

Finalword

The holistic queen

We get to know dentist and facial aesthetics practitioner, **Uma Jeyanathan**

Dentistry: What motivated you to pursue a career in dentistry?

Uma Jeyanathan: My parents were a chemical engineer and science technician, therefore I was raised a science geek. I had the periodic table laminated and nailed to my wall long before I knew the normal elements of childhood! I was about 10 years old when I decided to become a dentist. It was a very pragmatic decision; I wanted to have a career that was clinical, flexible, and allowed me to be home to cook dinner.

Dentistry was a decision I made very early on, but now after practising for over a decade I reflect upon how every aspect suits me.

Dentistry: What do you like most about it?

Uma: I really like having a hands-on job. It is very creative and artistic at the same time as being clinical. Another aspect of dentistry that is attractive to me is the connection you get with people.

Most people don't look forward to any treatments in the dental chair, so having the ability to create a connection and truly put them at ease is essential. In my chair, that person is my world and that's something that comes naturally to me.

Dentistry: What career path would you have chosen if you hadn't pursued dentistry?

Uma: The natural route for me would have been beauty therapy. I have always found hair and beauty instinctive and can really visualise the end result. I have done many of my friends' and family's wedding hair and makeup over the years. It's wonderful that I have been able to combine my love of aesthetics into my dental world.

Dentistry: What gets you out of bed in the morning?

Uma: My little boys rudely wake me in the very early hours of the morning. It is the worst part of parenting; why do they not realise that the world would be a better place if mother got a few more hours sleep a night?

Dentistry: And what keeps you awake at night?

Uma: It won't be shocking to know that these little fellows like to wake up frequently through the night; the eldest is four years old and thinks it's absolutely fine to crawl into my bed saying, 'I just really wanted to see you, I love you'... can you bear it?



Dentistry: Describe yourself in a few words

Uma: An eclectic mix of north meets south.

Dentistry: How do you unwind?

Uma: I try and exist and live in the present, that particular moment in time. It is crucial to pause, reflect and extend my appreciation. I believe de-stressing and unwinding is imperative. Relaxing is simply wine, food and my loved ones.



Dentistry: Where's your favourite holiday destination?

Uma: I would love to say it's the company we keep and not the destination, but in reality, it's the Maldives.

Dentistry: What's your favourite film, TV programme and book?

Uma: These are true cult classics: *Clueless*, *Friends* and *Harry Potter*.

Dentistry: Do you play any sports?

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Uma: I am a keen cricketer, footballer and tennis player, in the under fours training camp that is my lounge. Pilates and yoga are what I adore, and what my body and mind need.

Dentistry: What kind of music do you listen to?

Uma: Anything a 12-year-old girl would like, and a little Motown mixed in.

Dentistry: Tell me something about yourself that others might not know

Uma: I once danced for Tony Blair.

Dentistry: Anything else you'd like to add?

Uma: If you haven't subscribed to *Aesthetic Dentistry Today*, I would urge you to. I am now on the editorial board and we have major plans for 2018, don't miss out. **D**

Dr Uma Jeyanathan BDS MFDS RCS Ed is lead clinician for facial aesthetics and skincare at Mydentist Putney. Uma believes in a holistic approach when treating patients, addressing lifestyle factors, skin regime and interventional treatments collectively. Contact Uma at info@umaesthetics.com.