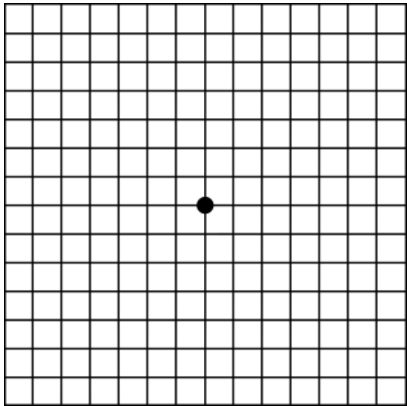
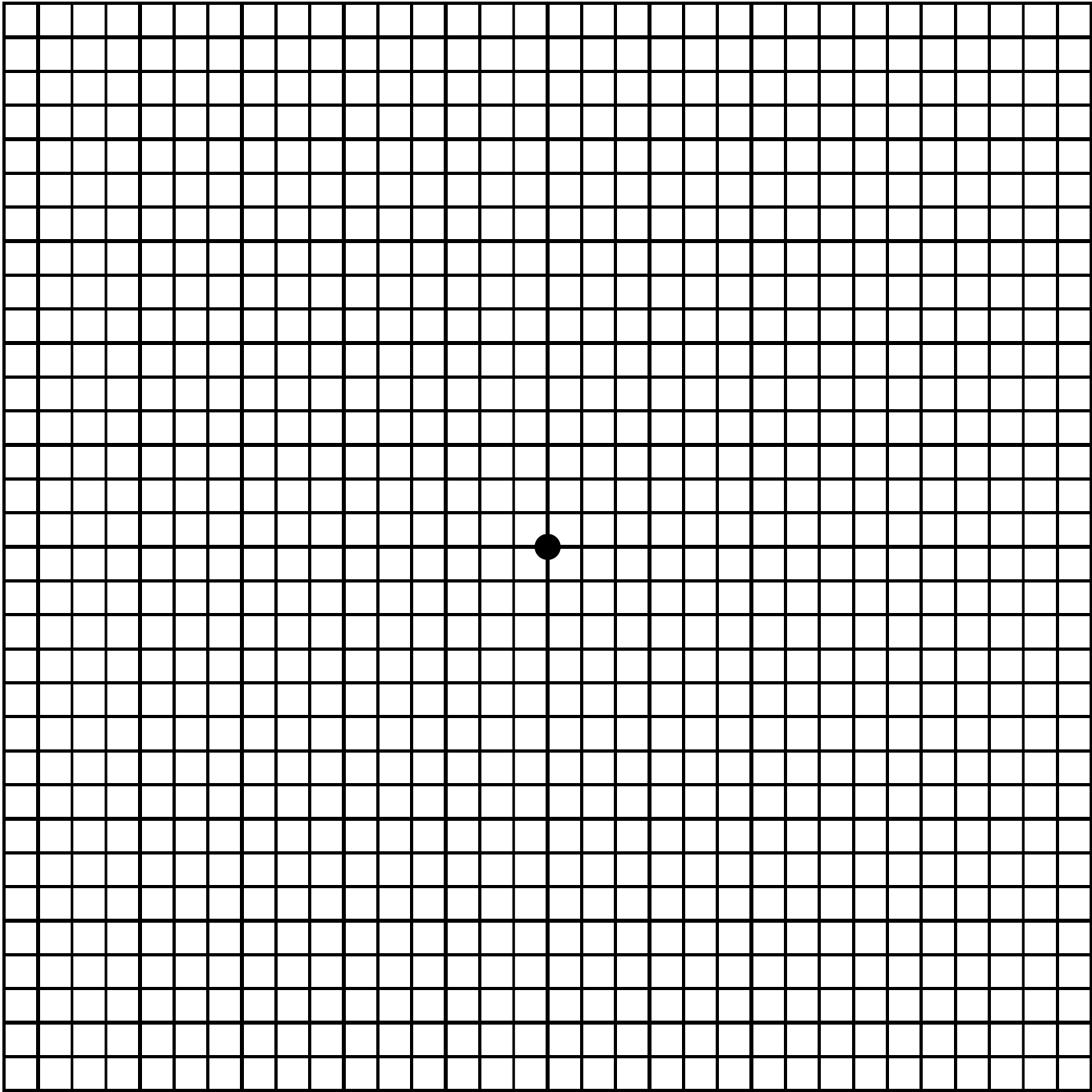


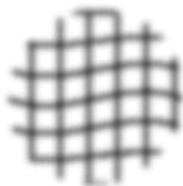
Self-Monitor Amsler Grid



814-200-9152
hello@erieretinaresearch.com
www.erieretinaresearch.com



For someone
with AMD, an
Amsler grid
may appear to
have wavy lines
or blank spots.



Self-Monitor Amsler Grid



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You can monitor your vision and risk for AMD over time by using an Amsler grid every day.

Place the Grid:

Keep the Amsler grid in a place where you see it every day. Many people keep an Amsler grid on their refrigerator door or on their bathroom mirror.

Prepare to View:

In good light, look at the grid from about 12–15 inches away. Be sure to wear your reading glasses if you normally use them.

Test One Eye:

Cover one eye. Look directly at the dot in the center of the grid with your uncovered eye. Notice if any of the lines look bent or wavy. See if any part of the grid looks blurry, dim, or out of shape.

Test the Other Eye:

Now cover your other eye and test your vision in the same way again.

Using these instructions, you can effectively monitor changes in your vision that might indicate AMD (Age-related Macular Degeneration) or other eye conditions.



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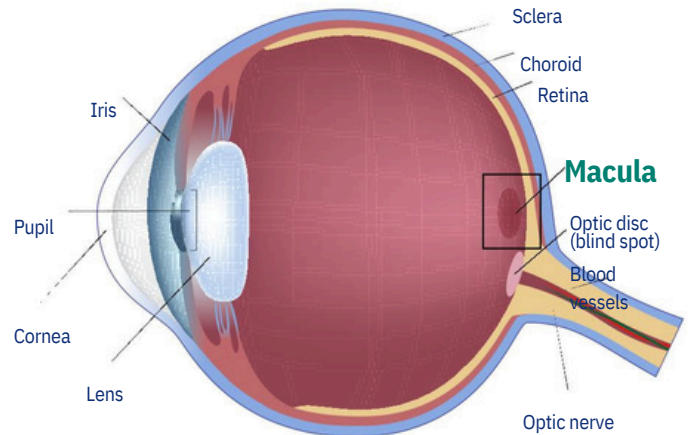
300 State St., Suite 302
Erie PA 16507



What is Age-related Macular Degeneration (AMD)?

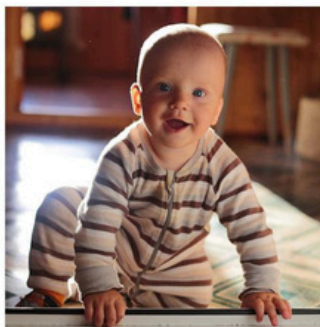
AMD is a common eye condition and a leading cause of vision loss among people age 50 and older. If you have AMD, you might see a blurred area near your center of vision. Over time, the blurred area may grow bigger or you may have blank spots in your vision. AMD by itself does not lead to blindness. However, the loss of central vision can interfere with everyday activities, such as seeing faces, driving, reading, writing, cooking, or fixing things around the house.

Macular Degeneration



What are the stages of AMD?

There are three stages of AMD, based on how big and how many yellow deposits (called “drusen”) are found in the eye. It is possible to have AMD in one eye only, or have one eye with a later stage of AMD than the other.



Normal vision.



Vision with AMD.

Early AMD: Early AMD is diagnosed by medium sized yellow deposits about the width of a human hair. Early AMD typically do not impact vision noticeably.

Intermediate AMD: People with intermediate AMD have larger deposits, color changes in the back of the eye, or both. These changes can only be found in an eye exam. Only some people experience vision loss.

Late AMD: People with late AMD have noticeable vision loss. There are two types: “Dry AMD” (thinning in the back of the eye) and “Wet AMD” (abnormal blood vessels in the back of the eye).



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**Board Certified Ophthalmologist
Dr David RP Almeida, MD, MBA PhD**

Many retina issues have no symptoms until they start affecting your vision.

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We recommend a **comprehensive eye health examination** every 6-12 months if you are:

- Over the age of 55
- Diagnosed with diabetes
- Experiencing any change in vision or new eye symptoms

**NO
INSURANCE
REQUIRED**



814-200-9152