

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

PATIENT JOURNEY

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We had the chance to sit down with one of our patients and hear their dental journey to a straighter smile. We are so happy with the results and the patient is much more confident with her smile!

Here's her story...

Why did you want dental treatment?

"I had braces when I was younger and typically didn't wear the retainer like I should have. I have a fixed retainer behind my top teeth, but didn't on the bottom, never wore the retainer so my teeth had moved.

Working from home and going on Zoom calls, I really started to notice my bottom teeth, so I just wanted them straightened.

How did you find out about us?

I googled and I was looking at places up in Newcastle but because I live local, when I found Ewan Bramley, I read some of the reviews and thought it looked really good.

Because it was during COVID, I had a video consultation, and I was quite open to doing clear aligners or a fixed brace, I just wanted the cheaper option to be honest! It worked out quite well because it was during lockdown, so I was wearing masks, and no one actually saw the bottom brace.



before



after

Were your treatment options clearly explained to you?

Yeah, Chris (my dentist) said be open minded, suggested a few different things, like you go away and think about it, decide what's best for you.

I was given all the information, and Chris really set my expectations of a rough timeline, it might be a slightly quicker or it might take slightly longer. So, I knew exactly what I was getting into coming into it. I knew it was going to be a fixed brace and then move on to the aligner system. Chris was very clear on all the costs, the teeth whitening at the end, which was a bonus. So yeah, it was all really clearly explained!

How did you find the treatment process?

I think as I had braces before, I knew what to expect a little bit, and I was really surprised how quickly my teeth moved. I think it was within about two months, I was like "Oh, they're practically straight!"

I was a lot happier going for the fixed brace rather than the aligner system, as I might have thought it was taking a little bit longer, but the fixed brace just worked so quickly.

How long did the treatment take?

It's taken like 9/10 months, which I think Chris originally said it could take anywhere between 9 and 12 months. So bang on really!

Would you recommend us to your friends and family?

Yeah, definitely. One of my friends decided to come to Ewan Bramley, she didn't go for the

fixed brace, she went for the aligner system. But yeah, she's also really enjoyed her treatment as well.

How do you feel about your smile now?

So much better, I think I'm surprised that I went for so long with my bottom teeth wonky, when I've been looking back on photos, I really notice it. For a long time, I didn't want to spend the money, whereas now that I have, it was so worthwhile.

How has the overall service you received from us?

It's been really good. Like I say, Chris explained everything well, I feel really comfortable with him. He's been conscious, especially towards the end, that as much as he's happy that my teeth are straight, am I happy that they are straight. If there was anything else that I've noticed and there hasn't to be fair, he's sorted everything out. When I moved on to the retainer system a couple of them were quite loose, but they were quick to remake them and sort it out.

If you want straighter teeth but not sure what treatment would be best for you, book a free consultation with one of our amazing dentists. They will give you all the available treatment options and costs involved.

Call our reception team to book a free consultation on 0191 259 6506.

SHOULD I GET BRACES OR CLEAR ALIGNERS?

If you're like most people and don't like your smile, you might be thinking about getting braces or clear aligners. But what's best for you?

Clear aligners and braces have pros and cons as anything does, depending on the complexity of your case you may be suitable for only one of them. Here's a few advantages and disadvantages of both:

Clear Aligners

- + Invisible - great if you feel self conscious
- + Eating - you can still eat all the foods you like although it may be slightly uncomfortable
- + Hygiene - as you can remove your aligners you can still brush and floss as normal
- + Comfort - aligners can be more comfortable to wear, teeth will still be tender as they move however the inside of your lips and cheeks will be less irritated.
- They need to be worn at least 22 hours a day, so if you can't commit to this then go for braces!
- Effectiveness - if you have a complex case, clear aligners will not be suitable

Fixed Braces

- + Discreet - braces can now be made from near invisible material
- + Fixed to your teeth so you can't forget to wear them or lose them!
- + Can make large movements in a short space of time
- Harder to keep clean, but not impossible, we will give you all the guidance and tools to keep them in good condition
- Can't eat hard foods as this may break your brackets
- Comfort - braces can rub on lips and cheeks which can be uncomfortable

You can book a free consultation with us and we will see which treatment is most suitable for you! Call or email our reception team to get booked in: 0191 259 6506 or reception@ewanbramley.com.

SUPPORTING OUR FRIENDS AND COLLEAGUES IN UKRAINE

We are raising money to support the people of Ukraine. The Practice has donated a £1000 to start the fund and we ask our patients, friends and family to donate if they can. Your help and support is greatly appreciated.

Ewan has a friend and colleague, Sehiry, who is from and currently living in Lviv. Sehiry has worked with the practice before and some of you may have dental work made by him. George, one of our amazing dentists, studied and trained in Lviv and has many friends still over there.

Sehiry has asked us to provide support to the Ukrainian people to defend their country from Russia, this may involve buying defensive military gear or providing financial support to help fleeing citizens get to safety.

We are sending love and best wishes to our friends and family in Ukraine.

If you would like to donate, head over to our JustGiving page below:
<https://www.justgiving.com/crowdfunding/ebdc-ukraine>



WHAT'S GOING ON?

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



Calling all Mexican Foodies! Little Lobo is coming to Tynemouth.


Little Lobo is the little sister venue of Lobo Rojo, the busy Mexican restaurant just next door to us!

Big Lobo offers authentic Mexican street food in a relaxed and beautifully decorated atmosphere. From tacos to margaritas & and bespoke cocktails, burritos to specials inspired by Mexican classics and fusions, they aim to bring authentic Mexican flavours (freshly prepared daily) to our coastal hometown.

Little Lobo is everything we love about big Lobo, it will have a condensed menu in a smaller, intimate venue but will also provide takeout & delivery.

Make sure you check them out when they are open, their Taco Tuesday deal is not to be missed!

APRIL
SATURDAY 2ND
SUNDAY 3RD
10AM-5PM



**VINTAGE
VERA**
THE VINTAGE CLOTHING KILO SALE

Love vintage clothing? Love a sale? The Vintage Clothing Kilo Sale is just for you.

All you do is browse through the shop and pick what you want, weigh your clothes at the weigh station then pay and leave!

There are brands such as Nike, Adidas, Fila, Levis, Lacoste, The North Face and Ralph Lauren as well as unique vintage pieces for you to discover- all for the amazing price of £15 per kilo!

There is no minimum or maximum spend so you don't actually have to buy a kilo, you can take a t-shirt for roughly £3 if you wanted. You can pay in cash, card or Apply Pay.

The next sale is at Royal Quays Shopping Centre, 2nd - 3rd April, 10am - 5pm. Free entry!

Fancy a dance? The Exchange North Shields are running Ballroom Dance Classes all through March & April

Twirl around the room at Ballroom Dance Classes. Experienced Paul Andreasen will be teaching you everything you need to know, focusing on one dance every three weeks.

Mondays & Tuesday at 7:30pm are Beginner classes and 8:30pm are Improver classes. £7.50 per class.

To book please contact Paul at info@dancinginthenortheast.co.uk or at 07803902689.



BUSINESS OF THE MONTH SCARR FITNESS



Scarr Fitness isn't like any other gym, it's a community and a lifestyle, giving you sustainable changes to improve your physical and mental health.

Head Coach/Owner, Sam Scarr, has over 10 years experience working in the fitness industry, he has worked in some of the best gyms in North East and internationally..

Using his experience, he decided to set up his own facility in Tyne Tunnel Trading Estate to combine both bespoke Functional Training with science based nutrition coaching to deliver a Transformation Programme that works long term and has the health and well-being of his clients as a main priority.

Sam aims to equip you with the tools to live a full, happy and healthy life with a great relationship with food and exercise.

Every month they go on a hike or walk in some of England's lush countryside, Roseberry Topping was the latest as you can see above.

With other activities like 'Not a run club' and 'Not a book club', challenging their members to run weekly and read daily. If you are looking to be part of a fitness community, Scarr Fitness is your place.

You join on a 30 day trial for £129 which gives you the chance to meet the coaches, try the training sessions and have some fun. It's the best way to see how things work and see if it's a good fit for you.

It also gives the coaches a chance to learn more about you, your goals and what you want to get out of your time at Scarr Fitness. There is no obligation to move on to a full membership. Sound interesting? Give the trial a go and have some fun.

Next intake of new members is 1st April and is limited to 10 people. [Sign up on their website here.](#)



A total increase of 322.5kg in all lifts after 6 weeks



6 week transformation



Small group personal training



WHY ARE MY TEETH DISCOLOURED?

Even with good oral hygiene your teeth can still become stained, so don't worry if you see a slight discolouration!

There are a lot of factors that could be the cause of discolouration, both external (like food etc) and internal (damage to the internal layers of the teeth, like dentine).

External Factors

This is where the staining is on the outer surface of the teeth, usually caused by what we eat. The more we eat the worse it gets, unfortunately it's the food and drinks we love that are the worse for our teeth!

Food and drinks such as;

- Tea and coffee (we know, we wish we could say this was fine)
- Tobacco
- Red wine
- Carbonated soft drinks and energy drinks
- Curry

There are lots more but these are the main ones that we can try and avoid or at least cut down on if we can. Staining caused from food and drinks can be removed quite easily!

Internal Factors

The inner layer of the teeth, the dentine, can be stained by health-related factors, if the enamel has been worn away this makes the discolouration more noticeable.

Causes such as:

- Excessive fluoride consumption when young
- Some medications like antihistamines, antibiotics, and others

- Nerve damage which causes trauma to the tooth
- Tooth decay
- Genetics

Unfortunately, these are harder to sort but can be done here at Ewan Bramley.

How to make my teeth whiter

We would always recommend coming in to see one of our dentists or hygienists, they will be able to assess your teeth and give you the best treatment options.

Trying to self-diagnose and using treatments will either have no impact or could make it worse. We would not recommend buying whitening kits that aren't prescribed by one of our dentists or hygienists as they are usually too weak or way too strong, which is illegal! Whitening kits that are too strong are more likely to cause burns to your gums!

If your staining is caused by food and drinks, regular visits with our hygienists can solve that. They can give your teeth a good clean leaving them nice and white, they will also give you personalised advice on maintaining good oral hygiene.

Our hygienists can also provide you with a professional tooth whitening kit (additional cost or free if you're on one of our monthly dental plans) to make your teeth a little whiter if you wanted.

If the staining is a little more complicated and is due to internal factors, our dentists can whiten the teeth on the inside or recommend veneers.

As before, we always recommend coming in to see our team and seeing what the best options are for you! Book in with our hygiene team to get a full scale & polish, a general health check and personalised recommendations to keep your teeth and mouth nice and healthy.