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TIP-TOP SPANISH DENTIST IN DUBAI

FOR DR. ROZE BIOHEALTH CLINICS | 01 JANUARY 2022

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Doctor Manuel Carbajal Pedraz is our Specialist Periodontist spreading his smile between our two clinics at DIFC and Jumeirah. He is an expert in his field and has a caring and approachable manner that will help put our patients at ease.

Manuel completed his undergraduate degree in Universidad Complutense de Madrid, Spain.

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He spent the following year in Madrid working at a Periodontal and Implant Clinic. This only made him envisage the need of pursuing higher education. He moved to the UK where he continued to develop his skills before being selected for his specialist training at the Eastman Dental Institute (U. College London, UCL). He was awarded the European Federation of Periodontology (EFP) Certificate of Completion of Specialized Training in Periodontics and Implant Dentistry, as well as obtaining his Membership in Periodontics by the Royal College of Surgeons (Edinburgh).

"General health and quality of life cannot be conceived without oral health and adequate chewing function. Periodontal disease has been associated with several inflammatory systemic chronic diseases, such as diabetes and cardiovascular diseases. This comes to highlight the importance of a healthy dentition and overall, well-being".

"In cases of tooth loss due to periodontal disease or other causes, we can also provide replacement for the lost teeth. We always have the patient's interests at heart when planning our evidence-based approach treatments. In each individual case we will consider your needs and goals, before we start treatment"

1/- Why did you decide to be a dentist?

Dental blood runs in the family... may be that is why I wanted to become a fireman until the age of 17. Before I made my final decision about my future, I attended my dad's clinic for a week. I saw that there was a whole different dental world out there with many possibilities, depending on what field you would like to focus on; whether it was general dentistry or specialise into a more specific field.

2/- Where did you study? Graduated?

At Universidad Complutense de Madrid I did my undergraduate. After a few years of general practice in the UK, I studied my Masters Degree in Periodontology and Implant Dentistry at the Eastman Dental Institute, at University College London.

3/- What are your areas of expertise?

Diagnosis, treatment and prevention of gum diseases and disorders (infections and inflammation).

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For more complex cases I count with surgical techniques such as regenerative, periodontal plastic surgery (including recession coverage and thickening of the gum tissue) and dental implant therapy.

**4/- Are there any new techniques / specialties that you would like to learn?**

The field of Periodontics is truly fascinating. It is one of the dental fields more involved in research. I really wish for new developments and breakthroughs in early detection of patients susceptible to periodontitis (which is the sixth most prevalent human condition), as well as more understanding of the link between gum disease and systemic conditions and the impact of periodontal treatment on them.

**5/- What do you like the most in your professional life?**

The combination of practical and theoretical knowledge is very enjoyable. Being able to be part of a multi-disciplinary team is very enriching to us as professionals and enormously improves the patient's final outcome.

6/- What was the most complicated case you did treat in your career?

There are always some cases more complex than others. This could be in a technical sense or even from a patient's management perspective. We often see patients whom are dental phobic, from past experiences back in the day. Dentistry has fortunately evolved tremendously. We know much more and we have better techniques, equipment and materials. This helps making the complex, slightly less complicated. Furthermore, dentistry has moved from a paternalistic approach- meaning that the dentist used to make decisions for the patient; to one where the patient is completely autonomous and fully informed so they can take an informed decision. We are always here to help deciding what might be the best treatment option for each case.

7/- What are the most important human qualities required to be a good dentist?

Treat and care for your patients as if they were family. If you truly feel it, patients will be able to tell you have their best interest at heart.

8/- How do you deal with anxious patients?

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I understand that the dental environment could be sensed as hostile. Therefore, I spend the necessary time at the first consultation to really understand the patient's perspective and the root cause of their fear and take it from there. There are several tools in our armamentarium to ensure anxious patients feel at ease when coming to see us. The management of these patients starts from the moment they step in and are greeted at reception. They need to experience a smooth dental journey. Beyond our human skills, we count with conscious sedation and general anaesthesia for those patients that need it.

9/- What has been your greatest accomplishment professionally speaking so far?

Little accomplishments, one step at a time, is what I like to focus on. Life-long learning keeps life and work interesting.

10/- What do you like the most coming from your patients?

I am here to help patients with their dental troubles. However, I really like when they come back happy and with no further dental issues other than for regular maintenance and reviews. This shows me that patients have trust in your team and yourself, and that the treatment provided remains stable over time.

11/- What do you fear the most from your patients?

I would say that instead of 'fear' as such, the thought of not being able to fulfill the patient's expectations is always present. Therefore, I find of paramount importance communicating to the patient what are the feasible and achievable goals. Establishing a relationship based on trust is key to success.

12/- Do you have a nice and/or funny story or anecdote to tell us about something that you experienced with a patient?

I once had a patient's twin sister 'impersonating' my actual patient. She even knew about the conversations we have had on the previous appointments. I kept looking at the patient's mouth comparing it with our records (radiographs and dental charts).

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Obviously, many things made no sense so I was going a crazy. I kept looking at the chart and back in the mouth. And back again. The name on the chart was right, the patient was ‘clearly’ the right one... I think my real patient felt pity of me when peeking through the door watching the whole situation and had to step in! My nurse and my patient both had conspired against me!

13/- Now that you live in Dubai, what do you wish to enjoy here?

Now that I am living in a sunnier country, I would like to resume all the outdoors activities that the rain wouldn't encourage me to do... From swimming to dune exploring to anything that would let the sun in my face. I need some more vitamin D. I've seen there is an option to continue my car drifting here in Dubai. And solo skydiving...why not?



SHORT PROFILE

Name : Manuel Carbajal Pedraz
Clinics : DIFC BioHealth Clinic & Dr.Roze BioDental Clinic
Languages spoken : EN / ES
Occupation : Specialist Periodontist

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