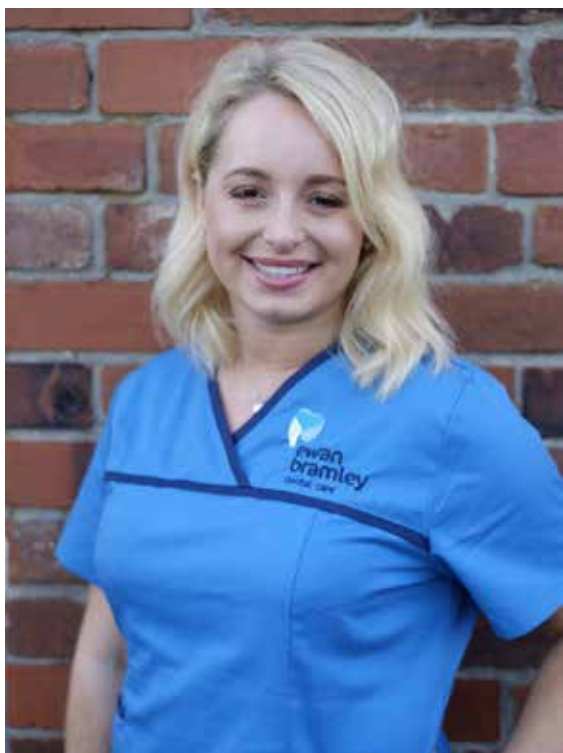


THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



SAY HI TO YOUR NEW TREATMENT CO-ORDINATOR!

You may have met Bethany before, she has been a Dental Nurse and part of our Reception Team. She has now taken on a new role as Treatment Co-ordinator!

This is a completely new role at Ewan Bramley and with Bethany's experience as a Dental Nurse and on Reception, she was the perfect choice to take it on.

Treatment Co-ordinators are a relatively new role in Dentistry but they are vital! They support all our patients in their treatment journeys, ensuring quality care for everyone that comes through our practice doors.

If you're undergoing any treatment at the Practice, Bethany will be your primary point of contact. She will guide you through your treatment and be able to answer any questions you may have.

Congratulations to Bethany, she's hit the ground running and already transforming our patient care.

IN THIS ISSUE:

1 - Grind your teeth? Jaw pain? We might have the solution for you!

2 - Take a look at our favourite smile transformations for this month.

3 - See what's going on in the North East over the next month

4 - Bonjour! Become fluent in French with our business of the month

5 - What should I be asking my hygienist? Here are our top questions that you should be asking at your hygiene appointments

THE NEWEST ADDITION!

Lisa, one of our lovely hygienists, just welcomed her first child! A gorgeous little girl, Allie! Congratulations to Lisa and her partner, we wish them all the best and can't wait to see this little one grow up.





GRIND YOUR TEETH?

Do you suffer with headaches or facial pain that you know is related to tooth grinding, have you worn mouthguards or splints and they haven't worked? If so this may be for you..

Bruxism is a condition in which you grind or clench your teeth, usually when you sleep but it can occur when you're awake and you can't control it. Over time you can damage your teeth and cause pain in your jaw and mouth.

If you have been to see a doctor about this, you may have been given a special mouthguard or splint to try and stop the grinding.

If not dealt with properly, this can lead to Temporomandibular disorders (TMD). TMD is pain around your jaw, clicking and grinding when you move your jaw as well.

Botox for TMD has been a proven treatment to significantly reduce pain and improve the movement of the mouth and jaw. With having our very own Skin Clinic we are now able to offer this treatment to anyone who suffers with TMD.

We are offering 5 patients who suffer with grinding and pain, who have tried mouthguards and doesn't help, a botox treatment for a reduced price of £60.

These patients will need to be seen by Ewan to make sure you are appropriate for the treatment and then will be booked in with Harriet for the botox.

If you think this treatment would help, contact our reception team for a consultation with Ewan.

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



BEFORE & AFTER PHOTOS!

Here are some of our favourite before & after photos from this month. This month we wanted to share some side views as they show even more of the transformation!

FRONT



SIDE



For a straighter smile this patient had fixed braces and clear aligners, the treatment took almost 2 years but it was worth the wait! The smile has been completely transformed and has a nice natural shape.

FRONT



SIDE



Another fixed brace and clear aligner treatment and what a difference this has made. As you can see the bottom teeth have been shifted a large amount, fixed braces are perfect for these types of movement. To finish this treatment off, the patient had tooth contouring to give them a nice straight finish.

WHAT'S GOING ON?

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



An ambition for North Shields

North Tyneside council have been transforming the town centre and Fish Quay, like us you may have been keeping up with the work but here is an update for those not from the area!

Let's start with the heart of the town centre; Northumberland Square and Howard Street:

Northumberland Square

The square has been completely repaved, new plants & shrubbery as well as new grass. The surrounding paths and roads have been resurfaced and a general clean up has made the park look the perfect spot to stroll, picnic and take a break from the busy centre.



Howard Street

With the view to turn the area into a Cultural Quarter, the street is now pedestrian/cyclists only and has had a whole new look. All new paving has now been complete, trees have been planted with seats for people to relax. It's given the local businesses a place to enjoy the sunshine.

All photos courtesy of North Tyneside Council



The new Transport Hub in the town centre

Demolition of the old Co-op building is now complete and the beginning of the new transport hub is underway. The facility will bring public transport, including buses, Metro, taxis and links to cycling infrastructure, together in one place – making it easier for people to choose cleaner, greener forms of travel.



Tanners Bank

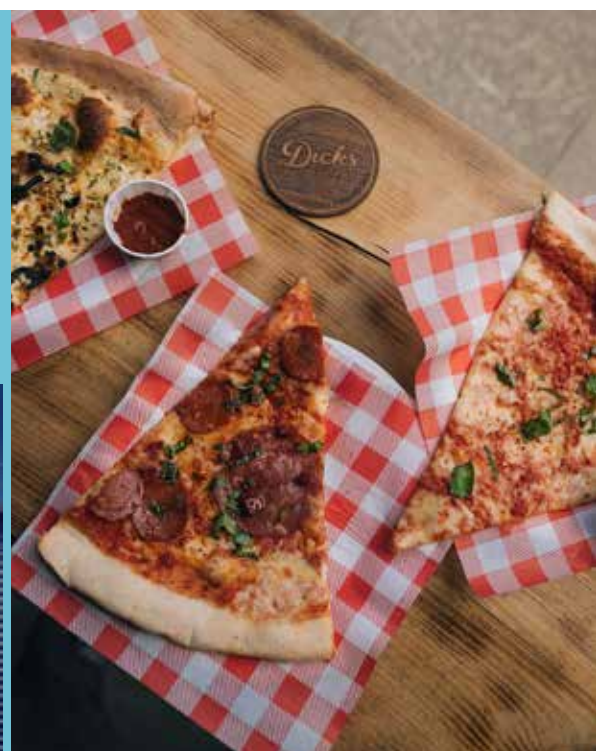
It's nearly done!! Tanners Bank has been closed for a few weeks now while the bridge gets replaced and improvements on the surrounding area. The pedestrian access has opened and the road will be back open in the next few days!

Love Pizza? You'll love these New York Slices from Dicks Pizza.

The latest addition to Whitley Bays foodie scene, Dicks Pizza have caused quite a storm since opening, their first couple of weeks ended up selling out of pizza it was that good!

They have giant New York style slices and 22" New York pies with a variety of toppings but the sausage and onion seems to be a hit with the locals. If you like pizza, you'll love Dicks.

Dicks Pizza is open 9am - 2pm Tuesday - Saturday.



BUSINESS OF THE MONTH

One of our lovely receptionists has left to grow her own business, My French Studio. Learn and practice French with Valerie face to face or online. Immerse yourself in the French Culutre!



"My name is Valerie, I had the privilege to work as a receptionist at the Ewan Bramley Dental practice for a few months. I have recently decided to follow my dream and to become self employed. During this time at the practice, I met amazing patients and worked with the best team ever. I can guarantee you are in good hands. I have enjoyed speaking French with some of you. I have taught French with passion for more than 10 years and my motto has always been: 'Learn French and have Fun!'

I started to teach my native language when I was in South Africa. Since then, I have never stopped. My "raison d'être" is to support my students and help them to achieve their goals, whether they are learning in the UK or from a distance.

Learning a new language must be fun and this is the only way to get confident.

I aim to instill the confidence and enthusiasm that's required to learn French from the

comfort of your own home or around a coffee and various activities.

You can immerse yourself in the UK via my French workshops, conversation groups, Valerie's French mornings and social French evenings. However, the other way to immerse yourself is by going to France. I will help you to organise your stay for a unique French experience.

Whether you want to progress quickly, to learn specialised French for work or just practice French conversation, I will choose a programme that is most suited to you. I offer my 1st lesson for free so that we can get to know each other.

Valerie's French mornings and workshops will start very soon.

For more information, please visit my website www.myfrenchstudio.com and register your interest."



Valerie is French native, so working with her you immediately 'up your game' with pronunciation. She helps you to quickly get confident speaking. She also has a great grasp of French grammar and makes it fun to learn, using lots of different activities. Very quickly you will become fluent working with Valerie.

- Vikki

WHAT SHOULD I BE ASKING MY HYGIENIST?



Beth Charlton

Hygienist - GDC211817



Yasmin Williams

Hygienist - GDC269157



**Lisa Carnaby -
Maternity Leave**

Hygienist - GDC226793



Elaine Lo-Giudice

Hygienist - GDC191306

Dental hygienists are a vital part of our team here at Ewan Bramley Dental Care, they will give your teeth a professional deep clean removing any plaque bacteria, help you maintain your oral hygiene by giving and prevent gum disease and caries and other dental conditions/ diseases.

Our hygienists are here to give you the best advice on how to look after your teeth, gums and mouth, please ask them any questions you might have about your oral health!

Here are some questions you could ask.

1. Why are my teeth sensitive and how do I make it better?

If your teeth feel sensitive, even slightly, we recommend bringing this to your hygienists' attention. Sensitivity can be treatable so the earlier you let us know, the quicker we can treat the symptoms.

Sensitive teeth are more common in adults, it can be caused by:

- Toothbrush abrasion – brushing your teeth too much or too hard can cause damage to the thin bit of enamel at the neck of your teeth which exposes the layer of the tooth that is normally under cover leads to sensitivity.
- Receding gums – receding gums also expose the layer of tooth tissue that is normally covered by the thin bit of enamel at the neck of the tooth or the root surface under the gum. Unfortunately this is just something that happens with age- wear and tear but can also be linked with gum disease.

- Acid erosion – eating food and drinks that are high in acid can attack the enamel on your teeth causing pain and sensitivity. Be careful with the foods that you are eating and the timings of eating or drinking them.
- Grinding while you sleep or concentrating or stressed – it's common for people to grind their teeth, the extra mechanical load gradually wears away the enamel on your teeth and exposes the root surfaces.

Our hygienists will recommend a number of ways to treat sensitivity; new toothpaste, toothbrush or even changing what you eat or recommend a mouth guard.

2. Are there any areas I miss when brushing my teeth?

We can't stop the plaque bacteria reforming in your mouth. There will be spots in your mouth that you miss while brushing your teeth, if you miss the same spot every time you brush this could lead to more issues.

Our hygienists will be able to see these areas when examining your mouth, they will normally tell you if they can see any missed spots and give you some individually tailored advice on how to maintain these areas at home.

We find the most common areas that get missed are the inside of your teeth, you'd be surprised by how many people don't brush the inside of their teeth. The inside of your teeth is the area which comes in most contact with food, saliva etc, but also you have your tongue to tackle. The natural reaction of your tongue is to protect your airway and sub consciously our tongue often pushes the toothbrush out of the

way. Brushing the inside is especially important if you have a fixed retainer, or denture as food can get lodged and plaque build-up.

3. What toothbrush should I be using?

There are a massive range of toothbrushes available to buy but not all will be suited for you and your teeth. Our hygienists can help choose the best toothbrush for you.

Toothbrushes can come in various shapes, sizes, and firmness. They can also come as electric with different settings or manual brushes, it can be difficult to know what to get.

If you have any oral health issues you may need a different toothbrush to what you normally use, for example if you have fixed braces you will need a narrow round tip brush head to get into the wires and brackets of your braces.

Rechargeable Oral B electric toothbrush ranges are our hygienists favourite.

4. How often should I be seeing a hygienist?

This differs for each person, we recommend you see our hygienists ranging from 3-12 monthly, dependent on your needs. Some higher risk patients may be seen more frequently. For example certain conditions in the mouth or general health conditions linked with your oral health. If you wear braces or have unstable

gum disease we may recommend you come more often. However, you don't have any special conditions but would still like to come more often, for example you are more prone to staining, that's fine call our reception team and they can organise an appointment!

During your appointment our hygienists will give you a professional plaque removal clean removing any staining and plaque build-up, leaving your teeth gleaming. They will also discuss any issues with your oral hygiene and answer any questions you might have.

5. Why do my gums bleed when I brush?

Healthy gums should not bleed.

Bleeding gums are caused by the plaque bacteria building up around the gumline, making them red, angry, swollen and inflamed. This can often be reversed by effective cleaning at home, which your hygienist will advise you giving you top tips. If this is ignored and not if not treated early on it will progress to gum disease which is irreversible. Gum disease is where we lose supporting bone due to the plaque bacteria not being regularly and effectively removed and can in advanced cases lead to wobbly teeth or tooth loss.

Please seek advice sooner rather than later with any bleeding from gums.

DENTAL PLANS FROM £10.99 PER MONTH

Here at Ewan Bramley Dental Care, we pride ourselves on helping you maintain a beautiful, healthy smile.

Our monthly plans provide you with:

- Annual health check with our dentists and an x-ray of your teeth to ensure they are in the best condition
- Hygiene appointments to help and advise you on ways to keep your smile the best it can be.
- Access to emergency appointments
- Plus, all our monthly dental plans come with a FREE tooth whitening kit worth £250!

We have 3 levels for you to choose from, all depending on how regularly you would like to see our hygienists.

For more information and to sign up, contact our reception team on reception@ewanbramley.com or call us 0191 259 6506.

