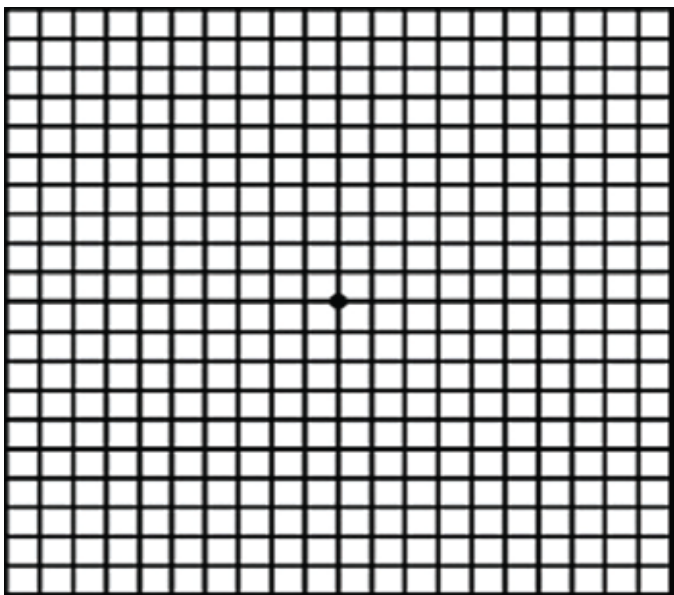




**FIGHTING
BLINDNESS
CANADA**

THE AMSLER GRID FOR WET AMD

- 1** Wear your prescribed glasses.
- 2** Cover one eye & look at the centre dot.
- 3** Check if the lines look abnormal – wavy, blurred, discoloured or blank.
- 4** Cover your other eye & repeat.



Changes in your eye sight should be reported to your eye practitioner immediately. This test does not replace the advice of a medical professional.

**To learn more about AMD
(Age-related Macular Degeneration)
please contact us at:
1.800.461.3331**

Turn Over

5 TIPS

TO DECREASE RISK

Experts suggest these five tips to decrease the risk or slow the progression of AMD.

- 1 Don't smoke. If you do smoke, quit.
- 2 Control your blood pressure & cholesterol.
- 3 Stay physically active.
- 4 Avoid processed foods.
- 5 Enjoy colourful fruits, dark green leafy vegetables & fish such as salmon, tuna & mackerel.

Donate today and support research to understand, preserve and restore sight.



**FIGHTING
BLINDNESS
CANADA**