

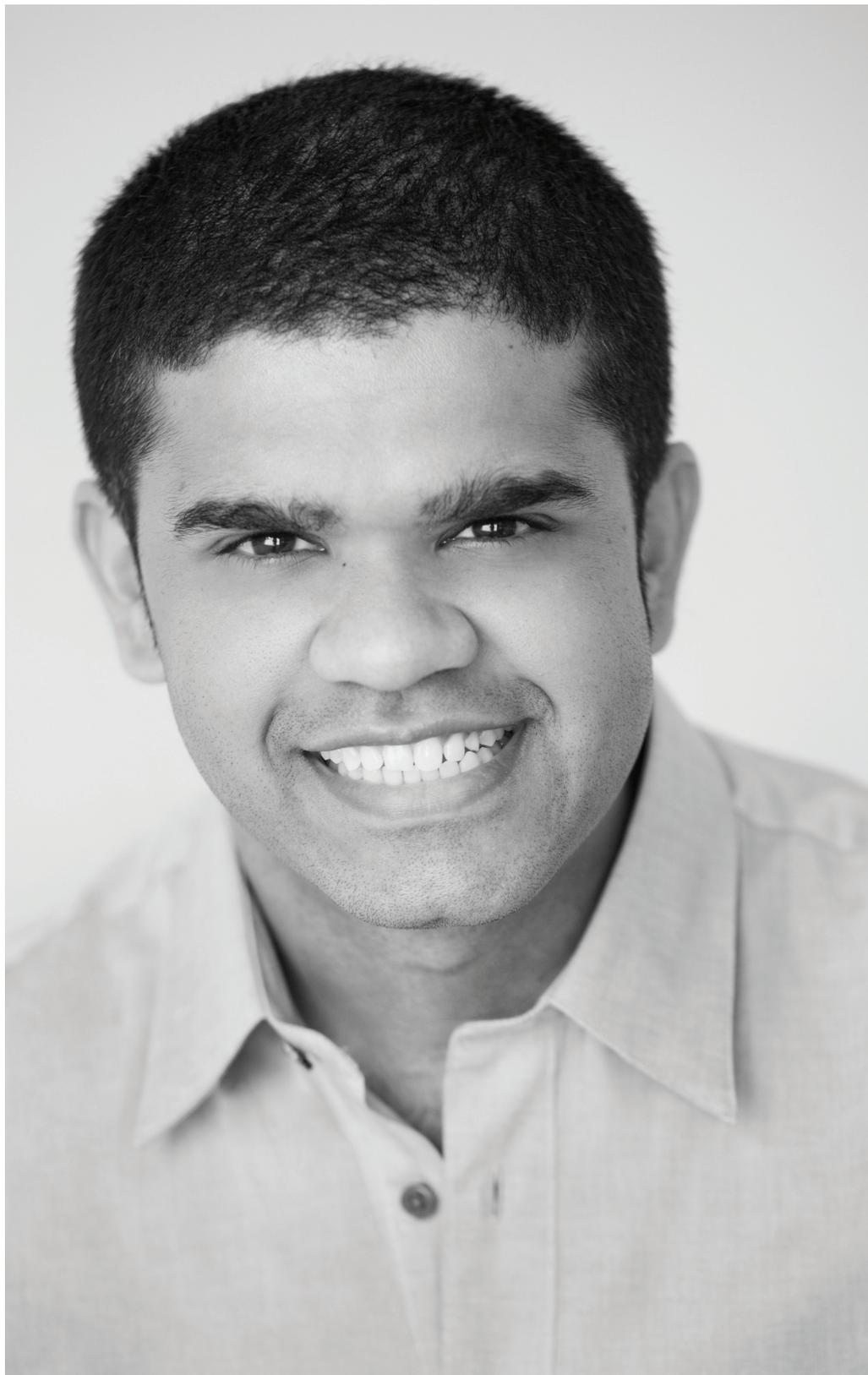
ONE MINUTE WITH

Nilesh Parmar

Implant dentist Nilesh Parmar on his love of cars, his mum's cooking and being genetically engineered to become a dentist

FACTFILE

Dr Nilesh R. Parmar BDS (Lond) MSc (ProsthDent) MSc (ImpDent) Cert.Ortho was voted Best Young Dentist in the East of England in 2009 and runner up in 2010. He was shortlisted at the Private Dentistry Awards in the category of Outstanding Individual 2011 and received Highly Commended for Best Dentist South at the 2013 Dental Awards. He has a master's degree in prosthetic dentistry from the Eastman Dental Institute and a master's degree in clinical implantology from King's College London. He is one of the few dentists in the UK to have a degree from all three London Dental Schools and has recently obtained his Certificate in Orthodontics from Warwick University. His main area of interest is in dental implants and CEREC CAD/CAM technology. He runs a successful five-surgery practice close to London and is a visiting implant dentist to two central London practices. He offers training and mentoring to dentists starting out in implant dentistry. www.drnilshparmar.com.
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Q Why did you choose to go into dentistry?

A My Dad was a dentist, and growing up I worked in his surgery, my friends joke I was genetically engineered to be a dentist. I guess there may be some truth in that. My Dad offered me a Saturday job when I was 14 and I started out in the shed behind the surgery, cleaning out the old study models, then worked my way up to receptionist. I could do a hard tissue chart and mix alginate before I could do my nine times table. It was a great way to understand how a dental practice really runs.

Q What part of your job do you find most challenging?

A Managing patient's expectations and trying to educate them about the treatments, the surgery and the limitations is always a battle. But I live for challenges because without them I would get bored. Currently, I don't feel as challenged as say five years ago, which is why I am considering another University degree.

Q What part of your job do you find most rewarding?

A Finishing large cases, exceeding patient's expectations and getting recommendations! Doing something to the best of your ability is very satisfying and rewarding, and in dentistry this is about making a positive impact on people's lives. Having pride in your work and being able to showcase that work is what I enjoy most.

Q Where do you live?

A I spread my time between my home in Canary Wharf, London, and Southend-On-Sea, Essex – giving me the best of both worlds.

Q What do you drive?

A Porsche Cayenne S and a Ferrari 458 Italia. I am still single, haven't had to pay for an Indian wedding yet, so as long as I keep dodging that bullet, I can afford some fancy toys!

Q What drives you?

A I think it's knowing that I have managed to exploit my full potential. Don't get me wrong, I have lazy days, but I would hate to lead

my life thinking 'what if...' I have a passion for what I do. I eat, sleep, and breathe it, so putting the hours in comes easy. As an individual I am hyper focused, once I decide to do something, I work my backside off until I achieve it. Then I buy myself something nice to celebrate!

Q What's your favourite food?

A My mother's food (of course)! Oh and junk food (KFC)! I love it, but I am now down to only having it once a month.

Q Favourite music?

A I like everything, especially, Justin Timberlake, Jay Z, Swedish House Mafia, Avicii. I vary between dance and RnB.

Q Favourite book?

A So many to choose from, it's probably easier to mention my favourite authors, Michael Crichton, Clive Cussler and Matthew Reilly. Soon though, it will be the book for which I am writing a chapter in - Dental Masters - Coming soon!

Q Favourite holiday destination?

A Vegas baby!!

Q Who do you admire, and why?

A My father, for his hard work, ethic and ability to treat everyone as an equal; irrespective of their race, creed, or status. He is one of the best dentists I have ever seen and is fair to his staff and genuinely cares about his patients. He truly enjoys his work.

Q Who/what inspires you?

A Ayrton Senna and Michael Schumacher. I admire their dedication to being No.1

Q What really annoys you?

A Lazy people, who think of reasons why they can't do something, as opposed to just getting on with it and achieving something.

Q What makes you happy?

A My work, my friends and my family.

Q What is your best characteristic?

A My best may also be my worst. I am very calm and detached. I don't panic and just get on with it.

Q Worst fault?

A Workaholic!

Q Describe yourself in three words.

A Hmmmm this one is tricky.... focused, ambitious and grounded.

Q What do you do to relax?

A I have some unusual hobbies... I fly planes, I like to take my cars out on the track and I love going to the gym. I try to work out four times a week and I shop like mad.

Q If you won the lottery and could give up work tomorrow, would you? ...and what would you do?

A Firstly, I couldn't give up work. I have too many implant cases to finish off!! I would build my dream house from scratch. Then I would set up a charitable foundation and spend my life helping people achieve their full potential.

Q If you weren't working in dentistry, what would you have liked to do/be?

A I would have liked to have been the Chief Operations Officer of a large Venture Capitalist 'firm, failing that, an F1 test driver with Ferrari.

Q What is your motto in life?

A 'There is no passion to be found in playing small...in settling for a life that is less than the one you are capable of living.' Nelson Mandela.