

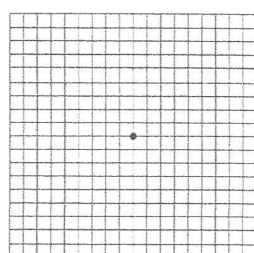
Macular Degeneration (MD) is an eye disease that affects approximately 60,000 people in New Zealand.

It can cause different symptoms in different people and can be hardly noticeable in its early stages.

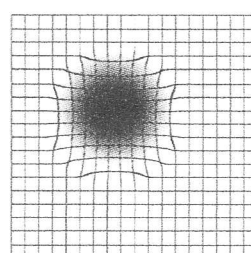
**Symptoms include:**

- Central or detailed vision being blocked by dark or empty spaces.
- Images becoming blurry
- Straight lines appearing distorted or wavy
- Colours being hard to distinguish

The Diagram shown, on the front, is called an Amsler Grid and can pick up some of the early signs of vision loss. Try the simple 3 step test to see whether you may be affected. However, only an examination by a qualified eye care specialist can properly diagnose MD, so please consult a specialist if you notice symptoms of this condition.



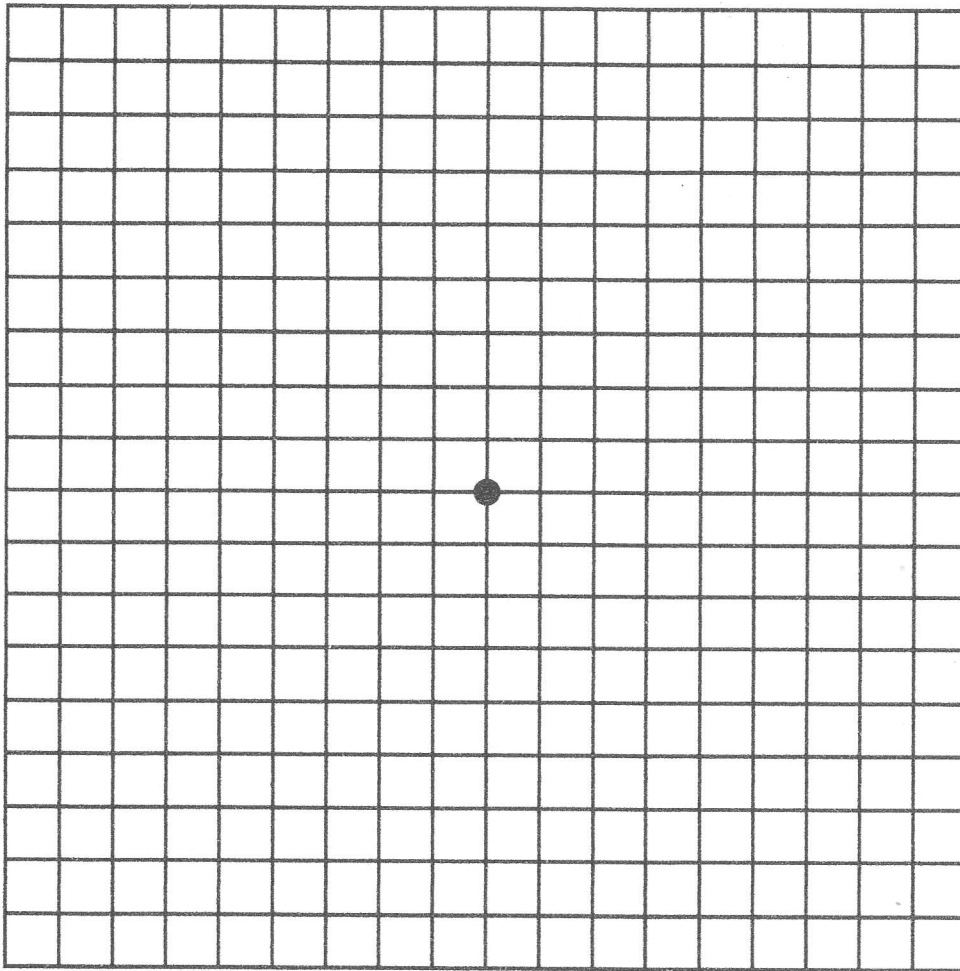
*Normal vision*



*Vision of person suffering from  
Macular Degeneration*

**For further information and support call the MDNZ's helpline  
0800 MACULA (0800 622 852) or visit [www.mdnz.org.nz](http://www.mdnz.org.nz)**

# Test your eyes regularly



## Directions

If you wear reading glasses or contact lenses do not remove them for this test.

1. Hold the grid at a comfortable reading distance (approx. 33cm) in a well lit room.
2. Cover one eye with your hand and focus on the centre dot with your uncovered eye. Repeat with the other eye.
3. If you notice any wavy, broken or distorted lines, blurring or gaps in the grid, you may have a macular problem and should see an eye care specialist.

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