

And finally...



Car fanatic Nileshe R Parmar explains how he manages to get the most out of every single day

What got you into dentistry?

My friends joke that I was genetically engineered to become a dentist. My father is a dentist and offered me a Saturday job when I was 14, as an alternative to a paper round. I started out in the shed behind the surgery, cleaning out the old study models, and worked my way up to receptionist. It was a great way to understand how a dental practice really runs; you can't get that experience from anywhere else.

What do you like most about dentistry?

When I exceed my patients' expectations. Doing something to the best of your ability is very satisfying and rewarding. Having pride in your work and being able to showcase that work is what I enjoy and like most.

What would you be if you weren't a dentist?

I would like to have been the chief operations officer of a large venture capitalist firm. Failing that, an F1 test driver with Ferrari!

What's your biggest achievement?

If I had to choose, I would say the Ice White Christmas party, which I started in 2013. From small beginnings, it has become a fantastic charity dental event bringing us all closer together and raising money for those in need. It's something I am very proud of.

What gets you out of bed in the morning?

My iPhone!

And what keeps you awake at night?

Nothing, the second my head hits the pillow I am out. I don't sleep for long - five or six hours a night, probably. It's the only way I can fit in all I want to do.

How do you relax?

I am a diehard car nut. I have some fancy toys, which I love to take out on track and race other people. It's a passion.

What are you reading at the moment?

Accounting by T Jones. My MBA has a large accountancy module; I am having to teach myself a new language.

What is your favourite TV programme?

It has to be 24. Jack is back, this time in London!

What was the last film you watched?

Captain America: The Winter Soldier.

What's your favourite food?

My mother's food!

What would your 'luxury item' be if you were stranded on a desert island?

Green & Black's white chocolate.

Where's your favourite holiday destination?

New York.

What was the last thing that made you laugh out loud?

It's probably a bit rude to write here!

Who's your favourite music artist?

I can't choose just one artist, but I'm an avid hip hop and RnB fan. I like anything by Justin Timberlake, Timbaland, Alicia Keys, Michael Jackson - the list goes on and on.

What's your guilty pleasure?

Junk food!

Describe yourself in three words

Focused, ambitious, grounded.



Name: Dr Nileshe R Parmar
Qualifications: BDS (Lond) MSc (ProsthDent)
MSc (ImpDent) Cert.Ortho
Job title: Implant dentist/oral surgeon and
owner of Parmar Dental
Practice name: Parmar Dental