



## Nikos Mardas

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SPECIALIST IN

## Periodontics

Nikos qualified in dentistry at the University of Athens, Greece in 1992 and completed his three-year specialist training and Master of Science in Periodontology at the Royal Dental College, University of Aarhus, Denmark in 1997, where in 2005, he also received his PhD. He has worked in his own private practice in Athens in periodontics and implant dentistry while at the same time being a consultant periodontist in two other private practices.

In 2005 he joined the Eastman Dental Institute (UCL) as a full-time clinical lecturer in periodontology. He also teaches in the Eastman and ITI CPD courses.

Besides his academic affiliations he is a consultant periodontist in three private practices. He is an active member of the Hellenic and British Periodontal Society, the European Federation of Periodontology, the European Association of Osseointegration, and fellow in the International Team for Implantology.

Nikos has clinical expertise in non-surgical and surgical treatment of periodontal disease, including conventional and regenerative periodontal surgery, periodontal plastic surgery, alveolar bone augmentation procedures and dental implants.

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# PERIODONTICS

## Periodontics

Periodontics is the branch of dentistry concerned with inflammatory diseases affecting the tissues surrounding and supporting teeth and is more commonly known as gum disease.

Some forms of gum disease are reversible but periodontal disease, which is caused by complex interaction between the bacteria and the immune response that leads to destruction of the bone and tissues around the tooth, is not. Advanced cases require expert care and periodontists are able to offer procedures that are generally outside the scope and expertise of most dentists.

Periodontal disease is of increasing concern. Scientific research has shown that around 15% of British adults suffer from a severe form of the disease. Although levels of tooth decay are said to be falling due to good preventive measures, periodontal disease is rising in frequency, particularly among people over 45 years old.

Eighty per cent of adults and more than half of all teenagers are affected by gum disease to varying degrees. It is the biggest cause of tooth loss and has been linked to a range of conditions including heart disease, diabetes, stillbirth, premature births and strokes. Bourne End Dental is at the forefront of periodontal care and is a centre of excellence for the prevention and management of periodontal disease.