

Finalword

A whole new world

Anna Middleton divulges her guilty pleasures, and shares her experience of taking the leap from dental nurse to hygienist

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

Anna: I had a strong desire to study again after college and I'd never been to university. Medicine and biology always interested me but I was never sure which route to go down. I had been in and out of the dentist chair my whole life and one day a friend suggested I become a dental nurse. I started as a float nurse and spent the majority of my time with the hygienist who became my inspiration, and a year later I was training as one.

Dentistry: What do you like most about it?

Anna: I meet a lot of patients who have had bad experiences at the dentist, so I love trying to flip them and give them a positive experience filled with lots of motivation and encouragement. Seeing my patients smile after their appointment and knowing they are happy is a great feeling, and when they return I feel good knowing I've eliminated their fears.

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

Anna: I originally wanted a career in music. I played the piano and violin and sang in the school choir. I actually studied sound engineering and music technology for two years, then worked for an arts company before finding my true calling in life.

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

Anna: I have a Lumie alarm clock that I can't live without. It's a simulated sunrise that lights up my room even before I wake up so I feel energised and motivated to get out of bed. I hit the gym most mornings so I'm up at 6am, and if I'm not in the gym I'll be in the kitchen making myself a nice breakfast.

Dentistry: And what keeps you awake at night?

Anna: Not much to be honest. I start my day so early and work some long days, so by the time I get home I'm ready



Dentistry: Where's your favourite holiday destination?

Anna: I went to Thailand last year and it was beautiful, but I grew up in Canada and I love going back to visit my family. The mountains are just incredible. If I need a quick getaway and some sunshine I usually escape to Greece or Spain.

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

Anna: Film: *Aladdin*. I'll admit I love a classic Disney film, even at my age. TV: *Hollyoaks* is my guilty pleasure. Book: *The Alchemist* by Paulo Coelho was absolutely inspiring.

Dentistry: Do you play any sports?

Anna: No, but I love keeping active in other ways and once took up karate for a while.

Dentistry: What kind of music do you listen to?

Anna: I have such widespread taste in music and go to gigs and festivals regularly. Major Lazer is one of my favourites as they pump me up for the day. On the way to work it can sound like I'm at a rave! But at work I tone it down with Magic FM.

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

Anna: I'm half Russian and was born in Moscow. I also once auditioned for *Deal or No Deal* as a contestant.

Dentistry: Anything else you'd like to add?

Anna: Follow my work on Instagram and Twitter @LondonHygienist. **D**



for an early night. I also have a rule I always abide by: I never look at my phone or laptop after 10pm. Unplugging helps me unwind before bed and get a good night's sleep.

Dentistry: Describe yourself in a few words

Anna: Happy, energetic and hard working.

Dentistry: How do you unwind?

Anna: I find yoga helps me a lot, or failing that definitely a large glass of red wine and some sofa time!



After qualifying as a dental nurse in 2011, Anna decided to pursue dental hygiene, and moved to London to study at The Eastman Dental Hospital. She graduated in 2015 from the Faculty of Royal College of Surgeons, England.

