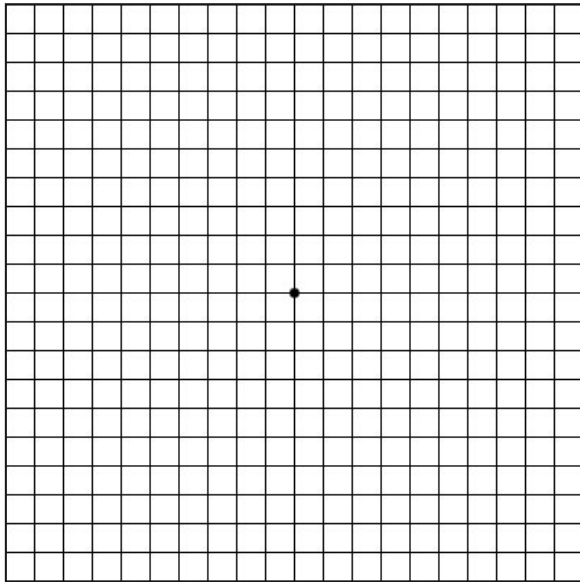


## Do you have Macular Degeneration?

### Take the Amsler Test



#### To take this simple test:

- 1 Do not remove 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.

## We're here to help

Macular Degeneration New Zealand (MDNZ) is dedicated to raising awareness of MD and enhancing the quality of life for people with the condition.

### Diagnosis

Early diagnosis is crucial to prevent vision loss.

### Treatment

A number of treatments are available to help slow the progression of Dry MD. In the case of Wet MD, there are therapies to target the problems caused by the abnormal growth of blood vessels under the retina.

### Support

People with vision loss can lead independent lives with the support of vision aids and low vision services. For more detailed information, or to find out more about living with MD, please contact MDNZ.



MACULAR  
DEGENERATION  
NEW ZEALAND



Phone **0800 MACULA**  
**(0800 622 852)**



Facebook - **macular degeneration  
new zealand - mdnz**



Email **info@mdnz.org.nz**

## Eye map.... a quick guide to saving sight



# Eight top tips to care for your eyes...



**1. Healthy diet: green leafy veges, fresh fruit & oily fish**



**2. Take Supplements (AREDS 2 formula) as advised by your doctor**



**3. Healthy lifestyle: exercise regularly**



**4. Keep having your injections for wet macular degeneration**



**5. Stop Smoking**



**6. Wear Sunglasses**



**7. Take the Amsler Grid test weekly**



**8. Have an eye check with an optometrist every 2 years**

