

# DR REENA WADIA

BDS Hons (Lond) MJDF RCS (Eng) MClintDent (Perio) MPerio RCS (Edin) FHEA



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## 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 Passed with Distinction	2013-2017
Fellow of The Higher Education Academy	2017
MJDF RCS, England	2011-2012
BDS, Honours, Barts & The London, School of Medicine & Dentistry: BDS Parts 1-5: Passed with Distinction	2006-2011
Postgraduate Awards:	
BSP Clinical Poster Prize	2017
John Zamet Memorial Prize in Periodontal Research, Certificate of Commendation	2016
BSP Clinical Fellowship Award	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), 224(6), 224(8), 224(10), 224(12).  
R Wadia, D'Cruz L. Avoiding the pitfalls of dento-legal issues. *BDJ Team* 2018 (5): 18091.  
A Nevius, R Wadia. Social media in the dental academic environment: a systematic review. Poster, AEDA. 16/03/18.  
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 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.  
R Al-Falaki, FJ Hughes, R Wadia. Minimally invasive treatment of infrabony periodontal defects using dual-wave-length 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, et al. 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). 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? SAAD Digest 2012; 28: 34-42.  
 R Wadia, MK Vasant, M Gupta (2011). Patient handbook - caring for your mouth. 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.  
 Hands-on Surgical Day - Crown lengthening and Pocket Reduction Surgery. NE Central DFTs, Eastman. 25/05/18.  
 An Update on Periodontology. Thames Valley and Wessex DCTs, Winchester. 10/05/18.  
 Essentials of Periodontal Practice. BDA Enfield 30/04/18, BDA Ealing 25/01/18; BDA Reading 8/11/17.  
 What Diabetes Specialists should know about Periodontal Disease. The Royal London Hospital. 17/04/18.  
 Top tips for Dental Hygienists. BSDHT, London. 02/03/18.  
 A young dentist's guide to periodontal practice. Berkshire DFTs. 16/11/17, 27/10/16, 07/01/16.  
 Tips for your first year in practice and whistlestop tour of periodontology. NE Central DFTs, Eastman. 10/11/17, 03/07/15.  
 MJDF OSCE Revision. Royal College of Surgeons. 07/11/17, 08/11/16, 20/10/15, 07/10/14.  
 Perio in Practice - Plaque, Probing, Prescribing & Planning. BDIA Showcase. London. 19/10/17, 08/10/16.  
 The Road Ahead. BDSA conference, Bristol. 24/05/17.  
 Use of social media by dental professionals. ADEE/ADEA meeting, London. 09/05/17.  
 Periodontal Treatment on the NHS, Princess Alexandra Hospital. 15/02/17, 25/02/16.  
 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.  
 Developing your career and work/life balance. Careers Day, 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.  
 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, 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.

### 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 - 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.
- 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 during implant surgery. Treatment also under intravenous sedation or general anaesthesia.  
 • Weekly tutorials 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

- Periodontal specialist 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:  
 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

## 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
- 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	
• 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.	
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 a 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

• EuroPerio9, European Federation of Periodontology, Amsterdam	3 days (06/2018)
• 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	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)
• 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)

#### MEDIA

- Dental expert for BBC Asian Network radio. 1 hour interview slot as part of 'The Big Debate', 11/06/18.
- Voted by dental professionals as the 20th most influential dentists in the UK, Dentistry FMC, 29/05/18.
- Contribution to the 'The jaw-dropping truth about your toothbrush', Daily Mail, Good health section, 20/03/18.
- 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