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Global Dental Expert and Entrepreneur

Founder of RW Perio, Perio School & the By Dr Reena product range

Presenter & Producer of the Life & Smile Podcast

Author of The Perio Handbook, an Amazon International Best Seller



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RW • PERIO

PERIO
SCHOOL

LIFE & SMILE

PODCAST

with Dr Reena

By **DR REENA**

HARLEY STREET



Qualifications & Awards

- The Perio Handbook, International Best Seller on Amazon 2024
- Tatler Beauty Award for the By Dr Reena Mouth Cleanse
- Get the Gloss Award for the By Dr Reena Mouth Cleanse
- Finalist in the Great British Entrepreneur Award 2023
- Finalist in the 'Bright Young Thing' category of the Mayfair Times Community Awards 2023
- Periodontology MCLinDent (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: 2006-2011
- BDS Parts 1-5: Passed with Distinction

POSTGRADUATE AWARDS:

- Joy Harrild Award, British Dental Association 2019
- 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

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)

Media

- Featured in a recent BDJ interview: 'Don't be afraid to pivot and embrace opportunity'. BDJ 2024; 236: 517-519.
- Featured in Tatler, Forbes, British Vogue, Harper's Bazaar, Evening Standard and many other tier one publications
- Voted by dental professionals as the 20th most influential dentists in the UK, Dentistry FMC, 2018 & 2019
- Dental expert for BBC Radio London & BBC Asian Network
- Sensodyne Repair and Protect TV commercial, 2016/17

Publications

- The Perio Handbook. Rethink Press 2024. Available on Amazon.
- R Wadia. Other journals in brief. BDJ 2024; 236 (2), 236 (4), 236 (6), 236 (8), 236 (10), 236 (12), 237 (2), 237 (4), 237 (6), 237 (8), 237 (10), 237 (12).
- R Wadia et al. The Perio-ortho interface: The latest guidelines. Dent Update 2024; 51: 353-359.
- R Wadia. Aesthetic Crown Lengthening. Aesthetic Update 2024; 1: 27-32.
- R Wadia. Other journals in brief. BDJ 2023; 234 (2), 234 (4), 234 (6), 234 (8), 234 (10), 234 (12), 235 (2), 235 (4), 235 (6), 235 (8), 235 (10), 235 (12).
- A Hasan, R Wadia et al. Wire syndrome: a complication in orthodontic retention. Orthodontic Update 2023; 16(3) 707-709.
- R Wadia. Pink Aesthetics: Gummy Smiles and Gingival Recession. Prim Dent J. 2023;12(2):1-9.
- R Wadia. An update on halitosis: seven common questions. Dent Update 2021; 48:459-462.
- R Wadia. The prevention of periodontitis. Dent Update 2020; 47; 871-876.
- R Wadia, A Thomson. Diabetes and oral health. Diabetes & Primary Care 2020; 22.
- R Wadia, L D'Cruz, L Baker. COVID-19 - Working as a dental hygienist or therapist. BDJ Team 2020: 22-23.
- R Wadia. Other journals in brief. BDJ 2022; 232 (2), 232 (4), 232 (6), 232 (8), 232 (10), 232 (12), 233 (2), 233 (4), 233 (6), 233 (8), 233 (10), 233 (12).
- R Wadia. Other journals in brief. BDJ 2021; 230 (2), 230 (4), 230 (6), 230 (8), 230 (10), 230 (12), 231 (2), 231 (4), 231 (6), 231 (8), 231 (10), 231 (12).
- Guest editor for the Primary Dental Journal Periodontics edition: Winter 2019/20.
- R Wadia. Other journals in brief. BDJ 2020; 228(2), 228 (4), 228 (6), 228 (8), 228(10), 228 (12), 229(2), 229(4), 229(6), 229(8), 229(10), 229(12).
- R Wadia, I Chapple. Periodontal care in general practice: 20 important FAQs - Part one. BDJ Team 2019; 6: 15-20.
- C Walter et al. Periodontal diagnosis in the context of the BSP implementation plan for the 2017 classification system of periodontal diseases and conditions: presentation of a pair of young siblings with periodontitis. BDJ 2019; 226(1): 23-26.
- C Walter et al. Periodontal diagnosis in the context of the 2017 classification system of periodontal diseases and conditions:
• Presentation of a middle-aged patient with localised periodontitis. BDJ 2019; 226(2): 98-100.
- R Wadia et al. Periodontal diagnosis in the context of the 2017 classification system of periodontal diseases and conditions: presentation of a patient with periodontitis localised to the molar teeth. BDJ 2019; 226(3): 180-182.
- C Walter et al. Periodontal diagnosis in the context of the BSP implementation plan for the 2017 classification system of periodontal diseases and conditions: presentation of a patient with a history of periodontal treatment. BDJ 2019; 226(4):265-257.
- C Walter et al. Periodontal diagnosis in the context of the BSP implementation plan for the 2017 classification system of periodontal diseases and conditions: presentation of a patient with severe periodontitis following successful periodontal therapy and supportive periodontal treatment. BDJ 2019; 226(6): 411-413.
- R Wadia, I Chapple. Periodontal care in general practice: 20 important FAQs - Part 2. BDJ 2019; 227(10):875-880.
- R Wadia, I Chapple. Periodontal care in general practice: 20 important FAQs - Part 1. BDJ 2019; 226 (11): 850-854.
- T. Dietrich et al. Periodontal diagnosis in the context of the 2017 classification system of periodontal diseases and conditions. BDJ 2019; 226: 16-22.
- R Wadia. Other journals in brief. BDJ 2019; 226(2), 226 (4), 226 (6), 226 (8), 226 (10), 226 (12), 227(1), 227(3), 227(5), 227(6), 227(8), 227 (10), 227(12).
- K Prajapat et al. Dental Associate Interviews (2018). First edition. Primitive Press Publications.
- N Mughal et al. Dental Success Stories (2018). First edition. Printed by Amazon.
- R Wadia. Teeth at the Wellcome Collection. BDJ 2018; 224: 919.
- R Wadia. Understanding the new classification. J Irish Dental Hygienist's Association 2018; 12(2): 10-21.
- 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-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, 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.

Publications *cont.*

- 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. 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.

Recent Presentations, Lectures & Courses (Last 5 Years)

- 1/24 - Date Regular Perio Masterclass sessions for groups including MyDentist and Dental Beauty.
- 3/24 The Perio Update. BDIA showcase, London.
- 10/24 The Perio Update. Dentistry Show, Birmingham.
- 01/22 - Date Diploma in Periodontics. Perio School, 75 Harley Street. Dentists / Hygienists and therapists.
- 03/21 - Date The Crown Lengthening Course. Perio School, 75 Harley Street. 3 sessions a year.
- 02/18 - Date The Hygienist Course. Perio School, 75 Harley Street. 21 sessions a year.
- 10/14 - Date First Four Quarters course for Young Dentists. Perio School, 75 Harley Street. 10 sessions a year.
- 04/19 - Date Harley Street Stub Club. 3 sessions a year.
- 2019-2020 Essentials of periodontal care in general practice. Several BDA branches including Epsom, Croydon, Reading.
- 30/11/19 Periodontal care in practice. Indian Dental Association, Birmingham.
- 07/11/19 Periodontics. Berks, Bucks and Oxford DFT schemes Wexham Park Hospital.
- 25/10/19 The new perio classification - it's not as scary as it seems. Brent and Harrow LDC.
- 10/10/19 Should I specialise. KCL Women in Dentistry group, Guy's Hospital.
- 05/10/19 Periodontal plastic surgery. SimplyHealth Professionals, Renaissance Heathrow.
- 16/09/19 Minimising periodontal litigation. BDA, London.
- 20/06/19 Periodontal update. Staffordshire DFTs. Royal Stoke Hospital.
- 18/05/19 Essentials of periodontal care. British Dental Conference and Dentistry Show, Birmingham.
- 18/04/19 Webinar on the new periodontal classification. DentOCare.
- 13/04/19 Smart Scaling hands-on teaching. Dentsply Sirona, London.
- 23/03/19 Understanding the new classification. BSDHT, London.
- 16/03/19 Periodontal issues around heavily restored dentitions. BSSPD, Royal College of Physicians.
- 14/03/19 Essentials of periodontal care in practice. Dental Care Group, Reading.
- 13/03/19 Essentials of periodontal care in practice. BDA Croydon, Croydon University Hospital.
- 07/03/19 Hands-on periodontal surgery training. Winchester DFTs, Portsmouth University Dental Academy.
- 23/02/19 Periodontal plastic surgery. London Dental Hospital Club, Barts and The London Dental School.
- 07/02/19 What they don't tell you at dental school. Barts and The London.
- 2018 Periodontal Plastic Surgery. Key Client Forum, SimplyHealth Professionals. 11 locations around the UK.
- 25/05/18 Hands-on Surgical Day - Crown lengthening and Pocket Reduction Surgery. NE Central DFTs, Eastman.
- 10/05/18 An Update on Periodontology. Thames Valley and Wessex DCTs, Winchester.
- 8/11/17 Essentials of Periodontal Practice. BDA Enfield 30/04/18, BDA Ealing 25/01/18; BDA Reading
- 17/04/18 What Diabetes Specialists should know about Periodontal Disease. The Royal London Hospital.
- 02/03/18 Top tips for Dental Hygienists. BSDHT, London.

Work History

- 01/22-Date **Presenter and Producer of the Life & Smile Podcast**
- 03/20-Date **Founder and Director of Perio School**
Global teaching academy - online and offline courses for dentists, hygienists/therapists and students.
- 01/22-Date **Presenter and Producer of the Life & Smile Podcast**
- 09/17-Date **Founder and Principal Periodontist: RW Perio: 75 Harley Street, Marylebone, London, W1G 8QL**
Lead a specialist periodontal referral clinic with a team of periodontists and hygienists.
- 02/18-07/21 **Associate Specialist Periodontist: King's College London, Restorative Department**
Assess new patients, perform specialist treatment and supervise/teach hygienists and postgraduate students.
- 12/12-12/18 **Part-time Associate: Woodford Dental Care, Essex, IG8 0HL**
Practice limited to periodontal care working alongside a team of 7 dentists and 5 hygienists.
- 11/13-12/17 **Part-time Honorary Clinical Tutor/Lecturer: Barts & The London, School of Medicine & Dentistry**
Supervising dental and hygiene/therapy students during their periodontal clinics and providing weekly group seminars.
- 03/14-03/16 **Part-time Associate: Harley Street Dental Group, 52 Harley Street, W1G 9PY**
Working as part of in a multidisciplinary award winning specialist team with practice limited to periodontal care.
- 06/13-01/14 **Part-time Associate: Pure Periodontics, Clerkenwell, EC1M 4AA**
Providing initial and supportive periodontal therapy in a specialist practice environment.
- 08/12-09/13 **Senior House Officer: Guy's and St Thomas' NHS Foundation Trust**
Restorative and Oral Surgery
- 08/11-07/12 **Dental Foundation Year 1: MK Vasant and Associates, SW16 4DN**
- 07/16 **Periodontology Department, Harvard School of Dental Medicine, Boston**
- 07/15 Periodontology Department, New York University, New York

Positions of Responsibility

- 01/24-Date Advisory Board Member for the BDIA Dental Showcase
- 01/24-Date Advisory Board Member for the Dentistry Show
- 01/24-Date Editorial Board for Aesthetic Update
- 07/23-Date Expert Advisor on the BDA Indemnity Board
- 01/22-Date Presenter & Producer of the Life & Smile Podcast
- 12/24-Date Invisalign Advisory Board Member
- 01/18-Date London Dental Hospital Club Committee Member
- 05/16-Date Editor and reviewer for the British Dental Journal
- 01/16-Date Trustee of The Oral & Dental Research Trust
- 09/14-11/22 Member of the Communications Committee, European Federation of Periodontology
- 05/16-07/21 National Board Member and Lead for the Central London Division, FGDP (RCS Eng)
- 09/13-07/21 BDA Committee Member, Croydon

Recent Courses & Conferences (Last 5 Years)

- 3 days (10/24) British Society of Periodontology Conference, Newcastle
- 3 days (02/23) Reconstructive Periodontal and Plastic Surgery in the Aesthetic Zone - Prof Giovanni Zucchelli, Bologna
- 4 days (06/22) EuroPerio10, European Federation of Periodontology, Copenhagen
- 6 weeks (05/22) altMBA , Seth Godin
- 3 days (03/19) Mucogingival surgery with Tonetti and Cortellini, Florence
- 2 days (01/19) Minimally invasive soft tissue grafting over teeth and implants, Dr Edward Allen, Madrid
- 3 days (06/18) EuroPerio9, European Federation of Periodontology, Amsterdam

Memberships

- Dental Protection, British Dental Association, FGDP(UK)
- British Society of Periodontology, European Federation of Periodontology
- The London Dental Fellowship

