

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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GOODBYE AND GOOD LUCK TO HRISTO!

Hristo Drumev has decided to take a career break from dentistry.

Hristo has prepared some words on his departure, [which you can read here.](#)

We will be working closely with Hristo's patients going through treatment to ensure a smooth handover with our other dentists. We will contact you individually to discuss your options.

We would like to take this opportunity to thank Hristo for his endless support to all his patients and his colleagues, he has been with us for many years and is a vital part of the team.

He will truly be missed. Whatever he does next, we wish him all the best and know he will do amazing.

THINKING ABOUT GETTING BRACES? HERE'S THE BASICS TO HELP YOU CONSIDER



Fixed braces are a great way to make your teeth straight and give you a new smile. However, they can be a major commitment so it's a treatment that needs to be carefully considered.

Here are some common questions we get asked about braces, this may help you make that final decision.

How long does it take?

This entirely depends on how much we need to move your teeth, if you have a severe overbite or crowded teeth then it will take much longer than a mild movement. Generally anything between a few months to a few years! Your dentist will tell you the estimated time it will take for your particular case.

Am I too old to have braces?

No! There is no age limit for getting braces. However, if you have children and their teeth aren't straight, we recommend bringing them in around the age of 8 as it's easier to move the teeth while they are still forming.

Will the braces look really noticeable?

As soon as someone says 'braces' you think of big metal brackets and wires or even a full external frame. Modern materials are much more discreet and nearly invisible.

We use ceramic braces which work in the exact same way as metal braces but are made from a clear material which blends with the natural colour of your teeth. The braces may affect your speech slightly at the start but once you get used to them this usually goes away.

How much does it cost?

Fixed braces at our Practice start from £800 however the total cost completely depends on how complex your case is. We can offer a prepay discount of 4% or staged payments if needed.

How much care or maintenance do braces need?

Brushing your teeth twice a day and flossing should be done to keep your braces and mouth clean, we will provide you with all the tools you need as there are special brushes needed to get in between your brace wires and brackets.

There are certain foods and drinks you will need to avoid when you have braces, for example hard foods can break your brace and drinks like coffee or red wine will stain your brackets.

Once you have completed your treatment and your brace gets taken off, we will normally fit a bonded retainer on the back of your teeth and provide you with a removable retainer to wear when you're asleep.

SMILE FOR LIFE!

The new dental retention plan for patients who have finished orthodontic treatment.

We know the effort you put in to get your teeth exactly the way you want them, now we can offer you a cost effective way of maintaining them in the long term.

How often do you hear people say that they had their teeth straightened when they were younger but lost or just stopped wearing their retainer shortly after treatment finished and how have to start the whole process again!

We have designed a care package that caters for all brace & clear aligner patients including those who finished their treatments months ago and for those who are just about to come to the end of their treatment.

For a monthly fee of £20.99 we will not only look after your everyday oral health maintenance, including visits to the hygienists and regular exams with one of our qualified dentists but we will also monitor and maintain the position and retention of those teeth that you spent so much time, effort and money getting perfect.

What you get every year:

- **2 appointments** with our highly respected hygiene team (see their wonderful reviews on our website!), for your teeth and gum maintenance.
- **1 appointment** with one of our very experienced dentists who will give you an examination and check that your retention is working.
- **2 emergency appointments** every year, so should you be in pain or you lose your retention, we guarantee to see you the same day and you are exempt from paying the £69.99 emergency fee
- **Professional tooth whitening kit** is also included in this plan. We will give you all the tools and directions to do this at home in your spare time.
- If required we will provide **2 free retainers** every year or repair any fixed retention that may have failed.

Please contact reception on 0191 259 6506 for more information and to sign up to this fantastic offer that will give you the peace of mind that your investment is being looked after.



MORE UPDATES ON THE NORTH SHIELDS DEVELOPMENT

Here are some up to date photos taken by locals of what's going on with the North Shields development.



Riverside Embankment Walkway work has started, they have cleared a massive amount of trees and shrubbery so they can start laying the pathway.

The designs include a new high-quality walkway, aimed at improving access where accessibility can be difficult between the improved town centre and vibrant Fish Quay, making it easier for people to travel between the two parts of town.

The walkway will feature green open spaces and there will be different route options to suit every need, including step-free routes and steps with handrails, as well as a direct route from top to bottom via steps.

The image to the right is an artists impression of what the walk way will look like when complete.



PLEASE NOTE!

As of 21st November Bell Street will be closed as they will be bringing in a crane to help with the developments. The road will be closed for 17 weeks and works are due to be completed by March 2023. Fish Quay will still be accessible from Tanners Bank and Brewhouse Bank. Brewhouse Bank will be one way, allowing vehicles onto the Fish Quay but not to exit.

WHAT'S GOING ON?

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



Live music from Harriet Bradshaw at The Engine Room

After touring the country as cellist to some of the UK's best loved songwriters, Harriet Bradshaw releases her debut self-titled album on 4th November 2022. With a signature sound encompassing elements as diverse as folk and musical theatre, Harriet is Teesside's answer to the likes of Kate Bush and Joni Mitchell; a multi-instrumentalist bringing a mix of piano, cello, guitar and crystalline folk vocals to her unique songwriting.

Support comes from the local talents of Stilts Foster, Mat Hunsley and Lily Taylor

Tickets are £10 per person and [can be bought here](#).

The Annual Spanish City Christmas Market is soon!

Every year Spanish City hosts a massive christmas market. It features a variety of traditional stalls where you can buy unique, hand-crafted gifts for your loved ones and stock up on local delicacies. There will be festive food stalls selling a variety of sweet and savoury treats, all handmade by their team of chefs.

Friday 18th November | 3pm – 9pm

Saturday 19th November | 10am – 5pm

Sunday 20th November | 10am – 5pm

Tickets are £3 on the door or you can pre book for £2 per person.



Get your dancing shoes on and take a Tango class and Milonga

Every Tuesday at Barca is in Tynemouth. The Practice session is from 7:30 - 8:15 pm, milonga till 10:30 pm (£6).

Milonga with all the favourite tunes, lovely dancers. Get a drink at the bar and enjoy the dancing!



BUSINESS OF THE MONTH

Joanne Wishart Gallery, discover vibrant coastal and landscape paintings, prints, and high-quality gifts inspired by the North East. Shop online or in person at her art gallery in Cullercoats.

Established in 2019, the Joanne Wishart Gallery opened on St George's Road in Cullercoats.

Joanne, a professional artist of 15 years and husband and business partner Ross are an award winning team, who followed their dream of opening an art gallery by the sea.

Inside the art gallery is a bright and refreshing space dedicated to showcasing Joannes' uplifting paintings alongside a vibrant selection of limited edition prints, greetings cards and North East inspired gifts.

"I'm passionate about creating artwork that celebrates the amazing coastline we have here in the North East. My creative goal is to capture those happy memories from that special day out on the coast or a beautiful walk in the countryside. My painting's aim is to transport people back to that special place and relive those feelings of joy."

"Our art gallery gives customers a unique opportunity to browse beautiful art and buy directly from the artist."

If you're looking for a statement painting to spruce up your home's interior, then look no further.

The Joanne Wishart Gallery is open Wednesday to Saturday 10am - 5pm or online at www.joannewishart.co.uk



MEET THE TEAM!

Say hello to our new starters, Priscilla and Rachel are joining the Hygiene team. Call Reception and book an appointment with them.



Priscilla Cheung
Hygienist

I've been in dentistry since 2012! I studied Bio-Med at Leeds University where I'm from, I have a little Yorkshire twang. I ended up in Dentistry because I was a terrified patient myself, completely dentalphobic!

I was always curious as to why people were so nervous about coming to the dentist so I decided to get into it. I wanted to become the clinician people could come to and feel comfortable, I wanted to change their perspective on dentists.

On the weekend you will normally find me and my family at the beach or where ever food is, we are big foodies! We love our holidays in Asia and Skiing as well.
GDC-226113



Rachel Doyle
Hygienist

I ended up in Dentistry by chance really! I ended up getting a job as a Dental Nurse and fell in love with it. I really wanted to be the one who did the treatment so I put myself through an Adults College Course to get myself into University.

I studied Oral Health Sciences at University of Edinburgh, graduating this year and starting at Ewan Bramley Dental Care as a Hygienist.

My dog is my absolute world, he's a rescue shih tzu called Rex. We love walks through Jesmond Dene where I ended up getting proposed to as well.

I go to Tyneside Cinema a lot, I'm trying to be a film buff to keep up with my family!
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