

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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PLEASE BE AWARE OF ROAD CLOSURES ON TANNERS BANK

If you are travelling to the Practice or to the Fish Quay for other reasons, please be aware that Tanners Bank is closed for 8 weeks as of next week!

This is due to Nexus replacing Tanners Bank Bridge. The project comes as part of a comprehensive regeneration plan for North Shields and will also see the Metro running reliably into the future. Once complete, the project will see clearance under the bridge increased which will support both large HGVs and double-decker buses providing access in and out of the fish quay.

Tanners Bank will be closed under the Metro bridge to road vehicles and pedestrians for eight weeks, 20 June to 12 August 2022.

Tynemouth Road next to the bridge will be closed to all road vehicles for two weeks, 16 July to 29 July 2022 (pedestrian and cyclist access will be possible).

There will be redirections signposted to get on to the Fish Quay through North Shields town centre. All car parks on the Fish Quay will still be open as usual.

Any issues, please call our reception team who will be happy to direct you.

TREATMENT OF THE MONTH

DENTAL BRIDGE!

An interview with one of our Dentists, Jarlath McAteer



A bridge is where we use an adjacent tooth to fill a gap beside it. There are a couple of different types of bridges; if you've lost a tooth, you can use the tooth next to it and put a crown over that and then you can hang a tooth off it or sometimes you can do an adhesive bridge which is where we pop a little metal or ceramic wing onto a tooth held on by glue and then basically put a false tooth off it. Essentially a bridge is a fixed permanent replacement for a missing tooth.

The main reason for having a bridge is because a tooth has been lost or is going to be lost and we can plan a bridge in advance. Generally, when you lose a tooth you have three options to fill it; a removable denture, an implant or bridge, which is where we use an adjacent tooth to the gap to then hang a false tooth off that.



The benefits are that the appearance looks better, we can blend it in really nicely with the adjacent teeth. It's something which is fixed in the mouth so you don't have to worry about taking it in and out, you can eat normally with it, function normally with it. Patients tend to have a much better quality of life with a bridge over something like a denture.

The treatment normally starts with an examination. We take X-rays, photos, scans of the teeth, and then we can plan things from there. Once all of the checks and examinations have been completed, we'll get the patient in for a bridge preparation appointment. Two weeks later will be the actual preparation appointment which is kind of like a long filling. We pop some anaesthetic and make you nice and numb so you don't feel anything during the procedure. If there's a big filling in the tooth, we'll either take that filling out or we can prepare the tooth for a crown. We will pop a temporary on to that tooth which you will have for a couple of weeks and then get you back to fit the permanent bridge appointment.

Treatment normally takes two weeks. The first appointment is roughly about an hour depending on how many teeth you have on a bridge, so if you have a single tooth generally about an hour, but if you have a multiple bridges and some crowns, then it might take a couple of hours. You'll have a temporary in for two weeks that functions like a normal tooth but you do have to be a little bit careful of what you're eating and drinking as it's not quite as strong as the permanent crown or bridge. The fit appointment again could take anything from 30 minutes for a single bridge up to maybe a couple of hours if it's a big case.

The cost for a bridge depends on how many teeth we replace, which we call units, it's about £660 per unit. A bridge can be anything from £1200. If it's lots of different bridges, lots of crowns, then it can cost a little bit more but generally depend on how many teeth are involved in it.

Patients who have bridges love them because they've either had a gap or a broken tooth or a denture and a bridge is a much better option for them. You know, if you've got a broken tooth or a gap, cosmetically it doesn't look the best. If you're wearing a denture, it doesn't feel the best because it moves around, it affects your speech, it affects your taste. Having something fixed in the mouth which looks like a tooth, which is the shape of the tooth, it's a massive change in people's quality of life because they can eat what they want, they can speak normally, they can drink, anything that they can do with their teeth they can generally do with a bridge.

If you have a missing tooth, book a free consultation with our dentists to see what treatments are suitable for you! Call our reception team on 0191 259 6506 or email us at reception@ewanbramley.com.

CALLING ALL MEN! GIVE IT A TRY!

Let's get rid of the stigma surrounding male facial aesthetics! Nick has come in to try the new PROFHILO treatment and show you what it's all about. This is what he has to say a couple of weeks after the treatment:

"So I was a little bit of a sceptic. If we are honest many men including myself would subscribe to the ...'There is something culturally wrong for a north eastern man getting aesthetics. 'What will your mates say' etc etc.

But you know what the results speak for themselves. My frown has lessened and my skin looks better. Not different but better. The best version of yourself!! Even when you are knackered you don't look it! What's not to like"

PROFHILO is a new age dermal filler, often referred to as long term hydration for the skin, it's anti-ageing and gives your skin a natural glow. We recommend 2 treatments, one month apart initially, with a repeat treatment every 4 months, or 2 syringes again at 6 months to keep your new hydrated skin looking great.

Your first 2 treatments are £500 and £250 per treatment after that. However, we are offering the first 5 men £50 off your first 2 treatments if you would let us take a few pictures and a testimonial from your treatment.

Book a free consultation with Harriet by calling our Reception team on 0191 259 6506. Don't forget to mention the offer so that Harriet can get a few pictures at your appointment!

Watch Harriet carry out the treatment on her brother Nick!

BENEFITS OF PROFHILO®

- Deep Hydration
- Stimulates natural repair of cells
- Improves skin tone
- Improves firmness of skin
- Stimulates collagen

To book a free consultation with Harriet, please call the Reception team on 0191 259 6506 or email us at reception@ewanbramley.com.



WHAT'S GOING ON?

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




Pretty quick on your paddle board? How about a race?

Have you jumped on the coastal bandwagon and bought a paddle board, we have! We may not be race ready but you might!

Northerly Swell Surfside Emporium in Whitley Bay are co-hosting a race event alongside Northern SUP Race Team. The BIG DIPPA Northern SUP race event will be on Saturday 2nd July, 12:00 - 18:00 on Whitley Bay beach.

The race categories are: 14 ft, 12.6 ft and NISCO. Allrounder. All in Round the buoy tag race. Beginners welcome. Mens, woman's & junior events and a beach social during and after the event.

It sounds like a great day so even if you don't want to race, go along and cheer on the contestants! For more information, get in touch with Northerly Swell.




RNLI

Lifeboats

Tynemouth Lifeboat Day
Sunday 17th July 2022
11am - 3pm

Fun for all the family!
Stalls, attractions & Rides,
Quay Motorcycle club rally,
Rescue Demonstrations,
famous kippers in a bun!

Find us at the East Fish Quay, North Shields, NE30 1JE



It's back! A great event for all the family at North Shields Fish Quay

Tynemouth Lifeboat Day is always a fun day for the coastal community. This year's event will be on Sunday 17th July, 11am - 3pm at North Shields Fish Quay.

As always there will be lots of activities for the whole family, stalls, attractions and rides plus their famous kippers in a bun!

The Quay Motorcycle club will be there displaying their bikes as they coincide their annual Bike Show to raise money for RNLI.

Make sure you head down, bring plenty of change and let's raise some money for the brave crew at Tynemouth RNLI Station.

BUSINESS OF THE MONTH

If you haven't had a little peek in Ruby & Frank while you've been in Tynemouth then what have you been doing?!

Ruby & Frank opened its doors in April 2009, they are known as the hidden gem of the North East, a must do for anyone visiting Tynemouth on a day out.

They love a bit of quirky fashion so if you want something a bit different or from designers not widely known, we recommend popping in and seeing what is in stock.

They also stock totally original designs created by some of the members of the family business, taking inspiration from the local sights. If you're looking for a nice graphic tee, hoodie or sweatshirt with your favourite North East attractions, Ruby & Frank is your go to.

You can find clothing, shoes, accessories for both men & women either in store or they have a website where you can order online and get delivered to you. Great for the Ruby & Frank fans who don't live close by.

If you want to visit Ruby & Frank, they are open 7 days a week 11am - 4pm. 4 Percy Park Road, Tynemouth, NE30 4LY.



CAN GUM DISEASE BE REVERSED?



Around 90% of the UK have gum disease, more than likely you have suffered from it in your lifetime. Gum disease has two stages, gingivitis and periodontitis, the latter being a more advanced stage of gum disease and unfortunately irreversible. However, if caught early enough we can keep the disease at bay

Let's begin with what they are and what causes gingivitis and periodontitis:

Gingivitis:

Gingivitis usually happens before periodontitis, it is caused by plaque or bacterial build up on the teeth. Common symptoms such as:

- Swollen or inflamed gums
- Bleeding gums
- Bad breath
- Sensitive teeth

Symptoms can be mild which make them easier to ignore, but if left untreated they can lead to bigger issues. Some people experience none or all the above symptoms but still have the disease.

Catching it early gives us the best chance of tackling the issue. Keeping a high level of oral hygiene can help reduce the chance of getting gingivitis however we have seen patients who maintain their oral hygiene and still get it.

Make sure you brush and floss at home as well as regular hygiene appointments for a deep professional clean is the most effective way to treat gingivitis. Our hygienists can also give you the best advice on how to maintain a good level of oral hygiene.

Periodontitis:

If left untreated, gingivitis can advance to periodontitis. Symptoms persist but the inflammation worsens, and the inner layer of the gum pulls away from the teeth forming small pockets. These can become infected and the teeth can deteriorate, once this happens it cannot regrow, eventually the tooth will become loose and will need extracting.

What causes gum disease?

The main cause of gum disease is plaque, however there are other factors that can contribute:

- Poor oral hygiene – if you don't brush or floss on a daily basis, plaque can build up and you're more likely to develop gum disease
- Lack of saliva – saliva actually protects your teeth and gums so if you are taking particular medication or for some other reason have less flow of saliva in your mouth, this can affect your oral health.
- Illnesses – some diseases like cancer or diabetes can interfere with your immune system and put you at higher risk of developing infections
- People who smoke have a higher risk of developing mouth cancer and gum disease as the tobacco makes it hard for gum tissue to repair itself

If you show any of the symptoms above or suspect you have gum disease, please get in touch with us and we can arrange an appointment with one of our amazing hygienists to develop a treatment plan.

Call us on 0191 259 6506 or email us at reception@ewanbramley.com.

