

WELCOME TO THE

# EyeBar

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Washington Eye Physicians & Surgeons

## Using the Amsler Grid

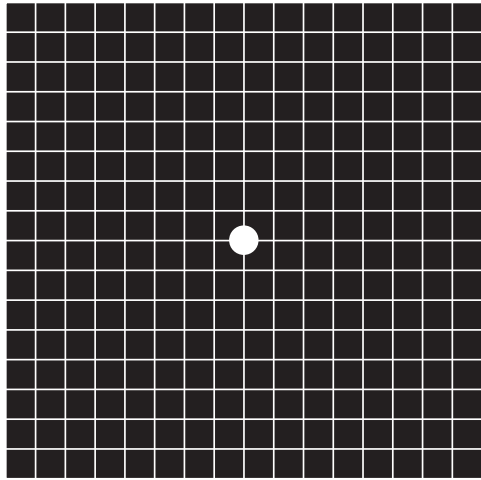
To test your vision, put on reading glasses if you usually wear them. Hold the grid at about the same distance as you would any other reading material. Cover one eye and focus on the dot in the center.

- Do any of the lines look wavy, blurred or distorted?

All lines should be straight, all intersections should form right angles and the squares should appear the same size.

- Can you see all corners and sides of the grid?

- Are there any missing areas or dark areas?



Don't forget to test both eyes separately and call your eye doctor immediately if you notice any distortions or changes.

Seeing the Amsler grid clearly is not an eye examination, even if you can read this fine print.

Washington Eye has been providing comprehensive vision care for over 50 years. Our doctors specialize in the surgical and medical treatment of eye disease, as well as general eye care.

**Please visit us in Suite 950** or call 1.877.WEPSEYE to schedule an appointment with one of our ophthalmologists or optometrists. **Mention The EyeBar and receive a complimentary laser vision correction consultation and meet one of our LASIK surgeons.**

**EyeBar.com • Suite 950 • 1.877.WEPSEYE**

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EYE  
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EyeBar.com

*Serving you the latest information  
on natural methods and advanced technology  
to preserve and improve your vision for a lifetime.*

## Did you know?

- 3 Million Americans have **glaucoma**, but half of them don't know it
- Glaucoma usually has **no symptoms** and can only be detected by regular eye exams
- More than 20 million Americans over the age of 40 have some form of **cataract**
- Anti-oxidants, certain **vitamins** and other supplements may help prevent cataracts and macular degeneration
- 2.5 million Americans experience an eye injury each year and 50,000 **permanently lose vision**
- Half of these **eye injuries** occur at home hammering a nail or working in the garden
- **Good sunglasses** may help prevent cataracts and macular degeneration
- Recent long-term studies suggest that **laser vision correction** might be safer (and less expensive) than contact lenses
- Advanced cataract **lens implants** can restore clear vision without glasses, even for reading
- **Smoking doubles your risk** of macular degeneration, a serious, common disease which the Amsler grid can help detect
- *Washington Eye* offers comprehensive eye care and **free consultations** for laser vision correction

**Please visit us at  
5454 Wisconsin Avenue, Suite 950,  
Chevy Chase, MD,  
or at EyeBar.com to learn more**