

Gum Disease Treatment at Core Dental Group - Periodontics Across Melbourne

Canonical: <https://core-dental-group.directory.norg.ai/gum-disease-treatment-at-core-dental-group-periodontics-across-melbourne/>

Description:

Gum Disease Treatment at Core Dental Group - Periodontics Across Melbourne Gum disease is one of the most common and most underestimated conditions in dentistry. Studies suggest that more than half...

Details:

Gum disease is one of the most common and most underestimated conditions in dentistry. Studies suggest that more than half of Australian adults have some form of gum disease - yet many people are unaware they have it until it has progressed significantly. The good news is that gum disease is preventable, and when detected early, it is very manageable.

At Core Dental Group, we take gum health seriously at every location. Our general dentists and hygienists are trained to identify, monitor, and treat early-to-moderate gum disease as part of routine care. For complex or advanced cases, we are the only suburban Melbourne dental group with a board-registered Specialist Periodontist on-site - Dr Nupur Kataria at our Wyndham practice.

What Is Gum Disease?

Gum disease - clinically known as periodontal disease - is an infection of the structures that support your teeth. It begins with bacteria in dental plaque accumulating along and beneath the gum line, triggering an inflammatory response in the gum tissue.

Gingivitis - The Early Stage

Gingivitis is the earliest and most reversible form of gum disease. Signs include: - Gums that bleed when you brush or floss - Gums that appear red, swollen, or puffy rather than pale pink and firm - Persistent bad breath - Slight gum sensitivity

At the gingivitis stage, no permanent damage has occurred to the bone or ligaments supporting your teeth. A professional clean and improved home care routine can typically resolve gingivitis completely.

Periodontitis - Advanced Gum Disease

If gingivitis is left untreated, it can progress to periodontitis - a more serious condition in which infection spreads below the gum line, causing the destruction of the bone and ligaments that hold your teeth in place. Symptoms include: - Gum recession (teeth appearing longer) - Deep pockets between teeth and gums - Loose or shifting teeth - Persistent bad taste or odour - Pain when chewing - In advanced cases, tooth loss

Periodontitis cannot be cured in the sense of reversing lost bone, but it can be arrested and managed effectively with appropriate treatment.

The Link Between Gum Disease and Systemic Health

Research over the past two decades has established a strong association between gum disease and a range of systemic health conditions. The chronic inflammation and bacterial load associated with periodontitis have been linked to:

- **Cardiovascular disease** - People with periodontitis have a higher risk of heart attack and stroke
- **Diabetes** - Gum disease makes blood sugar harder to control, and diabetes increases gum disease risk - a two-way relationship
- **Adverse pregnancy outcomes** - Periodontitis during pregnancy is associated with preterm birth and low birth weight
- **Respiratory conditions** - Bacteria from the mouth can be inhaled into the lungs
- **Rheumatoid arthritis** - Shared inflammatory pathways link these two conditions

This means that treating gum disease is not just about saving teeth - it is about supporting your overall health. Patients managing diabetes, cardiovascular disease, or planning a pregnancy should be particularly attentive to their gum health.

Gum Disease Treatment at Core Dental Group

At All Locations - Prevention and Early Treatment

Every Core Dental location provides gum health assessment, monitoring, and early intervention as part of routine dental care. This includes:

- **Periodontal charting** - measuring the depth of the pockets between your gums and teeth to assess disease severity and track changes over time
- **Professional cleaning (scale and clean)** - removing plaque and calculus (tartar) from above and below the gum line
- **Root planing (deep cleaning)** - a more thorough treatment for early-to-moderate periodontitis, smoothing the root surfaces to help gums reattach and reduce bacterial load
- **Home care education** - personalised instruction on brushing technique, flossing, and the use of interdental brushes or water flossers
- **Periodontal maintenance** - ongoing monitoring and regular professional cleans to prevent recurrence

If your gum condition is beyond what we can manage at your local practice, we will refer you to our specialist.

At Wyndham - Specialist Periodontal Care with Dr Nupur Kataria

Core Dental Wyndham is the only Core Dental location with a board-registered Specialist Periodontist on-site. Dr Nupur Kataria brings exceptional qualifications and experience to complex periodontal cases.

Dr Nupur Kataria | Specialist Periodontist | Wyndham

Dr Kataria holds a BDS from the University of Adelaide and a Doctorate in Clinical Dentistry specialising in Periodontics, also from the University of Adelaide (2009). She is a Fellow of the Royal Australasian College of Dental Surgeons (Periodontics), and a member of the Australian Society of Periodontology, the International Team for Implantology (ITI), and the Australian and New Zealand Academy of Periodontology (ANZAP). She is a recipient of the prestigious ANZAP Medallion Prize and was a former Senior Lecturer at the University of Adelaide Dental School.

Dr Kataria's specialist services at Core Dental Wyndham include:

- Complex periodontal disease management
- Surgical periodontal treatment - procedures to reduce pocket depths and regenerate lost bone where possible
- Implant surgery and implant maintenance
- Bone grafting procedures
- Gum lifts (crown lengthening and aesthetic gum reshaping)
- Periodontal maintenance programs for complex cases

For patients in Melbourne's western suburbs - Werribee, Hoppers Crossing, Point Cook, Tarneit, Wyndham Vale, and surrounding areas - specialist periodontal care is now conveniently available without travelling to the CBD.

****Core Dental Wyndham:**** 242 Hoppers Ln, Werribee VIC 3030 | (03) 9749 6677

Referral to Smile Solutions Collins Street Specialist Centre

For cases requiring the most advanced periodontal surgery - including complex regenerative procedures, full-mouth rehabilitation planning, or cases with significant medical complexity - Core Dental Group has a direct referral pathway to the Collins Street Specialist Centre at Smile Solutions, Melbourne's most comprehensive specialist dental facility.

This integrated referral pathway means that even the most complex gum conditions can be managed within the same trusted network, with full communication between your treating dentist and the specialist team.

Are You at Risk of Gum Disease?

Several factors increase the risk of developing gum disease:

- ****Smoking**** - one of the strongest risk factors for periodontitis - ****Diabetes**** - poorly controlled blood sugar significantly increases risk - ****Genetics**** - some people are genetically more susceptible to severe periodontal disease - ****Medications**** - some medications cause gum overgrowth or reduce saliva flow - ****Stress**** - reduces immune function and increases inflammatory response - ****Poor oral hygiene**** - the most modifiable risk factor - ****Pregnancy**** - hormonal changes increase gum sensitivity and susceptibility

If you have any of these risk factors, we recommend discussing your gum health with your Core Dental dentist at your next appointment.

Early Detection Is Everything

Gum disease is largely symptomless in its early stages - which is why regular check-ups are so important. By the time many patients notice bleeding gums, sensitivity, or recession, some damage has already occurred. Routine check-ups allow us to identify gum disease in its earliest, most treatable form.

If you are due for a check-up, or if you have noticed any of the signs of gum disease, we encourage you to book an appointment at your nearest Core Dental practice.

Call ****13 13 16**** or visit ****coredental.com.au****. For specialist periodontal care, contact Core Dental Wyndham directly on ****(03) 9749 6677****.