

# REENA WADIA

## BDS HONS (LOND) MJDF RCS (ENG)



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**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

**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
Dentistry Top 50 - Voted as the 28th most Influential Person in UK Dentistry	2015
Shortlisted for the Asian Professional Award in Dentistry	2015
Dentistry Top 50 - Voted as the 46th most Influential Person in UK Dentistry	2014
Best Periodontal Practice (Pure Periodontics - Part of a team of 3), Private Dentistry Awards	2013
KCL Clinical Audit Poster Presentation, First Prize	2013
Best presented DFY1 Case Presentation, Kingston Scheme	2012
Dentsply Ceram · X Case Contest for Clinicians, Third Prize	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, 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

First Four Quarters course for Young Dentists. BDA. October 2014 - To date.  
 The Road Ahead. BDSA conference, Bristol. 24/05/17.  
 Use of social media by dental professionals. ADEE/ADEA meeting, London, 09/05/2017.  
 MJDF OSCE Revision. Royal College of Surgeons. 08/11/16, 20/10/15, 07/10/14.  
 A young dentist's guide to periodontal practice. Berkshire DFTs. 27/10/16, 07/01/16.  
 Perio in Practice - Plaque, Probing, Prescribing & Planning. BDIA Showcase. London. 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. 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. 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. 25/02/2014.  
 Young dentist seminar - Tips, MJDF/MFDS and career pathways. Henry Schein London. 06/11/2013.  
 Treatment planning and clinical reasoning - An OSCE approach. Royal College of Surgeons (England). 08/10/2013.  
 Immediate placement of implants in infected sockets. British Association of Oral Surgeons Conference, Cardiff. 25/09/2013.  
 Durability of intra-oral phosphor plates. International Congress of Dento-Maxillofacial-Radiology, Norway. 27/06/2013.  
 Lasers in Periodontics. Guy's Hospital, Oral Surgery Department. 27/03/2013.  
 TMJD- Assessment and treatment. Guy's Hospital, Oral Surgery Department. 03/10/2012.  
 My experience of Vocational Training/DFY1. Barts and The London, School of Medicine and Dentistry. 12/09/2011.

### 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

### EMPLOYMENT

**Co-Abstracts Editor BDJ** 02/10/2017-Date  
**British Dental Journal, Springer Nature, 4-6 Crinan Street, London N1 9XW**

- Editor for the 'Other Journals in Brief' section of the BDJ, which features short summaries of papers published in other dental/scientific journals.
- Published on a bimonthly basis.

<b>Principal</b> <b>RW Perio, 22 Wimpole Street, Marylebone, London, W1G 8GQ</b>	15/09/2017-Date
<ul style="list-style-type: none"> <li>Run a periodontal referral clinic with 2 hygienists as assistants.</li> </ul>	
<b>Part-time Honourary Clinical Tutor/Lecturer</b> <b>Barts &amp; The London, School of Medicine &amp; Dentistry, London E1 2AT</b>	11/11/2013-Date
<ul style="list-style-type: none"> <li>Supervising undergraduate students and dental hygiene/therapists during their periodontal clinics.</li> <li>Providing one-to-one support as well as organising weekly group seminars.</li> </ul>	
<b>Part-time Associate</b> <b>Woodford Dental Care, 6 The Broadway, Woodford Green, Essex, IG8 0HL</b>	29/12/2012-Date
<b>Practice Principal: Dr Len D'Cruz</b>	
<ul style="list-style-type: none"> <li>Practice limited to periodontal care.</li> </ul>	
<b>Part-time Associate</b> <b>Harley Street Dental Group, 52 Harley Street, London, W1G 9PY</b>	01/03/2014-12/03/2016
<b>Practice Principals: Dr Mark Hughes &amp; Dr Adam Thorne</b>	
<ul style="list-style-type: none"> <li>Working as part of in a multidisciplinary award winning team with practice limited to periodontal care.</li> </ul>	
<b>Part-time Associate</b> <b>Pure Periodontics, 7 St John Street, Clerkenwell, London EC1M 4AA</b>	17/06/2013-15/01/2014
<b>Practice Principal: Dr Neesha Patel</b>	
<ul style="list-style-type: none"> <li>Providing supportive periodontal therapy/maintenance in a specialist practice environment.</li> <li>Instrumental in preparing portfolio when applying for the Private Dentistry Awards (Winner: Best Perio Practice 2013)</li> </ul>	
<b>Dental Foundation Year 2, Senior House Officer</b> <b>Guy's and St Thomas' NHS Foundation Trust, London</b>	01/08/2012-04/09/2013
<b>Lead Consultants: Dr Ravi Saravanamuttu, Dr Chris Sproat</b>	
<ul style="list-style-type: none"> <li>Acute Dental Care (1 month) - Clerking and treating emergency patients.</li> <li>Restorative (6 months) - 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.</li> <li>Oral Surgery (6 months) - 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.</li> <li>Weekly tutorial-based training for the final year undergraduate students as well as undergraduate clinical training.</li> </ul>	
<b>Dental Foundation Year 1</b> <b>MK Vasant and Associates, Norbury, London, SW16 4DN</b>	01/08/2011-31/07/2012
<b>Practice Principal: Dr Manny Vasant</b>	
<ul style="list-style-type: none"> <li>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.</li> </ul>	

### POSTGRADUATE WORK EXPERIENCE & EXTERNSHIPS

#### SPECIALIST PERIODONTAL PRACTICE

<b>Dr Alan Sidi, 57 Portland Place</b>	09/10/2015
<b>Dr Suzie Moore, Al-Fa Perio, Buckhurst Hill</b>	06/12/2012
<b>Dr Ravi Saravanamuttu, Claremont at Fortyfive, Surrey</b>	04/12/2012
<b>Dr Nik Pandya, The Avenue Dental Practice, Colchester</b>	28/11/2012
<ul style="list-style-type: none"> <li>Observation of new patient consultations and maintenance visits.</li> <li>Nursing for non-surgical and surgical treatment.</li> <li>Introduced to the use of laser technology (Waterlase) for periodontal treatment.</li> </ul>	

#### HOSPITAL CARE

<b>Periodontology Department, Harvard School of Dental Medicine, Boston</b>	18-22/07/2016
<ul style="list-style-type: none"> <li>Externship involving observations of all clinics and attendance to seminars.</li> </ul>	
<b>Periodontology Department, New York University, New York</b>	29/07/2015
<ul style="list-style-type: none"> <li>Observation of a typical day in the postgraduate periodontology department.</li> </ul>	
<b>Dr Gita Auplish, King's College London, Denmark Hill</b>	01/10/2012
<b>Dr Jerry Kwok, Queen Mary's Hospital, Sidcup</b>	15/09/2012

### POSITIONS OF RESPONSIBILITY & VOLUNTARY WORK

<b>Reviewer and Member of the Research Insights Team for the British Dental Journal</b>	05/2016-Date
<ul style="list-style-type: none"> <li>Review papers as part of the peer-review process and regular writer for BDJ Research Insights</li> </ul>	
<b>National Board Member of the FGDP (RCS Eng)</b>	05/2016-Date
<ul style="list-style-type: none"> <li>Lead for the Central London Division, Vice Chair for the Membership Affairs Committee</li> </ul>	

- Divisional board member since 2013 - help organise and facilitate study evenings as well as prepare candidates for the MJDF examination.
- 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)
  - Responsible for managing content creation and dissemination through a number of social media platforms
- 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 *Dentistry, DH&T and Young Dentist Magazines FMC*** 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.
  - Regularly contributed to the website by submitting articles, completing audiocasts and creating videos.
- 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)
- Medical Emergencies with Dr Joe Omar, Royal College of Surgeons 1 day (02/2014)
- 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)
- Child Protection with Dr Mina Vaidyanathan, Guy's Hospital 1 day (07/2013)
- Advanced Crown and Bridge with Dr Brett Robinson and Dr Sana Movahedi, LonDec 1 day (06/2013)
- Effective Periodontics, Annual Conference, British Society of Periodontology, Manchester 3 days (04/2013)
- Simple and Predictable Marketing for the 21st Century Dental Practice with Chris Barrow 1 day (03/2013)
- 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)
- Crown Lengthening with Dr Gita Auplish, Croydon 1 day (01/2012)

## MEDIA APPEARANCES

- Sensodyne Repair and Protect TV commercial 2016

## MEMBERSHIPS

- Dental Protection

- British Dental Association
- Joint Dental Faculties (FGDP(UK) and FDS)
- British Society of Periodontology
- European Federation of Periodontology
- Specialty Registrar in Restorative Dentistry Group

#### OTHER INTERESTS

- I am passionate about music and play the harmonium (professional standard), tabla (intermediate standard), keyboard (grade 6) and electric guitar (grade 3). I have won over 20 awards for singing and harmonium playing.
- I'm also passionate about nature photography, travelling and making raw vegan desserts.

#### REFERENCES

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

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