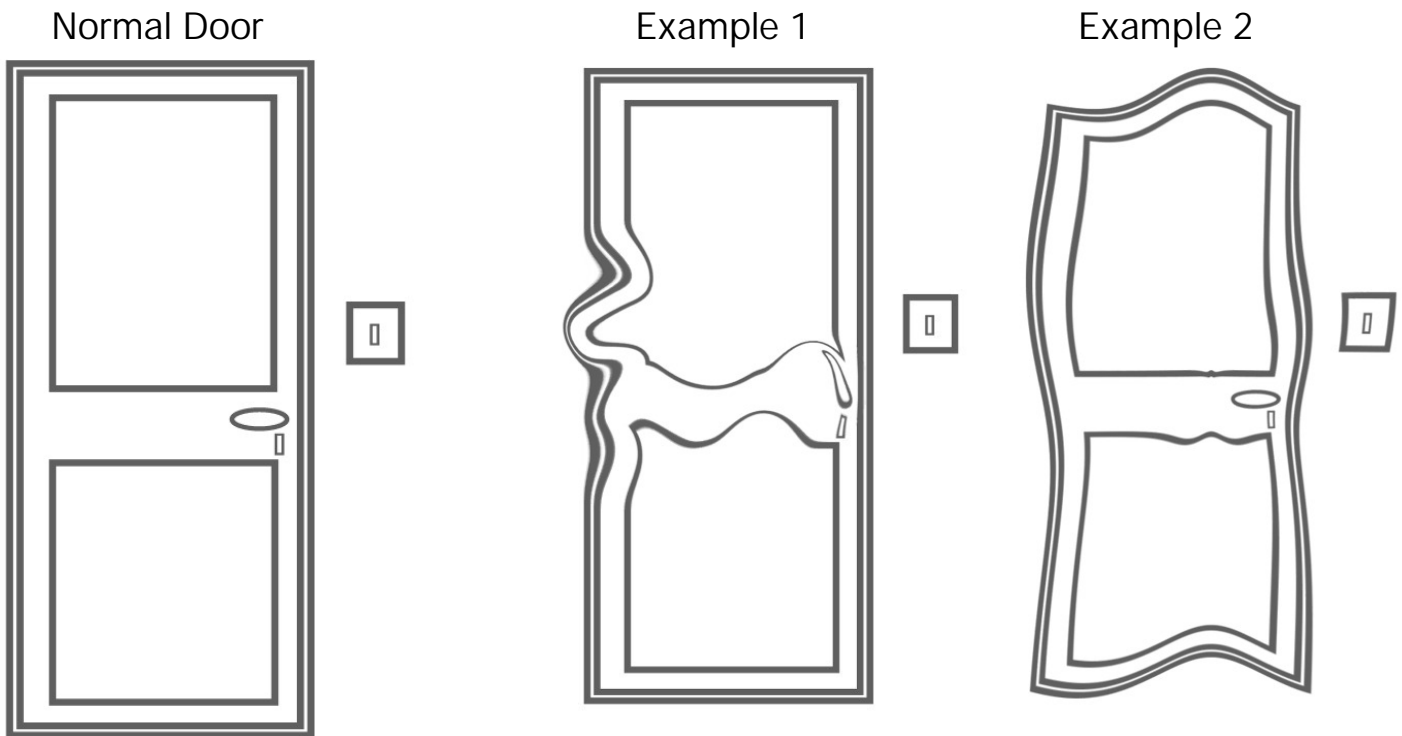


DOOR FRAME CHECK

For Macular Degeneration

CLAMP
OPTOMETRISTS
AND CONTACT LENS PRACTITIONERS

Macular degeneration is the leading cause of visual difficulties in our aging population. About 10% of people who have macular degeneration could benefit from treatment if diagnosed at an early enough point, the treatment has limited effect but any preservation of vision is worthwhile. Your optometrists will advise you to carry out this simple "door frame" check if you are considered to be at risk from developing "Wet" or Exudative macular degeneration.



Does your door look distorted like either of the above examples ?

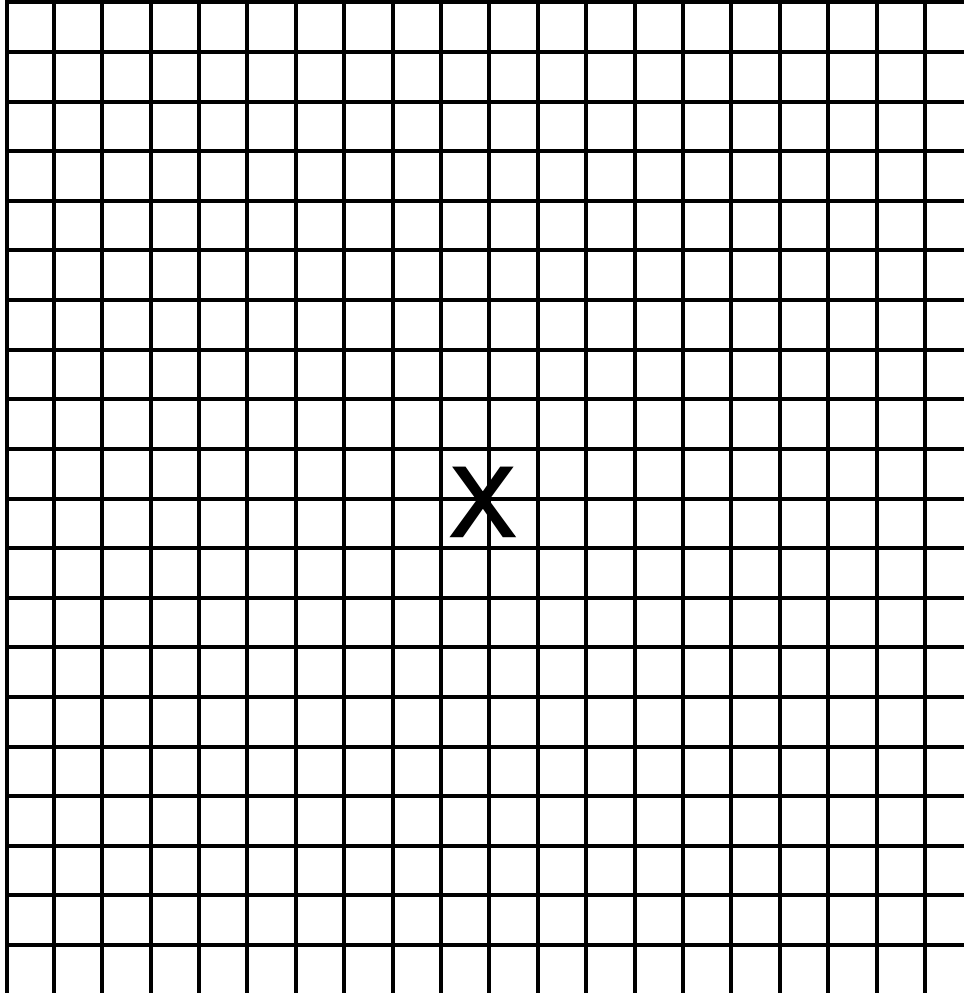
INSTRUCTIONS

- 1 Stand about 3-4 metres in front of a door
- 2 Check each eye separately by placing the palm of your hand completely over the eye which is not being checked.
- 3 Do any of the edges of the door frame look as if they are distorted or curved. Does an area of the door look wobbly?
- 4 If the door looks distorted or curved then contact us and ask to speak to your optometrist. (Varifocals or bifocals can cause distortions; please check that it is not your glasses which are the cause of any distortions!)
- 5 You should do this every week.

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SELF CHECK GRID



- 1 Hold the chart about 30cm (12 Inches) in front of your eye.
- 2 Check each eye separately by placing the palm of your hand completely over the eye which is not being checked.
- 3 Do any of the lines look as if they are shimmering, shaking or wobbling?
- 4 Now do the same again while looking at a door frame, does the door frame look distorted?
- 5 If any of the lines do appear to shimmer or wobble please contact us and ask to speak to your optometrist.