Macular Disease Foundation
AUSTRALIA

How's your macula?

AMSLER GRID

Order a FREE information kit and Amsler grid today 1800 111 709

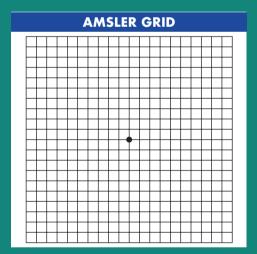## Macular disease is the leading cause of vision loss and blindness in Australia

If you're over 50

✓ Have an eye test and macula check every two years.

✓ Never ignore any changes in your vision.

✓ Eat an eye friendly diet and maintain a healthy lifestyle.

✓ Know your direct family eye health history, you could be at risk.