

DR REENA WADIA

BDS HONS (LOND) MJDF RCS (ENG) MCLINDENT (PERIO) MPERIO RCS (EDIN) FHEA



Email: info@reenawadia.com

Website: www.reenawadia.com

GDC number: 212224

PERSONAL STATEMENT

I have a strong work ethic. I am committed to excellence in patient care and always striving for my best. I enjoy contributing to the dental community and sharing what I learn through my blog.

QUALIFICATIONS & DENTISTRY AWARDS

Periodontology MClintDent (Part-time), King's College London 2013-2017
Passed with Distinction

Fellow of The Higher Education Academy 2017

MJDF RCS, England 2011-2012

BDS, Honours, Barts & The London, School of Medicine & Dentistry: 2006-2011
BDS Parts 1-5: Passed with Distinction

Postgraduate Awards:

BSP Clinical Poster Prize 2017
John Zamet Memorial Prize in Periodontal Research, Certificate of Commendation 2016
BSP Clinical Fellowship Award 2016
Dentistry Top 50 - Voted as the 27th most Influential Person in UK Dentistry 2016
Young Communicator Award - BDEF, BDA 2015
Shortlisted for the Asian Professional Award in Dentistry 2015
KCL Clinical Audit Poster Presentation, First Prize 2013
Best presented DFY1 Case Presentation, Kingston Scheme 2012
Dentsply Ceram · X Case Contest for Clinicians 2012

Undergraduate Awards:

University of London Gold Medal Winner 2010/2011
Best Overall Student Award: Part 1, 2, 3, 4 and 5 2006/2011
An additional 10 other similar dental awards (details available upon request) 2006/2011

PUBLICATIONS

R Wadia. Other journals in brief. BDJ 2018; 224(2), 224(4).
R Wadia. Other journals in brief. BDJ 2017; 223(10), 223(12).
R Wadia, M Ide. Periodontal emergencies in general practice. Prim Dent J 2017; 6(2):46-51.
R Wadia. Interprofessional perio training - does it work? BDJ Open 2017; 3:17001.
R Wadia. Dental, drugs and drink - A risky cocktail? BDJ 2017; 222:198-204.
R Wadia et al. A pilot study of the gingival response when smokers switch from smoking to vaping. BDJ 2016; 221:722-726.
R Wadia. Snap, screen and send. BDJ 2016; 221:411-414.
R Wadia. Our hygienist will see you for your check-up now. Br Dent J 2016; 221:717-721.
Al-Falaki R, Hughes FJ, Wadia R. Minimally invasive treatment of infrabony periodontal defects using dual-wavelength laser therapy. International Scholarly Research Notices 2016, Article ID 7175919.
R Wadia. The do's and don'ts of social media. BDJ Team 2016; 8:18-20.
R Wadia. Smoking cessation - what's involved. Dental Nursing December 2015; 2.
R Wadia. Time to exhale. BDJ Team. September 2015; 21-22.
R Wadia. Survival of the fittest. Riskmatters, Dental Protection 2015; 6-7.
R Wadia. Now that's commitment. BSP Newsletter. August 2015.
R Al-Falaki, R Wadia, FJ Hughes. Use of erbium, chromium:yttrium scandium gallium garnet laser as an adjunct to root surface instrumentation: analysis of an extended case series. Journal of Clinical Periodontology 2015; 42, S17: 275.
R Wadia. Periodontitis? Young Dentist 2015; 24-25.
R Wadia. Specialty training - 5 questions. EDSA magazine. July 2015; 14-15.
R Wadia. E-cigarettes - did you know? Dental Hygiene & Therapy 2015; 5: 40-41.
R Wadia. How to: assess and maintain dental implants. BDJ Student 2015; Spring: 35.
R Wadia. 10 top CV tips. Young Dentist 2015; 3: 23.

R Wadia. How to: give effective oral hygiene advice. *BDJ Student* 2015; Winter: 35.
 R Wadia, G Bull. Pearls of perio wisdom. *Dentistry* 2015; 11: 48-49.
 R Wadia. Keeping a look out for periodontitis. *Dental Hygiene & Therapy* November 2014; 11: 14.
 R Wadia. Should I specialise? *Young Dentist* 2014; 9: 33.
 R Wadia. Ultrasonics: types, techniques, terminology and tips. *Dental Hygiene & Therapy* September 2014; 18-19.
 R Wadia, B Chana. Would you train to be a dental therapist? *Dental Nursing* July 2014; 10(7): 412-413.
 R Wadia. Periodontal disease in general practice - an update on the essentials. *Dental Update* June 2014; 467-469.
 R Wadia. Lasers in periodontics. *Pri Dent* 2014; 3(3): 57-61.
 R Wadia, A Sidi. Peri-implantitis and maintenance of implants. *Dental Hygiene & Therapy* 2014; 4: 26-27.
 R Wadia, N Patel. Medico-legal aspects of Periodontics. *Private Dentistry* December 2013; 67-69.
 R Wadia (2013). *Dentist handbook - Basics of periodontal surgery and suturing*. First edition. Pure Periodontics. London.
 R Wadia. Specialty training - Why, when and how? *Theyoungdentist.com*, Dental Protection. 15/08/2013.
 N Patel, R Wadia. Diabetes and periodontitis - an update. *Private Dentistry* 2013; 9: 67-68.
 R Wadia, N Patel. Peri-implantitis - a growing problem. *Private Dentistry* 2013; 6: 52-54.
 R Wadia. Aren't you too young to be a dentist? *Theyoungdentist*, Dental Protection 2013; 2-3.
 R Wadia. An unconscious decision? Undergraduate and postgraduate sedation teaching. *SAAD Digest* 2012; 28: 34-42.
 R Wadia, MK Vasant, M Gupta (2011). *Patient handbook - caring for your mouth*. First edition. Krishna Printers. London.
 R Wadia. Global Ceram - X Case Contest. *Dental Tribune*, United Kingdom 2009; 3(22): 24.

PRESENTATIONS, LECTURES & COURSES

The Hygienist Course. BDA. February 2018 - Date.
 First Four Quarters course for Young Dentists. BDA. October 2014 - Date.
 Essentials of Periodontal Practice. BDA Ealing, Acton & Chiswick. 25/01/18.
 Essentials of Periodontal Practice. BDA Reading. 8/11/17.
 The Road Ahead. BDSA conference, Bristol. 24/05/17.
 Use of social media by dental professionals. ADEE/ADEA meeting, London. 09/05/17.
 MJDF OSCE Revision. Royal College of Surgeons. 07/11/17, 08/11/16, 20/10/15, 07/10/14.
 A young dentist's guide to periodontal practice. Berkshire DFTs. 16/11/17, 27/10/16, 07/01/16.
 Perio in Practice - Plaque, Probing, Prescribing & Planning. BDIA Showcase. London. 19/10/17, 08/10/16.
 Imagining the Future of Dentistry. GSK National Commercial Team. Museum of Brands. 15/09/16.
 Periodontal Care on the NHS including MedicoLegal Aspects with Dr Len D'Cruz. BDA Windsor. 11/07/16.
 Tips for your first year in practice and developing your career. Birmingham Dental School. 21/03/16.
 Periodontal Treatment on the NHS, Princess Alexandra Hospital. 15/02/17, 25/02/16.
 Developing your career and work/life balance. Careers Day organised by the BDA & UCL Eastman. Senate House. 12/02/16.
 Stepping stone for a positive start in general dental practice. SmileOn Webinar. 25/01/16.
 Harley Street Dental Academy. 01/2014 - 12/2015.
 Perio tips for final year undergraduates. Leeds University. 04/12/15.
 Periodontology for the young dentist. BDIA Showcase. Birmingham. 23/10/15.
 Tips for your first year in practice and a whistlestop tour of periodontal issues. NE Central DFTs, Eastman. 10/11/17, 03/07/15.
 A young dentist's guide to Periodontology in practice. SmileOn Webinar. 23/06/15.
 Social media for the BDA. British Dental Association. 64 Wimpole Street. 10/04/15.
 Tips for your first year in practice & career pathways. King's College London. 05/03/15.
 How to survive as a young dentist. Young Dentist Conference. The Royal College of Physicians. 14/02/15.
 Should I specialise? Make A Dentist Conference. Barts & The London. 14/01/15.
 MJDF revision course. London Deanery. Russel Square. 03/05/14.
 Your first year out as a 'real' dentist: Making the most of it. King's College London. 25/02/14.
 Young dentist seminar - Tips, MJDF/MFDS and career pathways. Henry Schein London. 06/11/13.
 Treatment planning and clinical reasoning - An OSCE approach. Royal College of Surgeons (England). 08/10/13.
 Immediate placement of implants in infected sockets. British Association of Oral Surgeons Conference, Cardiff. 25/09/13.
 Durability of intra-oral phosphor plates. International Congress of Dento-Maxillofacial-Radiology, Norway. 27/06/13.
 Lasers in Periodontics. Guy's Hospital, Oral Surgery Department. 27/03/13.
 TMJD- Assessment and treatment. Guy's Hospital, Oral Surgery Department. 03/10/12.
 My experience of Vocational Training/DFY1. Barts and The London, School of Medicine and Dentistry. 12/09/11.

AUDITS

Record keeping for hygienists	2016/2017
Pain assessment following periodontal surgery - Guy's Hospital	2015/2016
Smoking cessation advice in the periodontal department - Guy's Hospital	2013/2014
GDPs' satisfaction to consultant's follow up letter for periodontal referral - Guy's Hospital	2012/2013
TMJD- Patient satisfaction; Damage and durability of intra-oral phosphor plates - Guy's Hospital	2012/2013
Using the BPE in general practice, medical histories and cross infection control - MK Vasant and Associates	2011/2012

EMPLOYMENT

- Honorary Associate Specialist Periodontist: King's College London, Restorative Department** 05/02/2018-Date
- Assess new patients on consultant clinics, perform specialist treatment and supervise students.
- Co-Abstracts Editor: British Dental Journal, Springer Nature** 02/10/2017-Date
- Editor for the 'Other Journals in Brief' section, which features short summaries of papers published in other dental/scientific journals. Published on a bimonthly basis.
- Principal: RW Perio, 22 Wimpole Street, Marylebone, London, W1G 8GQ** 15/09/2017-Date
- Lead a specialist periodontal referral clinic with a team of 4 hygienists.
- Part-time Associate: Woodford Dental Care, Essex, IG8 0HL** 29/12/2012-Date
- Practice limited to periodontal care working alongside a team of 7 dentists and 5 hygienists.
- Part-time Honorary Clinical Tutor/Lecturer: Barts & The London, School of Medicine & Dentistry** 11/11/2013-23/12/17
- Supervising dental and hygiene/therapy students during their periodontal clinics and providing weekly group seminars.
- Part-time Associate: Harley Street Dental Group, 52 Harley Street, W1G 9PY** 01/03/2014-12/03/2016
- Working as part of in a multidisciplinary award winning specialist team with practice limited to periodontal care.
- Part-time Associate: Pure Periodontics, Clerkenwell, EC1M 4AA** 17/06/2013-15/01/2014
- Providing initial and supportive periodontal therapy in a specialist practice environment.
- Dental Foundation Year 2, Senior House Officer: Guy's and St Thomas' NHS Foundation Trust** 01/08/2012-04/09/2013
- Acute Dental Care - Clerking and treating emergency patients.
 - Restorative under Dr Ravi Saravanamuttu - All duties including consultation clinics, periodontal treatment, conservative as well as crown and bridge work for hypodontia and tooth wear cases, endodontics and implant-retained dentures.
 - Oral Surgery under Dr Chris Sproat - All duties including surgical extractions, coronectomies and biopsies. Assisting for stage 1 implant surgery. Treatment under local anaesthesia, with/without intravenous sedation or general anaesthesia.
 - Weekly tutorial-based training for the final year undergraduate students as well as undergraduate clinical training.
- Dental Foundation Year 1: MK Vasant and Associates, SW16 4DN** 01/08/2011-31/07/2012
- General dentistry as well as simple orthodontics using the Simpli5 aligner system, bonding/repair of fixed retainers and home tooth-whitening. Assisted weekly with periodontal and implant surgery.

POSTGRADUATE WORK EXPERIENCE & EXTERNSHIPS

SPECIALIST PERIODONTAL PRACTICE

- Dr Alan Sidi, 57 Portland Place** 09/10/2015
- Dr Suzie Moore, Al-Fa Perio, Buckhurst Hill** 06/12/2012
- Dr Ravi Saravanamuttu, Claremont at Fortyfive, Surrey** 04/12/2012
- Dr Nik Pandya, The Avenue Dental Practice, Colchester** 28/11/2012
- Observation of patient consultations and providing assistance for treatment.

HOSPITAL CARE

- Periodontology Department, Harvard School of Dental Medicine, Boston** 18-22/07/2016
- Externship involving observations of all clinics and attendance to seminars.
- Periodontology Department, New York University, New York** 29/07/2015
- Observation of a typical day in the postgraduate periodontology department.
- Dr Gita Auplish, King's College London, Denmark Hill** 01/10/2012
- Dr Jerry Kwok, Queen Mary's Hospital, Sidcup** 15/09/2012

POSITIONS OF RESPONSIBILITY & VOLUNTARY WORK

- London Dental Hospital Club Committee Member** 01/2018-Date
- Member of the organising committee for the yearly alumni meeting.
- Reviewer and Member of the Research Insights Team for the British Dental Journal** 05/2016-Date
- Review papers as part of the peer-review process and regular writer for BDJ Research Insights.
- National Board Member of the FGDP (RCS Eng)** 05/2016-Date
- Divisional board member since 2013. Lead for the Central London Division, Vice Chair for the Membership Affairs.
- Junior Trustee for The Oral & Dental Research Trust** 01/2016-Date
- Trustee of the UK's only dedicated Charity whose remit is oral and dental research.
- Media officer for the European Federation of Periodontology & the British Society of Periodontology** 09/2014-Date
- Social media lead for the European Federation of Periodontology (Communications Committee).

BDA Committee Member, Croydon	09/2013-Date
• Key member of the committee; involved with organising and participating in local events.	
Volunteer at Neasden Hindu Mandir (NGO in consultative status with UN)	06/1995-Date
• Public relations role and organisation of large-scale events such as Diwali celebrations, which hosts 60,000 visitors/year.	
• Regularly teach children classical Indian singing and playing of the Harmonium.	
Specialty trainee representative for King's College London	09/2015-09/2016
• Voice the views of the current specialty trainees to the postgraduate education committee	
YoungDentist.com Ambassador	08/2013-08/2016
• Champion the website, contribute my writing regular articles and provide regular feedback.	
Alumni Helper for King's College	09/2012-09/2016
• Steward and general helper for alumni events.	
Editorial advisory Board Member for <i>Dentistry, DH&T and Young Dentist Magazines FMC</i>	01/2014-05/2016
• Regularly wrote and reviewed articles for the leading commercial titles in UK dentistry.	
Programme Director for TubulesLive (Dentinal Tubules)	12/2012-12/2014
• Directed the fortnightly TubulesLive shows including organising content, liaising with speakers and hosting the shows.	
Key member of BL Trip Database (TILT) Team	06/2010-07/2012
• Part of the first team; involved posting evidence-based facts online along with peer review and literature appraisal.	
Dental member at Barts and The London's Teddy Bear Hospital	12/2008-06/2011
• Oral health promotion to schools in East London; offered group seminars as well as one-to-one support.	
Interview Panel Student Representative and Dental Admissions	12/2008-06/2011
• Responsible for asking questions as well as responding to any queries that the candidates may have.	
Junior Representative for the Dental Quality Assurance Committee	09/2008-06/2011
• Attended monthly meetings and liaised between students and tutors regarding curriculum issues.	
Year 3 Student Group Representative	09/2008-06/2008
• Involved communicating student concerns with the senior management team and organising social events.	

RECENT COURSES & CONFERENCES

• British Society of Periodontology Conference	3 days (06/2017)
• Mucogingival surgery with Dr Edward Allen, Guy's Hospital	1 day (18/05/17)
• British Society of Periodontology Conference	3 days (04/2016)
• Mucogingival Practical Workshop with Dr Paul Baker and Dr Amit Patel, LonDEC	1 day (10/2015)
• EuroPerio8, European Federation of Periodontology, London ExCeL	3 days (06/2015)
• Crown lengthening with Dr Roberto Rossi	1 day (03/2015)
• XI European Workshop in Periodontology, Spain	3 days (11/2015)
• Periodontal Health for a Better Life, British Society of Periodontology, Newcastle	2 days (04/2014)
• Improving Outcomes in Restorative Dentistry, SRRDG, Royal College of Physicians	1 day (10/2013)
• Maintenance of Implants with Dr Pareet Shah and Dr George Papageorgakopoulos, Eastman	1 day (07/2013)
• Effective Periodontics, Annual Conference, British Society of Periodontology, Manchester	3 days (04/2013)
• Getting Clinical Audit Right to Benefit Patients with Healthcare Quality Quest, Guy's Hospital	1 day (10/2012)
• GC G-aenial Course, Leuven, Belgium	2 days (09/2012)
• Associate Course with Dr Asif Syed, London	18 days (09/2012)
• The Business of Aesthetic Dentistry, FGDP, London	1 day (06/2012)
• Mastering your Risk and Adverse Outcomes with Dental Protection, London	1 day (05/2012)
• London Deanery Mentoring Scheme, Mentee, Charing Cross Hospital	4 days (04/2012)

MEDIA

- Mouthwash review for the Daily mail, Good Health section, 26/12/17.
- Sensodyne Repair and Protect TV commercial, 2016/17.

MEMBERSHIPS

- Dental Protection, British Dental Association, Joint Dental Faculties (FGDP(UK) and FDS), British Society of Periodontology, European Federation of Periodontology

OTHER INTERESTS

- Indian classical music - harmonium (professional standard), tabla (intermediate standard).
- Travelling and nature photography.

REFERENCES

Name: Professor Iain Chapple, Dean, Professor of Periodontology and Consultant in Restorative Dentistry
Contact: Birmingham Dental Hospital, Pebble Mill Rd, Birmingham B5 7SA; I.L.C.Chapple@bham.ac.uk

Name: Dr Len D'Cruz, Practice Principal
Address: 6 The Broadway, Woodford Green, Essex, IG8 0HL; lendcruz@btinternet.com