



ASTIGMATISM TEST

INFORMATION ABOUT THE REFRACTIVE ERROR:

Astigmatism is a refractive error characterized by blurry and distorted vision, caused by an unsymmetrical cornea of the eye. This prevents the correct focusing of light rays in a single point. It's the third most common refractive error, just after shortsightedness and farsightedness.

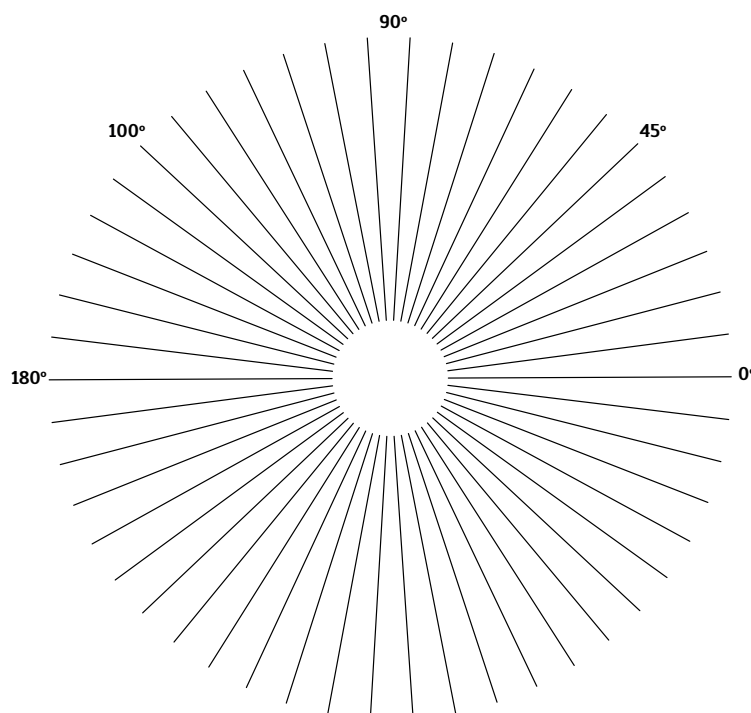
If you suspect you might have astigmatism, make an appointment with a specialist! But you can take an astigmatism test at home first.

ELEMENTS NEEDED TO CONDUCT THE OBSERVATION:

The test is easy enough to do on your own at home. You will need an exemplary **astigmatism test chart (attachment)**.

COURSE OF THE TEST:

1. Hang the chart up on a wall, at the level of your eyes.
2. If you wear contact lenses or glasses – put them on.
3. Sit 35 cm away from the chart.
4. Cover your right eye.
5. Pay attention to the lines on the chart. Are they all identical? Are they sharp and visible?
6. Cover your left eye and repeat the activity.



RESULTS OF THE TEST:

- ✓ If you see all of the lines clearly, without any distortions, this means your eyes are healthy.
- ✗ If some of the lines appear to be less sharp, blurry or not that visible, lighter or darker, you might have astigmatism.

REMEMBER THAT EVERY DIAGNOSIS REQUIRES MEDICAL CONSULTATION.

