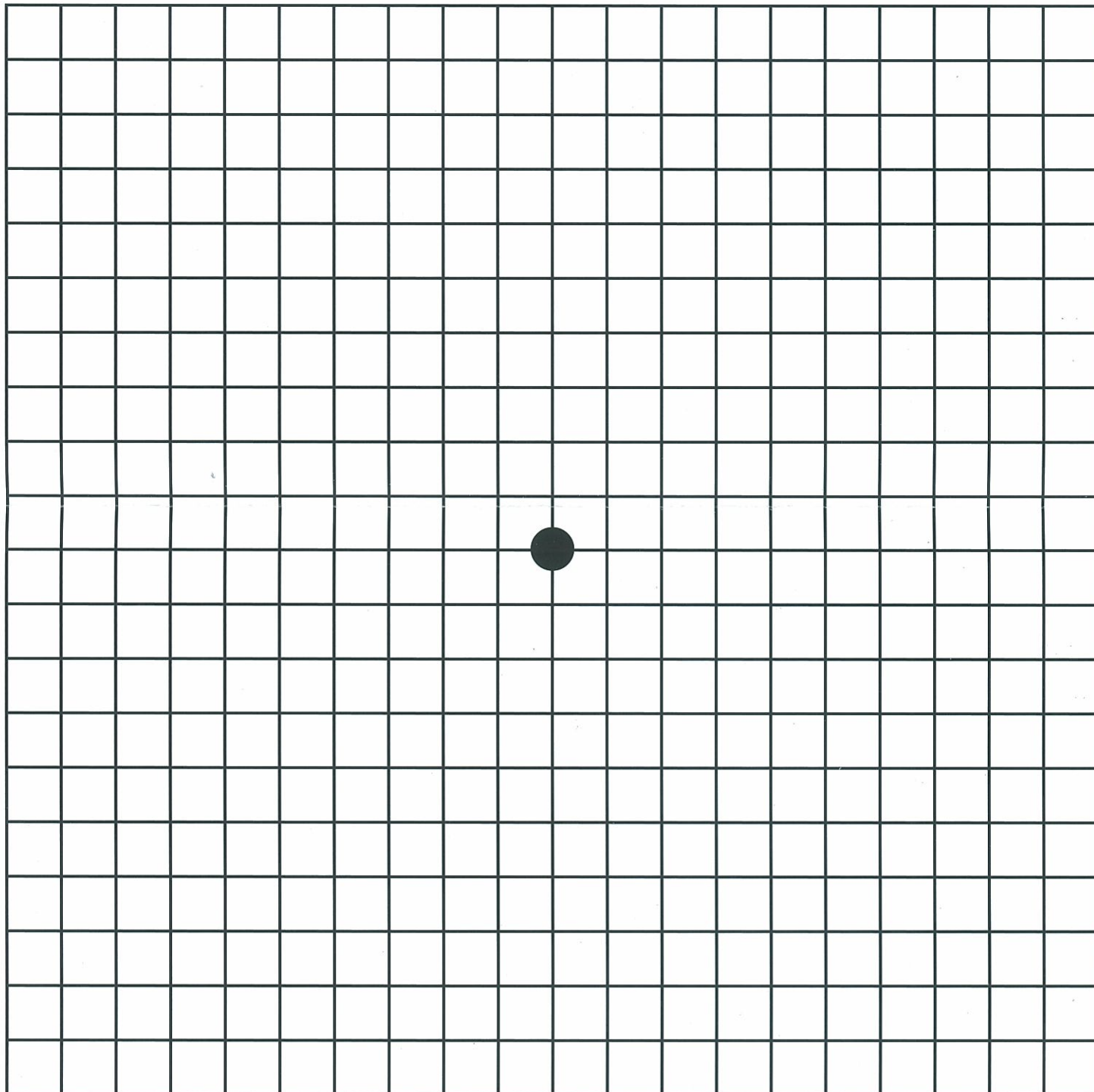


This simple test could **Save Your Sight**



- 1** Wear any glasses or contact lenses that you normally use for distance or looking at TV.
- 2** Stand approximately 1-metre from the grid in a well-lit room.
- 3** Cover one eye with your hand and focus on the centre dot with the uncovered eye. Repeat with the other eye.
- 4** If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying symptoms of Macular Degeneration and should contact your eye care professional immediately.