



Dr. Arathy Mary Joseph

Specialist Dentist

SUMMARY

Postgraduate Dentist with a specialization in **Restorative Dentistry** (Endodontics, Periodontics, Prosthodontics, Conservative Dentistry) from United Kingdom with over 6 years' experience in Kuwait, India and UK.

"My area of expertise include diagnosis and management of dental diseases; restoration (repair/replacement) of teeth and supporting structures. I utilize an evidence based multidisciplinary approach (Endodontics, Periodontics, Prosthodontics, Implant planning and restoration of Implants and Laser Dentistry) focusing on whole patient care rather than centering on a single specialty. I enjoy performing restorative dental work to aesthetically enhance patients with failing dentition (due to tooth surface loss i.e. erosion, attrition, dental caries, periodontally compromised dentition and missing teeth) to provide a functionally acceptable and beautiful smile that they have always dreamed of."

I am committed to provide a high-quality of service through effective patient communication and strategic case management. I am experienced in working with patients of all age groups (paediatric, adolescent, adult and geriatric) as well as those suffering from dental anxiety.

Looking for Specialist Dentist opportunity in a highly regarded Dental Organisation.

PROFESSIONAL EXPERIENCE (Including Clinical Training during course of Studies)

May 2017 – May 2021

**Endodontist /
General Dentistry**

Beauty Smile Clinic

Al Jahra Governate
Kuwait

Key achievements: Diagnosis and clinical management of complex Restorative cases, minor surgical cases, paediatric and geriatric patients. Can independently run a clinic.

July 2016 - January 2017

Restorative Dentist

Kerala Institute of Medical Science (KIMS)

Akkulam, Thiruvananthapuram
Kerala, India

www.trivandrum.kimsglobal.com

September 2015 - May 2016

Restorative Dentist

Dr. Rajkrishnan Dental Clinic

Tripunithura, Kochi
Kerala, India

www.rajkrishnan.com

February 2014 - May 2014

Associate Scientist

GlaxoSmithKline Consumer Oral Healthcare (GSK)

Family Oral Health

New Product Research

Weybridge, United Kingdom

Key achievements: Involvement with current research and analytical strategies, lab based research, pH cycling models, work

CONTACT INFORMATION

Kochi - Kerala, India

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EDUCATION

- **MSc. Restorative Dentistry** Integrated with Supervised Dental Clinical Training (3 years)
University of Warwick - UK (2014)
- **Bachelor of Dental Surgery (BDS)**
Sri Ramachandra University – India (2011)
- **PG Certificate in Laser Dentistry**
Manipal University - India (2017)
- **Adv. Dip. Hospital Management (Distant Education)**
Indian Institute of Commerce & Trade (IICT)
India (2013)

PROFESSIONAL LICENSE

Registered Dentist under Dental Council of Kerala (India)
Registered Specialist Dentist (Endodontist) under Kuwait Dental Council

PROFESSIONAL MEMBERSHIPS

Life-time Member of the Indian Association of Laser Dentistry
Member of Indian Dental Association

KEY SKILLS

Root canal treatment
Post and core build-up
CAD-CAM Crowns
Photoshop Digital Smile Design (DSD)
Tooth whitening
Smile enhancement- direct/indirect veneer
Crowns and bridges
Partial and complete Denture
Laser assisted treatments - frenectomy, gingivectomy, crown lengthening, periodontal therapy, cavity preparations, depigmentation, teeth whitening, soft tissue excision
Surgical extractions
Complete full mouth rehabilitation - OVD increase
Implant Planning and Restoration
Pulpotomy/Pulpectomy
Stainless Steel Crowns for Pedo patients

LANGUAGES

English, Malayalam, Hindi, Tamil, Arabic

COUNTRIES OF EXPERIENCE

India, UK, Kuwait

hand-over with training new staff, interaction with scientists from different educational background.

October 2013 - December 2013
Student

PG Research

Modus Laboratory Ltd.
Science & Technology Centre
University of Reading
Reading, United Kingdom

Key achievements: As a part of Thesis, got to learn to use various specialized instruments. Also was able to see how research for Consumer Health Care Products is conducted and different aspect of outsourced research.

June 2012 - September 2013 **PG Trainee in Restorative Dentistry**

Dentist at the Gallery
29 Leicester St,
Leamington Spa CV32 4TD, UK
www.gallerydentist.co.uk

Oct 2011- May 2012 **PG Trainee in Restorative Dentistry**

Harley Center of Dental Excellence
Harley Street
London, United Kingdom

July 2010 - November 2010

Resident Dentist

Apollo Dental Clinic
Vadapalani, Chennai, India

June 2010 – July 2010

Resident Dentist

AB Dental Clinic
Chetpet, Chennai, India

May 2009 – June 2010

**Compulsory Rotatory Intern
(BDS - Full Time Intern)**

Sri Ramachandra University
Porur, Chennai, India

EDUCATION IN DETAILS

- **MSc. Restorative Dentistry (Integrated course with Supervised Dental Clinical Training)**
(January 2011- April 2014) **(3-year full time)**
Warwick Medical School (WMS)
University of Warwick
Coventry, West midlands - UK
www.warwick.ac.uk

Supervised Clinical Training involved the following cases: Preventive and surgical periodontal treatment, fixed and removable prosthodontic treatment, root canal treatment, bleaching and other cosmetic enhancement using composites, veneers &/or crowns, bridges, implant restoration. Management of complex restorative treatment including full mouth rehabilitation of patients with tooth surface loss (erosion, attrition, abrasion) with restoration of lost occlusal vertical dimension and restoration of multiple missing teeth, TMJ dysfunction (spasm), occlusal equilibration.

Dissertation: Acid and Fluoride influences on an enamel pH cycling model [Research Fund and Monitored by GlaxoSmithKline (GSK)]

- **Bachelor of Dental Surgery (BDS)** **(5 years)**

Faculty of Dental Science
Sri Ramachandra University
Porur, Chennai - India
www.sriramachandra.edu.in

- **Post Graduate Certificate Course in Laser Dentistry (January 2017 - June 2017)**

Faculty of Dentistry
Manipal College of Dental Sciences (affiliated with Indian Association of Laser Dentistry)

Manipal University

Mangalore, India
www.manipal.edu

Practical and theoretical aspects of hard and soft tissue lasers in Dentistry (Erbium and Diode Lasers).

- **Advanced Diploma in Hospital Management (Distant Education - 6 months) (June 2013)**

Indian Institute of Commerce and Trade (IICT)
Vikas Nagar, Lucknow – India

PROFESSIONAL SKILLS

- Capable of fulfilling dental restorative needs of the patient (Endodontics, Periodontics, Prosthodontics, TMJ, Full mouth rehabilitation, preventive care and advise)
- Successful management of standard and more advanced restorative case
- Diagnostic and case management skills along with monitoring of disease progression
- Advanced knowledge in hard and soft tissue lasers (both Erbium and Diode)
- Advanced knowledge of CAD-CAM technology
- Trained in advanced life support (ALS)
- Use of evidence based research and application
- Statistical analysis of data for research
- Monitor clinical activities through regular audits
- Ability to instruct/teach and monitor activities of subordinates
- Administrative and managerial skills
- Ability to communicate clearly and effectively with patients and colleagues
- Ability to think creatively and independently
- Good presentation skills
- Ability to exercise judgment
- Problem solving ability

ACHIEVEMENTS

- **Topped** in the Warwick Dental School, University of Warwick record in 2015
- **Distinction** for all the 3 academic years during the course of MSc. Restorative Dentistry at University of Warwick
- **Student Ambassador** for MSc. Restorative Dentistry in University of Warwick 2013
- **Outstanding Student Award** in Restorative Dentistry for 2012 at University of Warwick
- **Outstanding Student Award** in Restorative Dentistry for 2011 at University of Warwick
- **One of Top 10 students** in the Undergraduate Level in Faculty of Dental Science, Sri Ramachandra University 2010
- Poster presentation in National Seminars on Oral Medicine and Radiology during 2009 organized by Indian Academy of Oral Medicine and Radiology and Saveetha University.
- Attendance in BDTA Dental showcase 2011 and 2012, Birmingham, UK

- Attendance in British Dental Conference and Exhibition 2012 and 2013, Excel London, UK
- Attendance at BDA conference in 2013, Kenilworth, UK
- Attendance in National Seminars on Oral Medicine and Radiology during 2007 organized by Indian Academy of Oral Medicine and Radiology and Saveetha University.
- Attendance in National Level Career Enhancement Program conducted for BDS interns by Sri Ramachandra University.

COMMUNITY SERVICE

- **Served as a Dentist** with a Semi Government setup where free treatment is provided to patients below poverty line in Ram Colony, Vadapalani, Chennai (2009-2010).
- **Served as a Member of Free Dental Camp** conducted once in three months by Sri Ramachandra Dental Hospital (2009-2010).
- **Served as a Member of Free Oral Cancer Screening** conducted by Sri Ramachandra Hospital (2009-2010).
- **Served as a Member in Promoting Dental Hygiene** on Children's Day, Women's Day, World Health Day (2009-2010).

RESEARCH ANALYTICAL INSTRUMENTS

Microindenter, profilometer, glossmeter, chromameter, scanning electron microscope with EDX, quantitative light fluorescence.

PERSONAL DATA

Nationality : Indian
 DOB : May 10, 1987
 Place of Birth : Abu Dhabi, United Arab Emirates
 Marital Status : Married

REFERENCES

- **Dr. Prof. Edward J.R Lynch M.A., B.D.Sc., F.D.S., Ph.D.**
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University of Warwick,
 United Kingdom
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<http://uk.linkedin.com/pub/edward-lynch/25/573/665>
- **Dr. Rajkrishnan C., BDS, MDS, CEO**
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- **Dr. Ramadan**
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 Al Jahra Governate
 Kuwait
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