

HEALTH AND HAPPINESS

Written by Shaila Patel-Buxton



From a Bupa dental practice in London to jungle clinics in Burma, Shaila Patel-Buxton's dental career has certainly taken her that extra mile. She shares an insight into her life, career and hopes for the future.



As a child I was always very practical and loved science, add to this an overwhelming desire to help people and dentistry became a natural career choice for me.

HEALTH AND HAPPINESS

After training, my dentistry career took off working in-house at a London-based legal firm, educating lawyers on the importance of oral health and the impact of smoking. It was hugely satisfying to help improve the health and happiness of others through oral healthcare, but the biggest reward for me came from helping people who had a phobia of the dentist, an area in which I now have a special interest in.

It's amazing to see the transformation in patients who have overcome their fears to cross the dental treatment threshold. That's certainly the best part of my job; the worst and most frustrating part has to be working to time constraints. Having said that, one of my work-life achievements has to be getting

to grips with this and becoming adept at managing my time. I'm also extremely proud of educating and bringing smiles to refugees and internally displaced children in Burma.

GREAT TEAM

In my practice I am very lucky as I have a great team around me and we all share the same ethic of putting our patients' best interests first – something my Dad has instilled in me all along. Bupa Dental Care has been a vital part of that support structure, ensuring we have the right environment in which to provide a first-class service and allowing us as practitioners to embrace new technology.

Away from the practice, I ease out of the working day with yoga, and walking. I love music and cooking too, and of course travelling; there are so many amazing places to see.

My philosophy at work and in life generally has to be 'you get back what you put in' and I always try to go that extra mile for my patients, colleagues, family and friends.

As for my ambitions for the future, I really

need to develop my understanding of social media, learn to blog, improve my skills as an artist and push my boundaries within the field of cosmetic dentistry! ●

FACT FILE

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