

# 'Young and talented'

Voted the eighth most influential person in UK dentistry in the Dentistry Top 50 last month, we finds out more from young dentist, Nilesh Parmar...

## FACT FILE

### Trained:

Everywhere! BDS from QMW, MScs from Eastman and Kings

### Practice:

Southend on Sea, Essex

### Lives:

Canary Wharf, London

### Book I'm reading at the moment:

'I caused the credit crunch' by Tetsuya Ishikawa

### Professional interests:

Implants, whitening, high-tech dentistry, dental marketing and websites

### Other interests:

Planes, cars, helicopters and watches

### What would you be if you weren't a dentist:

An F1 driver for Ferrari



### Why did you decide to concentrate on implant dentistry?

NP: When I was a senior house officer, I was given a patient with an implant over denture to examine. It really impressed me and I think it's an exciting part of dentistry. We replace a missing part of anatomy back to almost full functionality, not many other branches of medicine can boast that.

### What is the most satisfying aspect of your work?

NP: Finishing large multi-disciplinary cases, it really makes me feel that all the studying was worth it.

### What is the most popular treatment you offer?

NP: Probably NHS check-ups on a Monday! More recently, I have been removing a lot of post-crowns and replacing them with implants. I seem to end up with a lot of anterior cases, which can be quite difficult and require grafting and careful manipulation of the soft tissues to get an ideal result. In some cases where the patients have been smokers, etc, this is not possible, and I have to carefully explain the alternatives.

### Describe your typical patient.

NP: Middle-aged, nervous housewives! I see a lot of them and they are my favourite kind of patient. Once you win their trust, they will be your patients for life and are very appreciative.

### What has been your biggest challenge?

NP: Trying to juggle an active workload, an academic load, another university degree, a social and family life and still going to the gym four times a week! With life being so full, the weeks just seem to fly by.

### What has been your biggest mistake?

NP: We have all made mistakes in the past, me included. I try not to dwell on my mistakes (I let others do that), but focus on what I have learnt from making them.

### You are one of the youngest dentists in the Dentistry Top 50, being voted number 8 recently. What do you think is the secret to your early success and what advice would you give to other young dentists?

NP: Being voted in at eighth place was a real shock, I was just glad I was shortlisted. I am not sure what the secret of my success is, I just love what I do and try to help and speak to as many people in the industry as I can. Dentistry is a really exciting profession to be in, and I am proud to be a part of it.

For young dentists, I would say that the way things are going, some formal post-graduate education is important. We all need to start at the bottom before we can work our way up. Don't worry about the money – that will come with time – just concentrate on the work.

### How do you relax in your spare time?

NP: I am a real car enthusiast and go to a lot of supercar meets and track days. I try to work out about four times a week, and find that my time in the gym followed by 15 minutes in the sauna prepares me for almost anything.

### You're quite big on the social networking scene – how important is this for dentists today?

NP: It's very big, especially Twitter and Facebook. It lets you connect with other people in the industry and prospective patients. I have received a lot of referrals through social networking and I think it's the way things are headed. It does take up some time, and it's obvious when a dentist's Twitter account isn't being run by them, but by a member of staff. For social networking to be effective, the dentist themselves has to be doing it.

### What do you think is the future of implant dentistry?

NP: The implant market in the UK is tiny compared to the rest of the world. It has been growing exponentially over the last few years, and I see implants being commonly placed across the board. With this added popularity will come the issue of adequate training. With the closing of the full-time implant MSc courses at Kings and the Eastman I see an issue with formal implant training in the future. The introduction of a specialist list would allow for the creation of a formal training pathway for implant dentistry. However, as I have said before, this is not my decision to make, and that lies with the powers that be.

### What or who made you choose a career in dentistry?

NP: Well, I used to have a paper round as a kid, my Dad being a dentist, asked me if I wanted to work in the surgery on a Saturday morning. I wasn't very keen at first, but he promised me £5 for a Saturday morning's work. It sounded like easy money to me so I was in. I started off in the shed, at the back of the surgery. I was tasked with organising patient models. It was hard work, especially in the winter, as it got a bit chilly, and I had a LOT of spiders as company. As time went on, I was promoted and eventually ran the Saturday reception all on my own. It was these years that really helped me understand how a dental practice works, from stock taking to filling in FP17 forms. I did this before I sat my GCSEs.

### Where and when did you qualify and what training have you undertaken, apart from your University education?

NP: I qualified from QMW in 2004. I then went on to get a job as an SHO after my VT year and was encouraged by my then consultant, Mr Martin Kelleher, to pursue some postgraduate qualifications. I did a masters in prosthetic dentistry at the Eastman (that was a painful year, but worth it and a fantastic course) following on with a masters in implant dentistry at Kings/Guys. I am currently about to finish the first year of my orthodontics masters at Warwick.

I have always pursued as many courses as I can, from whitening to periodontal surgery. A lot of my courses focus on implant aesthetics now and usually take me abroad. It's great as I get to have a holiday as well as learn something – you can't beat that!

### You work at three practices, as well as lecturing, writing articles plus numerous other activities. How do you keep on top of things and manage your workload?

NP: Few things, I don't tend to sleep much, I am usually up until 1am most days, I get a lot of work done between 10-1am as the world is quiet at this time and I have few distractions. I am a goal-orientated person, and decide the night before what I aim to achieve the following day. Usually I do it and am pretty good at meeting deadlines. My iPhone and MacBook Pro are my real workhorses. Everything I need to work is on them.



Dr Nilesh R. Parmar BDS MSc MSc was voted Best Young Dentist in the East of England in 2009 and runner up in 2010. He was shortlisted at the 2011 Private Dentistry Awards in the category of Outstanding Individual. Nilesh has master's degrees in prosthetic dentistry from the Eastman Dental Institute and a master's degree in clinical implantology from Kings College London. Nilesh is one of the few dentists in the UK to have a degree from all three London Dental Schools and is currently studying for his third MSc in orthodontics. His main area of interest is in dental implants and Cerec CAD/CAM technology. He offers training and mentoring to dentists starting out in implant dentistry, more information can be found on his website: [www.drnilshparmar.com](http://www.drnilshparmar.com).