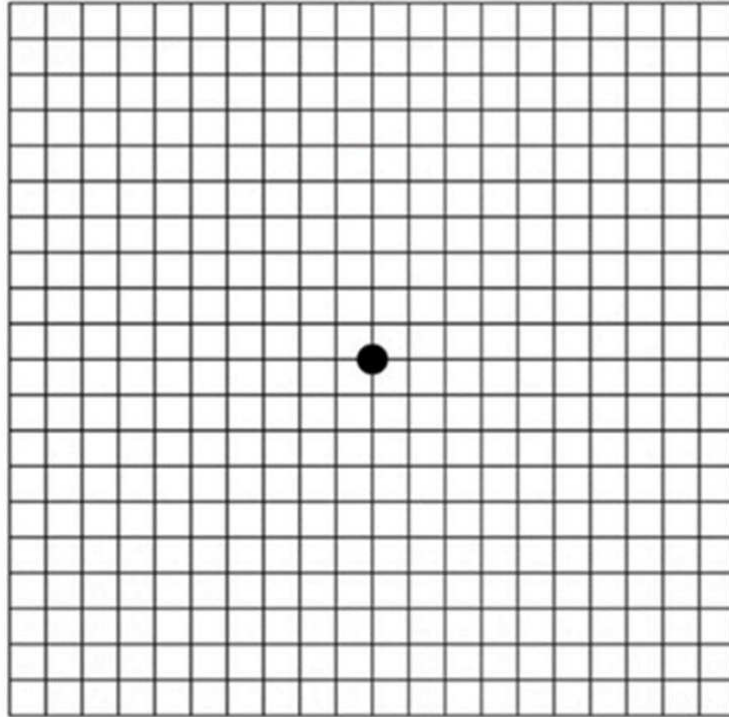
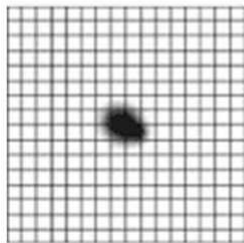




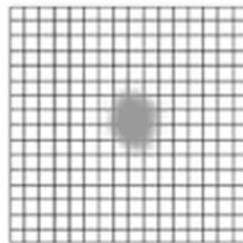
「阿姆斯特」方格表



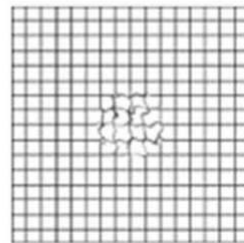
正常



不正常



不正常



不正常

測試步驟：

- 如果你在看近或閱讀時需要使用眼鏡，請取出並戴上
- 請將方格表放在眼前30厘米處
- 用手蓋著左眼，以右眼凝視方格表中的黑點
- 如發現方格表出現波浪，模糊，黑影或缺損（如上圖）應盡快接受綜合眼科視光檢查
- 以同樣步驟檢查左眼

Instructions

- if you have reading problem, please wear your reading glasses for the test
- Hold the Amsler Grid 30cm away from your face
- Cover your left eye. Look directly at the center dot with your right eye
- If any part of the grid looks wavy, blurred, dark or missing (like the pictures on the right), you should contact your eye care professional at once
- Repeat the above procedure to check your left eye