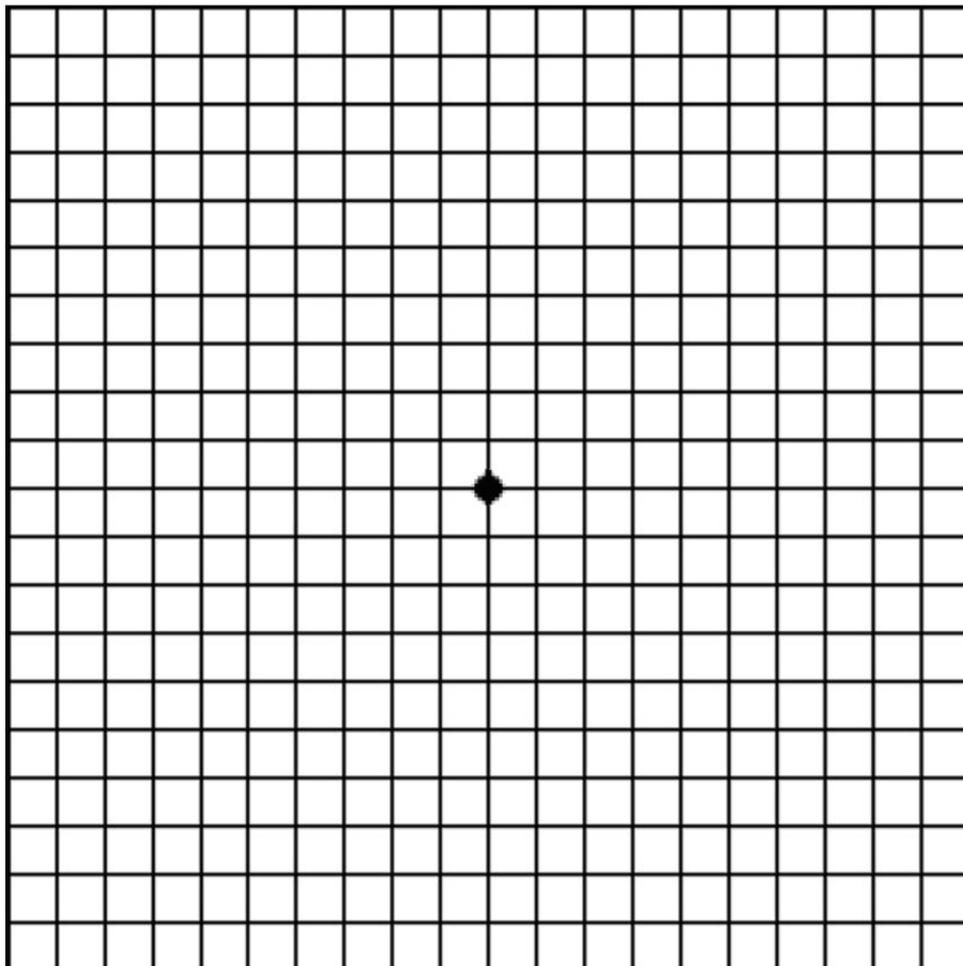


Louisiana Retina Center
Robert I. Blem, M.D.

Directions:

1. If you wear glasses or contact lenses for reading, leave them on.
2. Hold the Amsler Grid approximately 12 inches in front of your eyes in a well-lit room.
3. Cover one eye with your hand and focus on the center dot with your uncovered eye.
4. Repeat with your other eye.
5. If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying symptoms of AMD and should contact your physician.



Recommended vitamins:

AREDS 2 Formula (Preservision, OcuVite, I-Caps)

Specializing in Diseases and Surgery of the Retina and Vitreous

1000 West Pinhook Road Suite 301 Lafayette, LA 70503

Phone (337) 264-1011 Fax (337) 264-1211

www.louisianaretinacenter.com