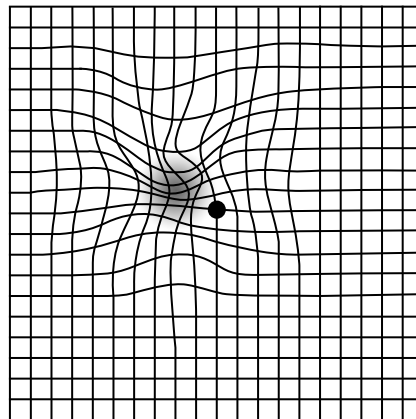


Macular Degeneration Self-Test



If you wear glasses for near vision, put them on. Hold the grid about a foot and a half away from your face. Cover one eye with your hand. With your other eye, stare directly at the dot in the center of the grid. Repeat the test with your other eye.



If the lines around the dot are wavy, blurred, or distorted (above), you may have a macular problem. Consult your eye care professional as soon as possible.