

# WVDN | WOMEN DENTISTS NETWORK

Women Dentist Network Conference 2024

Saturday 20th April 2024

Lichfield Road | Wishaw | Sutton Coldfield B76 9PR | United  
Kingdom



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# Conference Programme

10.00 - Welcome  
and Introduction from Linda  
Greenwall

10.10 Dr Linda Greenwall –  
Update on Whitening

10.45 - Dr Manrina Rhode  
The Darkside of Veneers

11.15 - Break

11.45 Dr Claire Nightingale –  
Complex Orthodontic  
Treatment with Invisalign

12.15 Dr Gina Vega –  
Invisalign and Aligners

12.45 Questions chaired by  
Sonia Joshi

13.00 Lunch

14.00 Dr Devinia Lavan  
Iswaran – She Who Dares  
Wins

14.30 Dr Maggie Andi –  
Entrepreneurship in Dentistry

15.00 - Break

15.15 Chris Hewson –  
Financial Planning

15.30 Dr Diane Spencer -  
P.E.A.R.L.S of Wisdom

15.45 Dr Shilpa Chitins –  
P.E.A.R.L.S of Communication

16.00 Questions chaired by  
Seema Sharma

16.15 Panel Discussion -  
Payvand Menhadji, Sonia  
Joshi, Jaimini Vadgama,  
Siobhan Hewson

17.00 Seema Sharma to close  
the conference

# Social Programme

## Saturday 20th April

18.30- Drinks Reception

19.00- Seated for dinner

19.15- Welcome from  
Victoria Goodall from  
Henry Schein

19.30 - Starter

20.00 - Main

20.45 - Dessert

21.15 - Coffee and Drinks

22.30 - Carriages

## Sunday 21st April

Spa facilities (to  
book separately)

11.00 - Golf  
(if booked)

Lunch

# Dr Linda Greenwall – Update on Whitening

BDS, MGDS, RCS, MSC, MRD, RCS, FFGDP, FICD, BEM



Dr Linda Greenwall was born in Cape Town, South Africa and following in her father's and grandfather's footsteps (both dentists), she graduated from Witwatersrand, Johannesburg, South Africa in 1984. She is an international lecturer and an authority on tooth whitening and aesthetic dentistry as well as running a multidisciplinary private practice in London where she specializes in restorative dentistry and prosthodontics.

Her first book, *Bleaching Techniques in Restorative Dentistry*, won the award for Best New Dental Book 2001. Linda lectures extensively in the UK and internationally on tooth bleaching, aesthetic dentistry, practice management and controversies surrounding tooth whitening. She has written many papers for dentistry magazines, and is Editor-in-chief of the journal *Aesthetic Dentistry Today*. Her latest book *Success Strategies for the Aesthetic Dental Practice* has recently been published by Quintessence.

In 2008, Linda launched and currently chairs the British Dental Bleaching Society (BDDBS), which aims to lobby for changes in the controversial bleaching legislation, and to educate dentists in tooth whitening. In 2011 she launched the Dental Wellness Trust (DWT), a charity aiming to raise dental awareness in less fortunate communities around the world. Linda is founder and on the board of Women Dentists Network, a networking organisation established in June 2018, whose mandate is to promote and advance the careers of women dentists across the UK.

## Aim:

To provide delegates with an in-depth knowledge of tooth whitening and dental bleaching to achieve successful results for their patients and practice.

## Learning Outcomes:

Explain the scientific basis of bleaching, having acquired knowledge and understanding of the process.

Summarize key points of the EU directive concerning tooth whitening products

Identify the various dental bleaching techniques

Clarify the answers to patients' questions and concerns regarding dental bleaching

Summarize the causes of sensitivity and patient management during treatment

Apply the knowledge of shade assessments for dental bleaching

Use the knowledge gained to implement dental bleaching photography, following the standard images required

Recognize the consent process and information patients require prior to undertaking tooth whitening procedures

Discuss strategies to manage problems associated with tooth whitening and dental bleaching

## GDC Development Outcomes

The course meets and links with the GDC Development Outcomes A, B, C & D relating to the Standards for the dental team.

# Dr Marina Rhode – The Dark Side of Veneers



BDS

Dr Manrina Rhode graduated from Guys Hospital London in 2002 and has since become known as one of the top cosmetic dentists in the world. She continued her education at the top institutions around the world, achieving a Masters level in Advanced Aesthetic Dentistry at the prestigious New York Dental Institute and Advanced Occlusion Techniques (improving the contact between the upper and lower teeth) in Florida.

Dr Rhode first learned facial aesthetics in 2004. She continues to upgrade her skills and knowledge as technological advances demand.

As the founder and CEO of DRMR and the recipient of the prestigious 'Dentist of the Year 2022' award, Dr. Rhode's dedication to her craft is evident in every facet of her work. Her clinic, nestled in the heart of Knightsbridge, London, is a testament to her commitment to providing the highest standard of dental care.

Her DRMR Clinic also won Best New Practice at the Private Dentistry Awards 2023.

Dr. Rhode's influence extends beyond the clinic as she has been acknowledged among Dentistry's Top 50 for four consecutive years, signaling her position as a thought leader in the field. Pioneering as the very first female dentist at luxury department stores Harrods and Harvey Nichols, Dr. Rhode not only paved the way for female professionals in her field but also set a new benchmark for luxury dental care. Her contribution to the industry is also reflected in her role as a director of the British Association of Private Dentistry and as an editorial board member for Clinical Dentistry journal.

Dr. Manrina Rhode is not just a dentist—she is a visionary in dental aesthetics, an educator, and a role model, committed to enhancing patient care, leading her team with integrity, and contributing significantly to the dental community. Her patients entrust their smiles to her not just for her accolades but for the genuine care and exceptional results they receive.

## Aim:

To learn about complications that can occur when dealing with porcelain veneers at consultation phase, during treatment and post cementation.

## Objective of the lecture

Delegates will learn consultation skills  
a better work flow to prevent problems  
how to correct complications that may occur

## GDC Development Outcomes

The course meets and links with the GDC

Development Outcomes C

relating to the Standards for the dental team.

## Dr Claire Nightingale - Complex Orthodontic Treatment with Invisalign

MSc, BDS (Hons), FDS (Orth) RCS (UK), MOrth RCS (Edin), FDS RCS (Eng)



Dr Claire Nightingale, a highly experienced and multiple prize-winning orthodontist, including “Best Principal, London” in the Private Dentistry Awards, 2022 and “Orthodontist of the Year, London, 2019” in the GHP Private Healthcare Awards, decided to become an orthodontist at the age of 12, having been inspired by fantastic care from her own dentist. She qualified as a dentist over 30 years ago, from Newcastle University (1989) and completed her specialist training as an orthodontist at Bristol University (1996). She is the Portman-Dentex partner at Queen’s Gate Orthodontics and combines private practice in South Kensington with an NHS Consultant post at Watford General Hospital.

Claire Nightingale was President of the London Dental Fellowship, 2019 – 2020, is Treasurer of the Women’s Dentist Network and has written multiple peer reviewed publications. Her textbook, “Orthodontics: A Picture Test Atlas” won Highly Commended in the Medical Book Awards, 2001 and is a favourite amongst undergraduates and those training in orthodontics, including nurses and therapists. It was republished as “Illustrated Questions in Orthodontics”, 2014, by Oxford University Press.

Claire is one of eight clinical advisors for the Portman-Dentex corporate, which exceeds 375 dental practices and over 2400 clinicians; a key opinion leader for Dental Monitoring; an Expert Witness for the Dental Law Partnership and has recently joined the Align EMEA Orthodontist Advisory Board.

### Aim:

To demonstrate the importance of collaboration between a prosthodontist and orthodontist in the management of complex restorative cases and To show how complex malocclusions can be treated successfully with Invisalign in specialist orthodontic practice

### Objectives:

After the lecture the listener will be able to:  
Understand the importance of careful joint treatment planning between an prosthodontist and orthodontist

See how difficult malocclusions can be treated successfully with Invisalign

### GDC Development Outcomes

The course meets and links with the GDC Development Outcomes A,B and C relating to the Standards for the dental team.



# Dr Gina Vega - Invisalign and Aligners

BDS

Gina qualified in Mexico at Universidad Tecnológica de México (UNITEC) where she worked in private dentistry in the prestigious area of Polanco in Mexico City.

In 2001, Gina moved to London. As a result of her passion and dedication to dentistry, she re-qualified in the UK through the very demanding International Qualifying Exam (IQE) in 2004. Since then, she has worked in private dentistry in Tunbridge Wells, Chelsfield, and now in Central London.

There are many reasons Gina loves working at Bishopsgate Dental Care. The two main reasons are that she is able to practise the quality dentistry that she loves, and she enjoys treating the wide variety of patients that visit the practice. She feels very proud of her team, as she is very confident that you will feel welcome and well cared for in their hands.

Gina practises all aspects of general dentistry and has a special interest in Invisalign. She is a Diamond Invisalign Practitioner after successfully treating over 1000 Invisalign patients to date — putting her in the top 10 percent of the most experienced Invisalign providers in the UK.

Due to her expertise in the field, Gina is also a speaker for Invisalign and a faculty member for Align Technology. In addition, Gina is the founder of Aligner Training Ltd, a training and consultancy agency helping dentists in the UK to learn how to improve their Invisalign skills.

Through hard work and dedication, Gina has gained an excellent reputation as a General Dental Practitioner and as an Invisalign provider who has patients coming from different parts of England and overseas to be treated by her.

Gina is a Board member of the British Academy of Cosmetic Dentistry (BACD) after being an Educational committee member for over two years, she has successfully organised conferences for the BACD and is regularly invited to speak for different dental organisations.

In her spare time, Gina enjoys travelling and spending time with her family. She also actively supports a few charities throughout the year and likes to raise awareness for various causes.

As a proud Mexican, she is also a member of several groups, including the Mexican Chamber of Commerce in the UK and the Mexican Talent Network.



## Aim of lecture:

To learn how to use clear aligner therapy as a GDP in order to treat our patients in a comprehensive way.

## Objective of lecture:

Delegates will learn how to do an orthodontic assessment in general practice.

How to plan clear aligner treatments with minimum maintenance.

What to look at when planning ortho/restorative treatments.

## GDC Development Outcomes

The course meets and links with the GDC Development Outcomes relating to the Standards for the dental team.

# Dr Devinia Lavan-Iswaran – She Who Dares Wins

BDS (London) 1995



Dr Devinia Lavan-Iswaran qualified from Barts and The London School of Medicine and Dentistry in 1995. Over the years, she has focused on cosmetic and aesthetic dentistry including composite bonding, Invisalign, veneers, teeth whitening and non surgical facial aesthetics. She works in private practice in Holborn and Canary Wharf.

Devinia considers it important to invest in ourselves and completed her Diploma in Clear Aligner Therapy in 2019. She believes that we all need to share our knowledge and skills to raise one another hence she is a mentor and clinical advisor for the diploma course in Clear Aligner Therapy, a course tutor the Mediject Academy with Dr Sheila Li and a Life and Relationship Coach. She gives back to the community, strives to be kind, spread happiness and is a big driver in paying it forward.

She hails from the tropical island of Singapore. She came to boarding school in England when she was eleven. Her school days were spent in Headington School in Oxford and Sevenoaks School in Kent. She comes from a family of generations of doctors but chose dentistry as it combines her love of art and science, was people-centred and she realised that this would be an ideal career to juggle with family life.

Outside of dentistry she loves spending time with her blended family of four grown up children, socialising and travelling. She is an absolute foodie, loves to cook and bakes for family and friends. During the first Covid lockdown she trained to be a Zumba Instructor and has gone on to train as a Zumba Kids, Zumba Kids Junior and now a Strong Nation Instructor. She understands that your health can never be bought back and strives to train with a PT twice a week at the gym. Presently she is doing some training to become a divorce and separation coach. She is also putting in the finishing touches to her book. In January alongside another two dentist, she launched Wellness of Women, a social group for women in the dental industry in London. It was set up to ensure that women knew they had a tribe they could go to for support in all things that life throws out.

Her greatest role is that of a CHO (Chief Hug Officer). She will remind you that you need four hugs a day for survival, eight hugs a day for maintenance and twelve hugs a day for growth. Squeezy hugs are her thing.

## Aim:

To understand you have to be daring and push yourself out of your comfort zone to live your best life and to leave behind that mighty legacy and the importance of women supporting one another

## Objective of Lecture:

To realise that you are not alone and life throws us all curved balls and hands us lemons

To learn how to make ourselves more resilient

To know who should be in your tribe

To be held accountable to living your best life

## GDC Development Outcomes

The course meets and links with the GDC Development Outcomes A,B,D

relating to the Standards for the dental team.



# Dr Maggi Data Andi - Dentrepreneur: The concept of L.O.V.E

BDS MJDF RCSEng CG Dent MFDS



Dr. Maggie Andi is a dental professional with a wide range of expertise and accomplishments. She is the practice owner and a holistic dentist at Mill Hill Dental Practice. Dr. Andi is passionate about promoting holistic dentistry and raising awareness of the links between oral health, lifestyle, and mental health.

Dr. Andi completed her BDS degree in 2003, qualifying among the top 10 in her year. She has also excelled in postgraduate training. As a working mother of three children, she understands the challenges of balancing personal and professional responsibilities.

Dr. Andi has a diverse range of qualifications and experiences, including being a dental mentor, a nutrition-brand influencer, a life coach, and a youth football coach. She has received awards for her contributions to the dental field and has a significant online following, including celebrities. With almost 20 years of experience, Dr. Andi is well-regarded in the dental community. She has a large membership base of satisfied patients and is known for her expertise in family cosmetic and digital dentistry. Dr. Andi has embraced innovative technologies and was one of the first UK dentists to use the Inman Aligner and Cerec Technologies. In addition to her dental practice, Dr. Andi is involved in various initiatives, such as the Kids Go Free dental movement and reforms in children's dentistry in association with dental hospitals. She also runs NHS 111 emergency hubs, providing her with insights into prevention and practice growth dynamics.

Dr. Maggie Andi is excited to contribute to regular columns, editorials, podcasts, and radio content. She aims to be a fresh face representing the dental profession and hopes that more people will benefit from her contributions in the years to come.

## Aim:

To introduce attendees to the concept of entrepreneurship within the dental profession.  
To explore the various opportunities for entrepreneurial endeavors in dentistry.  
To equip attendees with the knowledge and skills necessary to start and manage a successful dental practice.  
To inspire colleagues to think creatively and innovatively about their future careers in dentistry.  
To foster an understanding of the business aspects of running a dental practice.

## Objective of the lecture.

Define the term "entrepreneurship" within the context of dentistry.  
Identify different opportunities for entrepreneurial ventures in the dental field, such as starting a private practice, launching a dental product or service, or pursuing research and development.  
Discuss the essential elements of a successful dental practice, including strategic planning, marketing, financial management, and patient care.  
Analyze case studies of successful dental entrepreneurs and their journeys to success.  
Develop a business plan for a hypothetical dental practice, incorporating key elements such as target market analysis, competitive analysis, pricing strategies, and marketing tactics.  
Explore the role of technology and innovation in modern dental entrepreneurship.  
Discuss ethical considerations and professional responsibilities in dental entrepreneurship, including patient care, confidentiality, and legal compliance.  
Encourage attendees to cultivate an entrepreneurial mindset by embracing creativity, resilience, and a willingness to take calculated risks.  
Provide resources and support for attendees interested in pursuing entrepreneurial opportunities in dentistry, such as mentorship programs, networking opportunities, and continuing education courses.  
Evaluate the potential challenges and obstacles facing aspiring dental entrepreneurs and strategies for overcoming them.

## GDC Development Outcomes

The course meets and links with the GDC Development Outcomes relating to the Standards for the dental team.

# Mr Chris Hewson – Financial Planning

FPFS IMC PFE(PIP)<sup>®</sup> MBACMgr BSc (Hons) Chartered Financial Planner



Having initially studied Genetics with Immunology as an undergraduate, Chris is now a Chartered Financial Planner specialising in helping healthcare professionals achieve their financial and life objectives. Chris has also continued his studies and obtained an MBA, Investment Management Certificate (IMC) and Diploma in Strategic Management and Leadership (Level 7).

Having spent almost a decade working for a multinational financial services company in various roles, the arrival of two children accelerated Chris' move away from the big city lights of London to somewhere his family could call home. With family in the area, Aberdeen was a natural move, and fortunately, there was an exciting opportunity available to join Medical & Dental Financial Planners, which suited Chris perfectly. He looks after healthcare professionals across the UK, understanding acutely the specific challenges, and opportunities that his clients face.

When not running around with his two young kids, he enjoys playing tennis and golf. He also enjoys seeing new places and embarking on new experiences at home and abroad. He is also keen to give back and has been involved in The Dental Wellness Trust, helping their efforts in both the UK and South Africa.

At Medical & Dental Financial Planners, we help clients plan for and achieve the hopes and dreams they want and deserve. Understanding and supporting people is at the heart of what we do, and seeking to understand before trying to be understood is paramount. We have two ears and one mouth for a reason – a ratio it's wise to remember at times. Just like our clients with their patients, we want to understand the full picture before we provide any form of service.

## Aim:

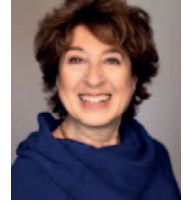
To provide you with insights and meaningful actions that can allow you to take control of your financial future. You will have the confidence to ensure that you can plan for the future you hope and deserve.

## Objective of the lecture.

Delegates will learn about their NHS pension and what steps they can take to ensure that they have strong foundations for the future.

# Dr Diana Spencer – P.E.A.R.L.S of Wisdom

LDS Royal College of Surgeons Of England 1974



Dr Diana Spencer qualified at Guys Hospital. She has practiced extensively in general practice both in the UK and abroad. She owned a private dental practice in Islington for nearly twenty years, employing several dentists and ancillary staff.

After a career break to bring up her family, she worked for two years in private practice in St Albans.

She has been awarded a postgraduate certificate in paediatric Dentistry after further study at University College London in 2008/2009 Her personal ethos in the art of dentistry is to take a calm and sympathetic approach. To offer comfortable, minimally invasive treatment with the best interests of the patient in mind and to guide the patient through all the available options to allow informed and considered choices to be made.

Dr Spencer is the current Chairman of the Alpha Omega Dental Society ( London) and is responsible for setting up and disseminating further education for all dentists nationally and internationally via lectures and webinars

## Aim:

To talk about my career from being an inexperienced just-qualified dentist to a serial practice owner (with jokes)

## Objective of the lecture.

How to build up confidence while suffering with impostor syndrome

How to develop a can do attitude and learn to trust your instincts

Establish your professional skills and leave the clever stuff to those who know ie know when to refer!

## GDC Development Outcomes

The course meets and links with the GDC

Development Outcomes B

relating to the Standards for the dental team.

# Dr Shilpa Chitins – P.E.A.R.L.S of Communication

BDS India 1999



Dr. Shilpa Chitnis is a successful Dentist with over two decades of experience. She is responsible for the transformational journey of several Dental practitioners. Focusing on their total well-being, understanding their personality, emotional intelligence and helping them navigate their journey, has been her focus.

A consistent learner, Dr. Shilpa Chitnis believes that one should "always walk through life as if you have something new to learn and you will". Several accomplishments and certifications under her belt, she completed her Certification and Accreditation in DISC profiling, Emotional Intelligence with Genos International, Certified Practitioner NLP and Timeline therapy, and a Certified Life coach.

Humble and an approachable individual, she believes in building relationships, be it personal or professional. Having worked with over 100 dentists in India and the UK, she not only helped them strengthen the team but more importantly nudged them to set personal and professional goals, to ensure the overall development of their personalities and business.

## Aim:

Become effective in communication. Improve soft skills by honing Emotional intelligence. Be able to avoid or handle conflict situation

## Objective of the lecture.

Understand different aspects of communication skills.

Improve self awareness and understand the importance of response

Improve team work and understand human factors

## GDC Development Outcomes

The course meets and links with the GDC

Development Outcomes A and B

relating to the Standards for the dental team.



## Dr Jaimini Vadgama

BDS Hons PG Cert MFDS RCSEd MSc Implant Dentistry LLM FCGDent

Jaimini qualified with Honours from King's College London Dental Institute in 2012. During her foundation training she gained a Postgraduate Certificate in Primary Dental Care from the University of Kent alongside passing membership examinations for the Faculty of Dental Surgery at the Royal College of Surgeons Edinburgh. She gained her MSc in Implant Dentistry from the University of Warwick in 2017 and holds an LLM in Medical Law and Ethics from the University of Edinburgh. She was most recently privileged to be elected by nomination as a Fellow of the College of General Dentistry.

Jaimini has a broad general practice providing general dentistry with a special interest in implant and laser dentistry as well as facial aesthetics and comprehensive orthodontics. She is a part of the core teaching faculty and Digital Module Lead at Brighton and Sussex Medical School on the PG Diploma in Dental Reconstructive Implant Surgery and was closely involved in the development and teaching of the pilot module on Emerging Technologies.

She is a Key Opinion Leader for Dentsply Sirona and has significant experience in implementing fully digital workflows for guided implantology, in-house production of surgical guides and one-visit CEREC implant restorations.

Jaimini is passionate about promoting digital and implant dentistry and inspiring, mentoring and engaging women to excel in these fields where they are still underrepresented.



## Dr Sonia Joshi

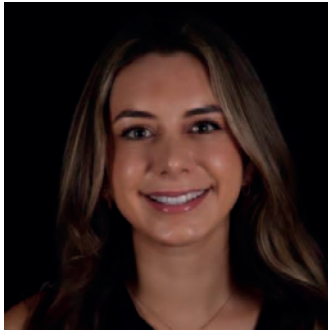
BDS (Hons) 2002, MSc (Perio), MClintDent MFDS RCS (Eng. 2005), MRD RCS (Ed)

Dr. Sonia Sinha Joshi qualified from Guy's, King's & St Thomas' Medical and Dental School in 2002. Dr. Joshi graduated with distinction and was awarded numerous prizes including those for: Oral Surgery, Oral Medicine, Restorative Dentistry and Periodontics. Following this, Dr. Joshi was nominated for the prestigious University of London gold medal.

After completing a hospital position in Oral Surgery and Restorative Dentistry, Dr. Joshi worked in the Community Dental Services and Private Practice gaining membership to the Royal College of Surgeons of England during this time. Dr. Joshi subsequently completed her post graduate training in Periodontics which included a Masters in Clinical Dentistry (MClintDent), Master of Restorative Dentistry (MRD) & MSc. in Periodontics and was presented with the Clinical Fellowship Award from the British Society of Periodontology for excellence in her field.

Currently, Dr. Joshi works at 90 Harley Street as a Registered Specialist in Periodontics where her main focus lies in the management of complex periodontal conditions, mucogingival surgery, hard and soft tissue management, peri-implantitis and an integrated approach to complex multi-disciplinary patient care.

Dr. Joshi's main interest lies in supporting patients in a holistic way by integrating all aspects of their oral and systemic health needs to help establish and maintain optimal oral health.



## Dr Payvand Menhadji

BDS (Hons) BSc (Hons) MJDF RCS Ed. Pg Cert Dent Ed.



Payvand is currently training to be a specialist in Periodontology and Implant Dentistry at Guys Hospital in London Bridge (Kings College London). She spends 3 days a week at the hospital treating complex periodontal cases, non-surgically and surgically, referred in by dentists in the London area. It is expected that she will complete her training in 2025 with admission onto the GDC Specialist Register. She spends her other working days in general practice practising, focusing her work on Periodontology, carrying out regenerative, resective and mucogingival surgeries as well as non-surgical periodontal therapy.

Payvand holds positions on the boards of the ADI (Association of Dental Implantology) and the BSP (British Society of Periodontology), where she contributes as the Mono-Speciality Representative for the BSP's Early Careers Group and serves on the 'Next generation' committee for the ADI. Additionally, Payvand has a Biochemistry degree from Kings College London and has completed a PG Cert in Dental Education.



## Dr Siobhan Hewson

BSc (Hons) AKC BDS (Hons) MFDS RCSEd MSc (Endo)

Siobhan qualified as a dentist from King's College London in 2015 and is a member of the Royal College of Surgeons, Edinburgh. She also holds a first-class degree in Biomedical Sciences from the University of Aberdeen. Whilst in general practice, she found a passion for endodontics and subsequently went on to undertake a Masters degree in Endodontology from the University of Chester which she achieved with Distinction.

Siobhan works in private practice in Aberdeen where she splits her time between general dentistry and endodontic referral practice. She also works at the University of Aberdeen as a Clinical Teaching Fellow, teaching integrative oral care and endodontics. She takes great pride in her work, ensuring she delivers high-quality, ethical treatment to her patients and dedicates a tremendous amount of her time to continued lifelong learning by attending courses, masterclasses and conferences. This ensures she is constantly renewing her expertise so that she can deliver the safest and most up-to-date, evidence-based techniques. She is always happy to accept referrals or case queries.

Outside of the dental clinic, Siobhan is the founder of The Terrace Aesthetics where she provides and teaches facial aesthetics. When she has time, she enjoys time with her family, she has two pre-schoolers and sneaking in a quick workout and sharing a bottle of wine (or two!) and good food with friends.





