

A DENTIST'S LIFE

MAKING PEOPLE SMILE IS THE BEST PART OF MY JOB



Richard Marques, 33, is principal of Wimpole Street Dental, a single-handed private dental practice in London that offers general, cosmetic and orthodontic dentistry, wrinkle treatments and dermal fillers. His practice has become popular among high profile clients. He is married to a lobbyist.

I get up at 6.30 am and the first thing I do is listen to music and have a proper filter coffee. I like to have a banana at home before I go to work, taking the tube three stops from Waterloo to Bond Street and walking to the practice on Wimpole Street. I work 9 am to 8 pm most days and 9 am to 7 pm on Fridays. I usually stay in the practice for lunch but when I get a chance I try to take a walk round the lovely Marylebone High Street.

I am a third generation dentist as my grandfather was a dentist, my mother was a dentist before changing to teaching, and my father and uncle are also dentists. A true family profession! However, I feel that I have made the profession my own.

I graduated from Guy's, King's and St Thomas' Institute of Dentistry in 2005. Before taking over Wimpole Street Dental from a dentist who was retiring, I worked a little with my

father and as a locum all over the country before realising that I love private (and especially cosmetic) dentistry.

I have attended numerous courses since qualifying; in 2006 I completed the Bicon implant course in South Africa and have trained with a plastic surgeon so that I can offer wrinkle reduction treatments including Botox and dermal fillers. I believe in conservative administration in order to achieve a natural, youthful and refreshed appearance.

Dentally, I have special interests in complex restorative, aesthetic and implant dentistry, and also treat gum problems and periodontal disease.

As a dentist I am interested most in the people that I meet and I really care for my patients. We also provide a very high standard of work. Full mouth makeovers are my favourite treatment due to the huge transformations! Making people smile is the best part of my job.

My dental team consists of our practice manager, Nasreen; our head dental nurse, Irina; and dental nurse, Anna. I enjoy the practice as it is at the moment but may consider other options in the future. My goal is to work as a multi-disciplinary team to provide the highest quality dentistry possible, and to transform as many lives through smiles as I can.

Outside of dentistry I love the gym; I have a personal trainer and really enjoy this. I also love gourmet restaurants, travel, independent cinema and writing fiction – if I hadn't gone into dentistry I think I'd have been a novelist!

I often get home at around 9 pm, but always cook fresh food for the health benefits. Otherwise I spend the evenings relaxing with my amazing partner and cat.

If you would like to appear in A Dentist's Life, please email k.quinlan@nature.com

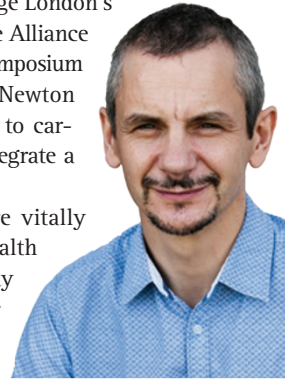
TIM EXPLORES THE LINK BETWEEN CARIES AND PATIENT BEHAVIOUR

Professor Tim Newton from King's College London's Dental Institute was due to present at the Alliance for a Cavity-Free Future (ACFF) Global Symposium in Dubai early this month. Professor Newton explored whether the current approach to caries prevention and control strategies integrate a sufficiently broad range of evidence.

Professor Newton said: 'Patients are vitally important in the care of their oral health but often we need them to change the way they do this. Changing their behaviour can be challenging in practice.'

Drawing from a large body of research, Professor Newton outlined simple and brief ways that dental teams can enhance patients' capability, opportunities and motivation to change their oral health related behaviour.

The ACFF is a global charitable organisation operated out of the Dental Innovation and Translation Centre within King's College London. The symposium, entitled 'Joining up the Evidence to make an achievable difference' was hosted by ACFF Chairman Professor Nigel Pitts and ran 2-4 February 2016. It marks the first of what is hoped to become an annual series of events drawing together research and guidance from across the globe to open dialogues around caries prevention and establish much needed links between the health disciplines in the global battle against tooth decay.



FOUNDATION DENTIST SPOTS FAKE

Buckingham-based Foundation Dentist Chloe Richardson (pictured with Edmund Profitt of the BDIA) was the winner of the British Dental Industry Association's (BDIA's) popular 'Spot the Fake' competition on the BDIA stand at Dental Showcase 2015.

The competition was organised as part of the BDIA's award-winning Counterfeit and Substandard Instruments and Devices Initiative (CSIDI) and challenged members of the dental team to correctly identify a range of genuine and counterfeit dental devices.

Chloe won £500 to spend with a BDIA member of her choice.

The BDIA continues to work closely with the profession and the MHRA on its CSIDI activity.

