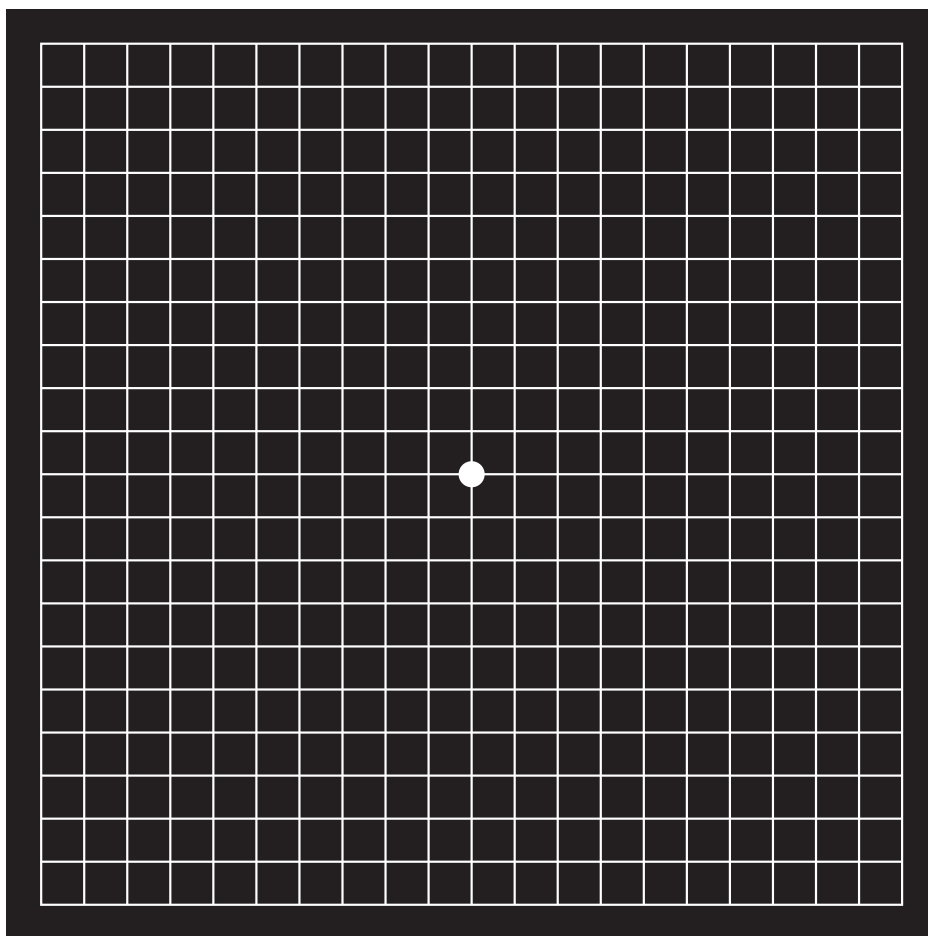




Amsler Chart



How to use this Amsler chart to test your central vision

- Hold this chart at a reading distance of about 30 cm in a well-lit area.
- Wear your reading glasses if you need them.
- Test each eye separately by covering the opposite eye.
- Focus on the black dot in the centre of the chart.
- While focusing on the black dot, look out for any distortion such as wavy, blurred or missing lines/squares.
- Repeat this test for the other eye.
- If you experience any distortion, consult your eye doctor immediately.

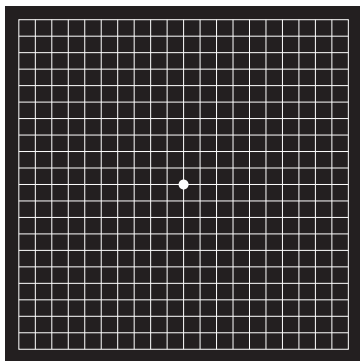


In collaboration with

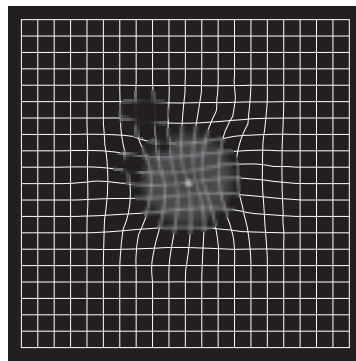




What You May See On The Amsler Chart



Normal central vision



Distorted central vision

Healthy lifestyle habits for your retina

- Do not smoke
- Take a diet rich in fruits and leafy vegetables
- Monitor your central vision with an Amsler chart regularly
- Have regular eye examinations for early detection and timely intervention

The S.E.E. (Sight and Eye Evaluation) Project, a community eye screening programme for people aged 55 years and older, is available at a nominal fee in the following centres:



Alexandra Hospital
Clinic C, Level 2
378 Alexandra Road
Singapore 159964
Tel: 6476 8828



Jurong Medical Centre
The Eye Clinic, Level 3
60 Jurong West Central 3
Singapore 648346
Tel: 6379 3899

