I am a Clinical Academic working between NHSE London Region and King's College London. Having qualified in 2006, I went on to work in general dental practice, hospital and public health. As part of one of my dental practice roles, I was a care homes dentist which is where my interest in ageing well arose. Having completed my Masters in Dental Public Health 2010, I commenced an Academic Clinical Fellowship and Specialty Training post in Bristol in 2011. I was successful in obtaining funding from the NIHR in 2014, to undertake a cluster randomised trial on the feasibility of delivering fluoride interventions in care homes for older people. I commenced this programme of study part time in 2017, alongside my Consultant role where I am lead for Ageing Well.

