



**Macular
Disease
Foundation**
AUSTRALIA

How's your macula?

**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.

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

