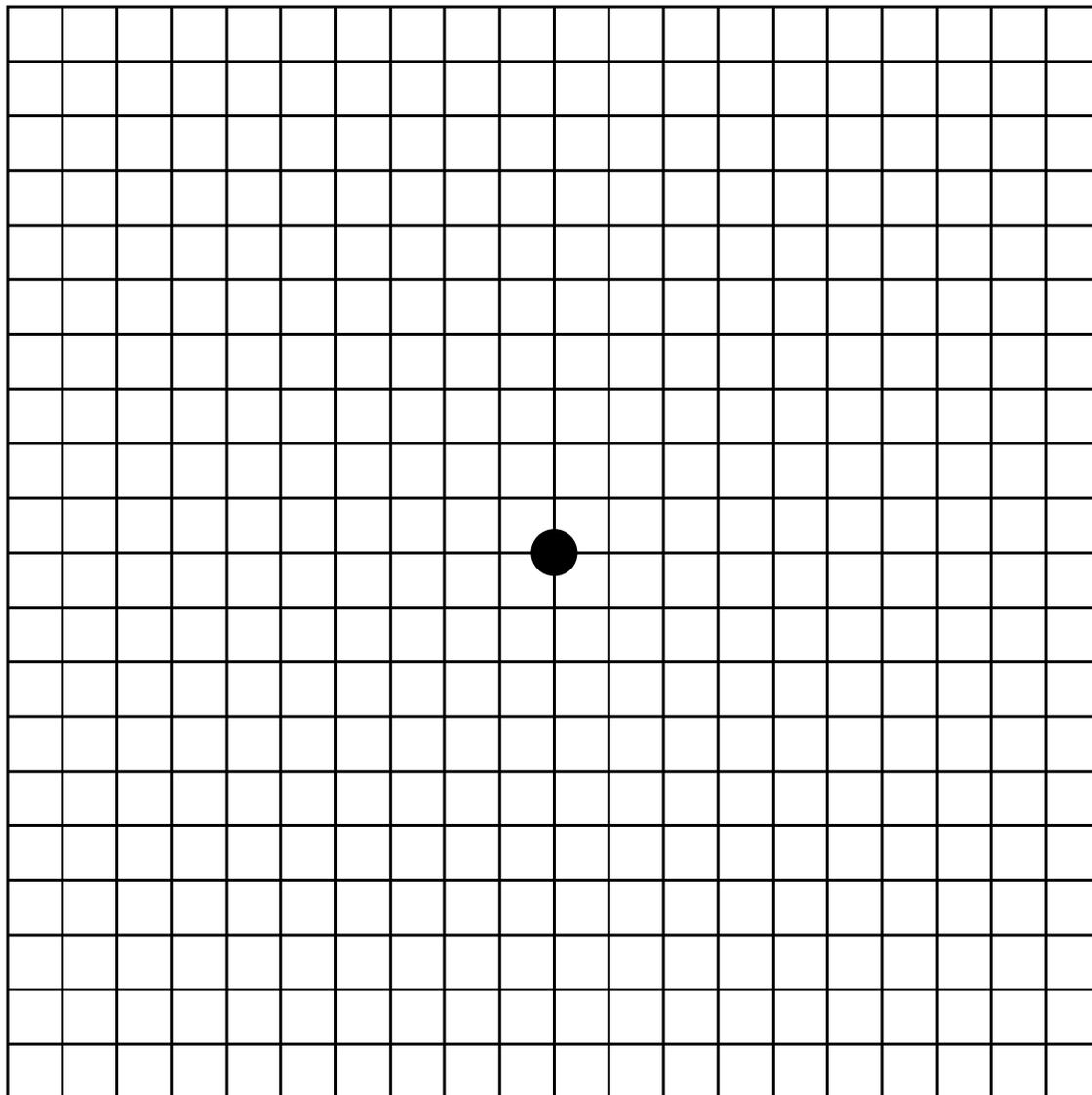


# SEE FOR A LIFETIME. SEE A RETINA SPECIALIST.



- Cover one eye at a time, (with your glasses on if you wear them)
- Hold the Amsler grid 12 inches away and look at the dot
- If the lines appear wavy, dim, irregular or fuzzy let your eye doctor know right away

For more information  
visit [SeeforALifetime.org](http://SeeforALifetime.org)

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