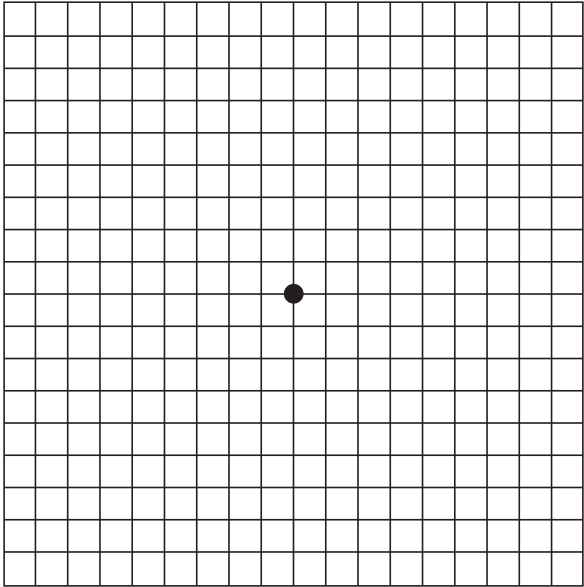




MACULAR  
DEGENERATION  
NEW ZEALAND

## Do you have Macular Degeneration?



### Take this simple test regularly

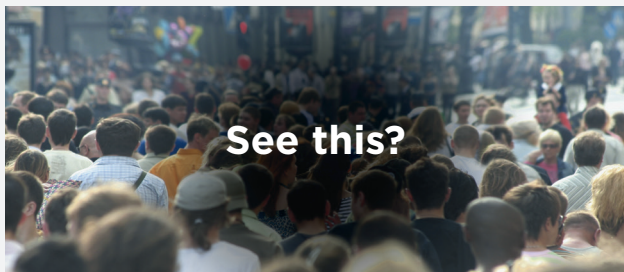
- 1 Wear the glasses or contact lens you normally use for reading.
- 2 Hold this grid at eye level, about 35cm (14 inches) from your face.
- 3 Cover one eye with your hand and focus on the centre dot with your uncovered eye.
- 4 Repeat with the other eye.
- 5 If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying the symptoms of Macular Degeneration. Contact your doctor or optometrist immediately.

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## It's not a printing error, it's **Macular Degeneration**

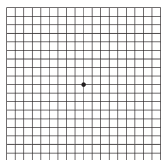
Macular Degeneration (MD) is an eye disease that affects approximately 1 in 7 New Zealanders over 50 years of age. It can cause different symptoms in different people and can be hardly noticeable in its early stages.

### **Symptoms** include:

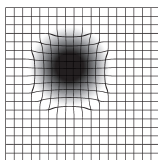
- Dark or empty spaces in your central vision.
- Images becoming blurry
- Straight lines appearing distorted or wavy
- Colours being hard to distinguish

The diagram on the front is called an Amsler Grid and can pick up some of the early signs of vision loss. Try the simple test to see whether you may be affected.

However, only an examination by a qualified eyecare professional can properly diagnose MD, so please consult an eyecare professional if you notice symptoms of this condition.



Normal vision



Vision of a person suffering from Macular Degeneration