## Monitoring Your Vision

Vision is something most of us take for granted, yet many Australians suffer preventable and treatable vision loss without getting a proper diagnosis or treatment.

If you notice any sudden loss of vision, eye pain, or vision artefacts or anomalies, you should seek medical attention as soon as possible.  In many cases, early treatment can prevent permanent vision loss.

You should have regular eye exams if any of the following applies to you:

- Over 50 years of age
- Previous eye injury
- Previous eye surgery
- Short-sighted
- Obese
- Diabetic
- High Blood Pressure
- Smoker
- High Cholesterol

## Self-Assessment

An Amsler Grid can be used to determine if you are experiencing any vision loss or distortion.  Frequent testing helps with early detection, so make it a habit to check regularly.  Your healthcare provider may recommend daily or weekly use of the grid test.

You may also use this test for family and friends that you suspect may have vision loss.

## Instructions for using the Amsler Grid

1. If you normally wear glasses or contacts while reading, put them on.
2. Hold the grid 30-40cm in front of your face
3. Cover one eye
4. Stare at the dot in the centre, and don't look around
5. See your optometrist or doctor immediately if you notice any of the following:
   o Bent or wavy lines
   o Lines or patches are missing
   o The boxes appear to be different sizes
   o Any blurry or discoloured sections
6. Repeat with the other eye.