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## Eye Know: Keeping your eyes precious

*Martin Oguzie*

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**Martin Oguzie : Eye Know: Keeping your eyes precious** before purchasing it in order to gage whether or not it would be worth my time, and all praised Eye Know: Keeping your eyes precious:

Do you come away from your eye test baffled by science? Do you consider your sight to be your most 'precious' sense? Do you want to give yourself the best chance of seeing well into retirement? Eye Know addresses these

questions, helping you to know your eyes better, know the eye test process better and know what it takes to look after your eyes, all in plain English. With more of us living longer, the question of whether your sight will 'see you through' is more important now than ever. Martin Oguzie BSc Dip(Opt) MCOptom highlights five key factors affecting maximum sight and how to give yourself the best chance of it remaining maximum for as long as possible through better understanding. With clearly defined sections, FAQs and Tips throughout, this is a great resource that is designed to be easily referred to regularly as questions arise regarding your family's eye sight. So how do you keep your most precious sense performing at its best? Find out in this book.

This book will provide a useful resource to all of us who need to visit our Optometrist and provides a wealth of information for all the family.--Professor Martin P Rubinstein Nottingham University Hospital  
About the Author  
In the last 10 years, Martin Oguzie has gained a wealth of experience working for many of the well known high street opticians and many lesser known smaller independent opticians throughout the country. Martin holds postgraduate qualifications specialising in low vision and ageing, the management of cataract and ocular therapeutics. He has also enjoyed a successful period of practice ownership, an experience that reflects his broad understanding of the eye care industry. His professional passion is the promotion of eye care awareness and raising the perceived value of the eye test. In a generation where information is so widely available, Martin aims to bring clarity to what is out there. He hopes to make more of us understand our own personal responsibilities in the care of our eyes and, in doing so, the goal is to help reduce the nation's incidence of preventable blindness.