

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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5 - Worried that your diet is affecting your oral health? Here's 6 foods to keep your smile healthy

SAY HELLO TO THE LATEST CUTEST ADDITION!

One of our lovely team members, Eve, has had her baby! Please welcome lovely little Lenny James Walton.

Lenny was born on Saturday 5th November weighing 6lb 5oz, he was a little late but arrived safe and sound a week after his due date.

We're so excited for Eve and the rest of her family and wish them all the best.

She will be making a couple visits into the practice to show him off so you might catch a little glimpse of the new face.

HOW TO SPOT MOUTH CANCER



Mouth Cancer Action Month takes place throughout November to raise awareness and money to help educate and support those affected.

In the last 10 years, Mouth Cancer cases have risen by 34% and an astonishing 103% over the last 20 years! One person every hour is diagnosed with mouth cancer and it can be fatal if caught too late or untreated.

The more we know about mouth cancer, the better chance we have of beating it. This means knowing how to spot mouth cancer early and knowing where to go when we see something out of the ordinary. It also means reducing our risk by cutting down on the things that cause mouth cancer.

What is mouth cancer?

Mouth cancer is also known as oral cancer, it's a tumour that develops in the mouth. It could be on the surface of the lips, tongue, gums, palate, and cheeks. It can form in other parts of the mouth, throat, head and neck.

How is it caused?

Unfortunately we do not know what exactly causes mouth cancer however there are several factors that have been linked. The two main causes are tobacco and alcohol, this is because they are carcinogenic which means they contain chemicals that can damage the DNA in cells. Drinking alcohol or smoking can increase your risk of mouth cancer.

Recent cases have linked mouth cancer to the human papillomavirus (HPV). HPV is a major cause of cervical cancer and can affect the skin that lines the moist areas of the body. Practicing safe sex can help you reduce your chances of contracting HPV and there are now vaccines available to help fight cervical cancer, they are also likely to help reduce the rates of mouth cancer.

Other risk factors are:

- Chewing tobacco or smokeless tobacco
- Unhealthy diet
- Sunlight and sunbeds
- Oral hygiene

Can it be treated?

If caught early, mouth cancer may be treated. A small surgery is involved which has a high success rate. If you see any changes or symptoms listed above, contact your doctor or dentist as soon as possible so you can get checked out.

Living with mouth cancer

Being diagnosed with mouth cancer can be physically and emotionally difficult. It can be upsetting, frightening and confusing for both you and your family. You need to know that there is information and support available to help you with the process.

Having mouth cancer does not necessarily mean you have to give up work, you may need time off to recover and you may need to make adjustments to your working life and personal life. You have access to financial support to help with stopping or working part time.

The recovery period can be a difficult time for some mouth cancer patients. After treatment, patients may have problems with breathing, swallowing, drinking and eating. Speech may also be affected, and occasionally even lost. Facial disfigurement can also occur.

The team looking after you during your diagnosis and treatment will make sure you have all the resources available to you.

How to spot mouth cancer and the symptoms

Spotting mouth cancer early gives you a much better chance of beating it, with early diagnosis the chances of surviving are nine out of ten. Common symptoms of mouth cancer are:

- mouth ulcers that are painful and do not heal within several weeks
- unexplained, persistent lumps in the mouth or the neck that do not go away
- unexplained loose teeth or sockets that do not heal after extractions
- unexplained, persistent numbness or an odd feeling on the lip or tongue
- sometimes, white or red patches on the lining of the mouth or tongue These can be early signs of cancer, so they should also be checked
- changes in speech, such as a lisp or hoarseness in voice
- Struggling to swallow

You should check for mouth cancer every month if you can, there is a simple step by step guide to do at home if you aren't sure what to do. When you have a visit with our hygienists or dentists they will also check for any signs.



If you do see any signs or symptoms that you think needs checking out, please contact us and we can get you in to give you a health check.

***Call our team on
0191 259 6506.***

WHAT'S GOING ON?

The latest news, events and food & drink on the coast.

A vibrant, stylized illustration for a Christmas party. The background is a deep blue with white snowflakes and yellow streamers. On the left, there's a depiction of a coastal town with buildings and domes in shades of blue and white. In the center, a woman in a red Santa suit and white hat is holding a tray with drinks. To her right, a circular logo reads 'SALT MARKET SOCIAL' with 'FOOD', 'DRINK', and 'MUSIC' around it. The main text 'MAMMA MIA!' is in large, bold, white letters. Below it, 'A SPECIAL SEVENTIES CHRISTMAS PARTY' is written in smaller white and yellow text. On the right, there's a silhouette of a man in a white jacket and star-patterned pants, dancing. Further right, text lists 'SING ALONG TO ABBA'S GREATEST HITS, 70'S DISCO' and 'DRINK SPECIALS + STREET FOOD'. At the bottom right, the website 'FATSOMA.COM/SALTMAKETSOCIAL' is provided.

SATURDAY 10TH DECEMBER 6-11PM

MAMMA MIA!

A SPECIAL SEVENTIES CHRISTMAS PARTY

SING ALONG TO
ABBA'S GREATEST HITS,
70'S DISCO
DRINK SPECIALS + STREET FOOD

FATSOMA.COM/SALTMAKETSOCIAL

Get your dancing shoes on and get in the Christmas Spirit!

Salt Market Social never disappoint with their events and this time its a Mamma Mia special seventies christmas party. They will be showing Mamma Mia all the way through on their big screens and encourage all the singing along. Get dressed up, get involved and enjoy the 70s disco.

There will be Christmas street food and Christmas drinks specials. Tickets are £8 per person and [can be bought here](#).

A promotional poster for a jazz session. It features a group of six men, the Panharmonia jazz band, posing together. The background is a solid light purple color. Text is arranged in a clean, sans-serif font. The band's name 'PANHARMONIA' is at the top in large, bold letters, with 'Sunday Jazz Sessions' underneath in a smaller, italicized font. To the right, there's a call to action: 'JOIN US IN THE CAFÉ BAR FOR AN INSPIRED EVENING OF JAZZ'. Below that, the date and time are listed: 'SUNDAY 4TH DECEMBER 6.30PM - 9PM' and 'FREE ENTRY'.

PANHARMONIA
Sunday Jazz Sessions

JOIN US IN THE CAFÉ
BAR FOR AN INSPIRED
EVENING OF JAZZ

SUNDAY 4TH
DECEMBER
6.30PM - 9PM
FREE ENTRY

Enjoy a bit of Jazz music?

Head to The Exchange in North Shields for an evening of Jazz on Sunday 4th December. Plus, it's free entry!

The Exchange is a hidden gem of North Shields, situated in a stunning Grade II listed building. It is a venue that supports arts and culture hosting a range of events from workshops to music.

They are a registered charity so head down and show your support.

Plans taking shape for Seafront Sustainable Route



Plans are moving ahead to deliver ambitious walking and cycling improvements for North Tyneside's coast.

North Tyneside Council secured funding in May 2022 from Active Travel England (ATE) to move ahead with plans for a permanent, segregated, two-way safe space between the North Shields Fish Quay and St Mary's Lighthouse.



The scheme – known as the Seafront Sustainable Route – will make it easier for people to choose active and green ways of getting around, while better connecting communities and coastal businesses and attractions.

Councillor Sandra Graham, Cabinet Member for the Environment, said: "We are very excited about the way this scheme is taking shape.

"The new route will have wide-ranging benefits for North Tyneside and will

support people to access cheap, healthy, zero emission travel, while providing a boost to air quality and people's physical and mental wellbeing.

"It will better connect our coastal communities and link the seafront with planned improvements in North Shields as part of the regeneration programme there.

"We will continue to work with the funding provider to address the cost pressures relating to wider trends in the costs of materials and construction.

"We will seek local people's views again when the design work is complete, which is likely to be early in the New Year."

Source: <https://my.northtyneside.gov.uk/page/28916/seafront-sustainable-route>



JAMIE HAS BEEN TO BRAZIL!

Having previously completed Implant training with the prestigious Paul Shenfine, Jamie has recently been on a trip to further develop his experience and knowledge in the field of Implantology.

He has recently returned from a 2 week surgical training course in Sao Paulo, Brazil (Yes, We're a bit jealous too) with Implant Team Brazil. This training course has helped him develop his surgical skills in placing and restoring implants which will carry on to our patients here at Ewan Bramley Dental Care.

Under the guidance of Professors Gustavo Klein and Rogerio De Lima Romeiro he has been improving his skills in bone grafting and soft tissue grafting. Both of which are essential for achieving the gold standard of care in Implantology.

He has had such a positive experience with this team that he has future plans to return for further surgical training in even more complex surgery (hopefully one of us can sneak in his suitcase this time).

Nice one Jamie, we look forward to seeing you develop into an expert Implantologist!



A notice for our Patients

Due to the high demand of hygiene appointments and the number of same day cancellations we are receiving, we are now asking patients to confirm they can attend their hygienist appointment at least 24 hours before their appointment date.

If you can't make your appointment, don't worry we will reschedule it and your original appointment can go to another patient on our waiting list.

We will be sending reminder emails to patients to confirm their appointments, simply reply to the email to confirm you will be attending.

If you have any questions please contact us.

Kind Regards

Ewan Bramley Dental Care



BUSINESS OF THE MONTH

Vision Book Club - the coastal book club and community dedicated to self development.

Here's Erin, the Creator of Vision Book Club:

"At first glance we may appear to be a group that likes to drink wine, laugh a lot and try new bars along the coast. But underneath that, we are so much more.

We are a community of like-minded individuals that meet every Wednesday evening to discuss a different self-development book each month. Week by week we are breaking down our existing limits and creating new targets.

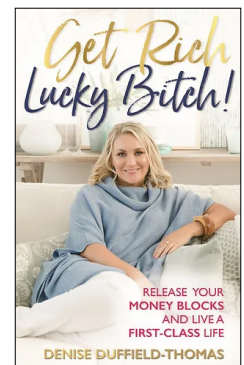
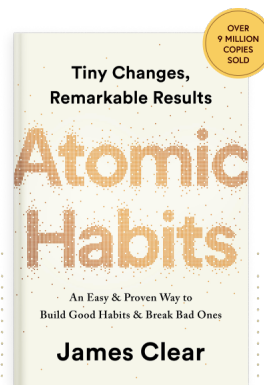
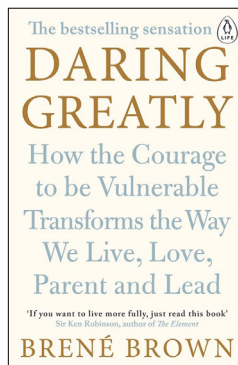
Whether you're working towards changing your mindset, learning how to take yourself out on dates or simply just want to find a place to belong - Vision Book Club is your answer.

We have monthly socials, a lively group chat and weekly thought prompts to assist you along your journey.

If you're fed up of making excuses, not seeing change or need a kick up the bum try out our FREE trial and join us for a meeting.

Looking forward to seeing you!

Love VBC x"



Membership

New members can attend a FREE session before joining a full membership.

Sessions will take place every Wednesday evening from 18:30-19:30 in various locations in the Cullercoats/Tynemouth and North shields area.

A new book will be covered each month and members will be able to influence the topic that is covered i.e. wealth, self-love, mindset, habits etc. via a monthly poll.

Here's some of the books we have covered:

If you would like to join VBC, contact Erin on info@visionbookclub.co.uk or message her on social media [@visionbookclub](https://www.instagram.com/visionbookclub)



6 FOODS TO KEEP YOUR SMILE HEALTHY

Daily brushing with fluoride toothpaste and flossing are essential to a healthy smile, but did you know nutrition has an effect on your dental health, too?

Eating a variety of nutrient-rich foods from all the food groups promotes healthy teeth and gums. A balanced eating plan that includes fruits, vegetables, protein foods, grains and dairy provides essential nutrients for optimum oral health as well as overall health.

Fish

Fatty fish like salmon, tuna, herring and mackerel are packed with healthy nutrients for dental care. They are great sources of Omega 3 fish oils and Vitamin D, Omega 3 helps prevent gum disease and Vitamin D promotes a healthy heart.

Cheese & Dairy

Specifically grass-fed dairy products! Vitamin K2 is a nutrient vital for healthy teeth. Chlorophyll helps activate K1 to K2 in the digestive system, which is why grass-fed dairy products have a much higher K2 content.

Leafy Greens

Leafy greens are on almost every health food list, that's because they are jam packed with vitamins and minerals that promote oral health and your overall health. They are high in calcium which helps build tooth enamel. Leafy greens also help the mouth produce

more nitrite-reducing bacteria, this means your mouth and cardiovascular system benefit from an increase in nitric oxide.

Almonds

Calcium promotes strong bones, teeth and gums. Almonds are a great source of calcium whilst being low in sugar, they actually contain 264mg of calcium per 100g of almonds! These can be chucked in a salad, on top of porridge or you can eat a handful as a snack.

Oranges

Citrus fruits have great oral health benefits if eaten in moderation. Oranges have around 59mg of vitamin C per 100grams, an average medium orange contains 83mg!

Vitamin C strengthens blood vessels and tissues within the mouth, slowing progression of gum inflammation which could eventually lead to gum disease. A 2005 study found that after just 2 weeks of daily grapefruit consumption, participants had improved their vitamin C levels and reduced bleeding gums.

Apples

Eating apples produces saliva in your mouth which rinses away bacteria and food particles! So as well as being tasty and juicy, they are also have some great health benefits.

So keeping to a healthy diet and sticking to a regular hygiene routine can help deter any oral health issues that could occur. Plus, drinking water instead of fizzy drinks can give you extra health benefits and keep a healthy smile.