

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

**It's now  
even easier  
to achieve  
your dream  
smile!**

 **DentalMonitoring**



## IN THIS ISSUE:

1 - Getting your dream smile is even easier with our new service Dental Monitoring

2 - The latest amazing smile transformations from our patients

3 - See what's going on in the North Shields area and the latest updates on regeneration

4 - Quantum Laser is our Business of the Month, tattoo & hair removal specialist

5 - How crohns and colitis can affect your teeth

6 - Say hello to Pippa!

## **ORTHODONTIC TREATMENT FROM ANYWHERE IN THE WORLD!**

The latest addition to our services allows you to continue your orthodontic treatment from anywhere in the world.

Dental Monitoring is an app on your smartphone which you regularly upload images of your teeth too. These images are then assessed by your dentist to ensure they are moving in line with your treatment plan. This new app has several benefits to your treatment, the biggest being that you can have your first appointment at the practice and then continue your treatment from anywhere in the world!

Instead of coming into the practice for review appointments to check your teeth are moving in the right direction, now you just have to upload the images to the app and your dentist will monitor your progress remotely. This means less visits to the practice, perfect for those with a busy lifestyle or travel around a lot. *Read on...*

### What other benefits does this app bring?

As well as less visits to the practice, using our Dental Monitoring service means we can maintain easy contact between appointments. Through the app we can monitor your treatment progress and let you know when you need to change aligners or come back to the practice for adjustments, you can also send us messages through the app that we can respond to.

The app tracks your treatment progress and through the images you share we can catch any corrections sooner, this also means that your treatment time could be quicker than usual. The benefits of quicker treatment and less visits to the practice also means the treatment cost is cheaper overall.

You can also see a complete history of your treatment and even see before and after animations of your smile transformation, giving you the peace of mind that your treatment is progressing in the right direction.

You still receive the same specialist treatment through the app as if you came into the practice.

### Should I use Dental Monitoring?

Dental Monitoring may not be suitable for everyone, if you are comfortable with using your smartphone to take photos and upload them into an app to track your treatment then great! But if you prefer coming into the practice to see your dentist then that is absolutely fine.

This app is great for anyone who has a busy lifestyle and can't make regular dental appointments or people who may not live in the area but still want the Ewan Bramley expertise!

There are plenty of benefits from using Dental Monitoring, why not book a free consultation with one of our dentists and you can discuss available treatment options with you.

*If you would like to book a free consultation with us and start your 2023 journey to a new smile, contact us on 0191 259 6506 or email us [reception@ewanbramley.com](mailto:reception@ewanbramley.com)*

## A notice for our Plan Patients (historic plan patients only)

*Thank you to those patients who have already made the switch from Standing Order to Direct Debit. If you have not made the switch, please contact us if you need assistance and please remember to cancel your standing order after making the switch.*

*We have kept our plan prices at an affordable and accessible price for everyone and as a token of appreciation for your support our existing plan patients have been kept on the old pricing structure until 1st January 2023. New customers joining in 2023 have had to pay the new pricing structure from the start of this year.*

*As of 1st January 2023, your plan price will increase by the following:*

- Plan 1 - £1 increase*
- Plan 2 - £1.02 increase*
- Plan 3 - £1 increase*
- Smile for Life - £1 increase*

*We greatly appreciate your continued business and support through this time of growth and change. If you have any further questions or concerns regarding this price increase, please do not hesitate to reach out. Our team is more than happy to discuss this situation with you.*

*Kind Regards, Ewan Bramley Dental Care*

# BEFORE & AFTER PHOTOS!



This smile transformation has been 2 years in the making. Starting the treatment off with clarity braces which are the invisible fixed braces, this enables larger movements of the teeth needed for a natural straight smile. We then gave the patient a course of clear aligners to finish off the smile.



A before and after photo of a patient's gum surgery. Gum recession can happen gradually over time so you may only notice it when your teeth become sensitive or you can feel a notch at the top of your tooth.



A quick transformation for this patient, had fixed braces for only a short amount of time and finished the treatment off with composite bonding to leave a nice straight edge.



# WHAT'S GOING ON?

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

## ***Networking by the sea!*** ***Expand your business connections.***

An open networking event for businesses across the North East.

Ross & Cici realised there was a demand for networking events available to businesses on the Coast and in Northumberland and wanted to offer an opportunity for businesses whilst utilising one of the most iconic buildings in the region. This is a free event and you can [sign up here](#).



## ***Get a ticket to the The Collywell Radio Players at Seaton Sluice***

For the first time in 18 months the stage lights will go up on live theatre drama at Seaton Sluice Community Centre with the welcome return of "The Collywell Radio Players who proudly offer you, in their own inimitable style, one of the best spy stories ever written.

For 2 evenings only The Players magically convert the Community Centre Main Hall and stage into a 1930's radio studio. Specially adapted for 'Radio' by local author, Graham Barrington-Hartley, from a script recently discovered in the vaults, we bring forth, for your listening pleasure, "The 39 Steps", a tale of derring-do set before the 1914-18 war.

The Collywell Radio Players, 5 experienced voice-artists will, live on stage before your very eyes, create all the characters in the story, and bring the narrative to life by making all the sound effects which will create the authentic atmosphere of this spy-chase-thriller. You can be a part of this 'limited edition' theatrical event, sitting in the studio audience, and being a special part of the radio play.

In exchange for a paltry amount of money, only £6, concessions £5, you can possess a ticket which will transport you not only to the streets of London, the highland moors, but also the London Palladium.

It's imperative you take steps to get a ticket to see this amazing story close up. A real theatre experience not to be missed.

Friday & Saturday, April 14 & 15. Doors open 7:00pm, curtain up 7:30, for tickets phone Seaton Sluice Community Centre 01912980323, or call in weekday mornings between 9:30 and 12:00.

# REGENERATION ON THE FISH QUAY

*North Shields Town Centre and the Fish Quay are undergoing massive regeneration works. Here are a few updates on what's going on.*

The new walkway on the embankment is well underway. Metal supports have been removed and work is moving down to the bottom of walkway on Bell Street. Expected completion Spring 2024.



Photo Credit: Ernest Storey on Facebook



Work is nearly complete to replace the Protection Jetty and South East Splay, a large area of quay which helps form The Gut.

North Shields Fish Quay Company Ltd have secured £3.1m of funding and will be delivering this project alongside our landlord, The Port of Tyne Authority. The project is being funded by the Marine Management Organisation via their European Maritime and Fisheries Fund (EMFF) and the North of Tyne Combined Authority.

Construction work to replace the Protection Jetty is expected to take 28 weeks, during which time there will be a degree of disruption for many quay users including fishermen, businesses and residents.

The replacement of the Protection Jetty will secure the future of the fishing industry at North Shields for decades to come, and is just the beginning of our ambitious plans to revamp the Fish Quay as we move towards the year 2025 – the 800th anniversary of fishing in North Shields.



# BUSINESS OF THE MONTH



***Quantum Laser a Tattoo & Hair Removal Specialist provide a professional, clean and comfortable environment for our clients. All treatments are carried out by a fully qualified and highly experienced practitioner.***

They offer a wide range of cosmetic skin treatments. These include- tattoo removal, hair removal, wrinkle and fine line reduction, thread/spider vein removal, acne clearance, pigmentation correction, skin tightening, skin rejuvenation, carbon facials, birthmark correction and nevus of ota treatment.

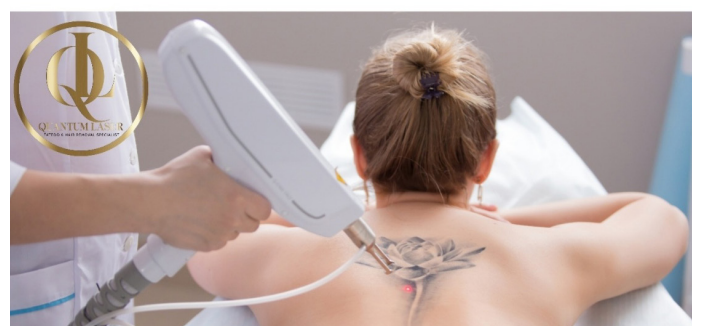


Louise is the owner and practitioner at Quantum Laser, she has been working in the medical sector for over 20 years. She started off as a counter assistant in pharmacy and worked my way up to becoming an accuracy checking technician (ACT). Louise wanted a change in her career so she could work with people on a more personal level so decided to start her own laser business.

She became a fully qualified laser practitioner in October 2020 and converted her garage into an amazing clinic which she has put a lot of work into! Because it is a home based clinic, her overheads are small and can pass those savings onto her clients!

If you would like more information on her services, prices and to book an appointment contact her on:

[Quantumlaser1@gmail.com](mailto:Quantumlaser1@gmail.com)  
[07793 498 777](tel:07793498777)



# HOW CROHN'S AND COLITIS CAN AFFECT YOUR TEETH

*More than half a million people in the UK live with Crohn's or Colitis and every day even more people are being diagnosed. Crohn's or Colitis are the two main forms of inflammatory bowel disease which cause inflammation in your gut and painful sores, these are lifelong conditions but with treatment you can feel a lot better and get back to some sort of normality.*

As they are autoimmune diseases, unfortunately this makes you more susceptible to other medical conditions, including gum disease. Which means having good dental hygiene is as important as ever when you have Crohn's or Colitis.

Even if you don't have these conditions, you should watch for signs of gum disease like bleeding when brushing your teeth or eating hard foods and your gums becoming swollen or sore. If you have any of these symptoms, book an appointment with one of our dentists so we can examine you further.

## **What can I do to help my teeth and gums?**

A good oral hygiene routine is recommended for everyone but especially if you are predisposed to gum disease. This includes brushing twice a day for two minutes each time, right before you go to sleep and another time in the day, usually in the morning. A fluoride toothpaste should always be used, however some kinds of toothpaste may not be suitable if you have Crohn's or Colitis. You should also be cleaning in between your teeth with interdental brushes or floss. You can also use a water flosser, a device that shoots water between your teeth and clears debris, this device is better for those who have limited dexterity.

Sodium Lauryl Sulphate (SLS) is the foaming agent that makes our toothpaste froth, it can also irritate our mouth so you may want to choose a toothpaste without this ingredient. If you are unsure, speak to one of our hygienists or dentists and they can recommend a toothpaste for you. A toothpaste with higher fluoride content

can help prevent tooth decay which may be more suitable for you.

With Crohn's and Colitis you will receive a lot of medication to make you feel better and reduce the affect of your symptoms. However, some of these medications can cause dry mouth so a toothpaste higher in fluoride would be best suited for you in this situation. Your mouth will be sore and there are over the counter products that a pharmacist can give you to help.

Mouth ulcers are quite common when you have Crohn's and Colitis, they usually heal themselves but if they don't heal within 3 weeks, book an appointment with one of our dentists to take a further look.

Regular dental appointments will maintain your oral hygiene and allow us to check for any symptoms of gum disease and treat them before they get worse. We can also give you advice on your cleaning routine at home to reduce and manage your risk of gum disease. Our dental plans are specifically designed so that you have regular appointments with us and access to emergency appointments when needed, you can conveniently pay for these on a monthly basis and can choose a plan level best suited for you.

## **Hear about the benefits from one of our patients**

We spoke to one of our patients, Rebekah, who was diagnosed with Crohn's disease in 2009, about her experience as a plan patient and how she benefits from regular appointments....



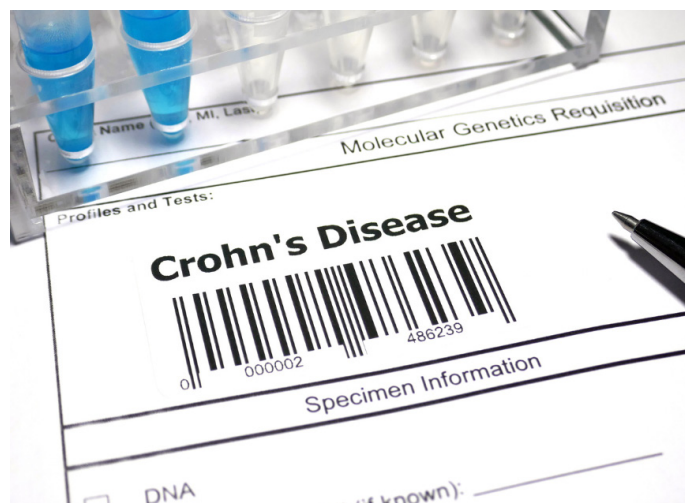
"I was diagnosed with Crohn's disease in 2009 and joined Ewan Bramley Dental Care in May 2021. I have always had a good routine with my oral hygiene and had been attending annual checkups at an NHS dentist as I knew I had a higher risk of gum disease due to my diagnosis.

I drove past Ewan Bramley Dental Care as I live nearby and saw their poster about monthly dental plans. I decided to join as my condition had recently flared up again and my symptoms had been severe, so I just wanted to make sure my overall health was being treated. Plus, the monthly dental plans come with a free teeth whitening kit which was a bonus!

As part of the plan I see my hygienist regularly where I get my teeth thoroughly cleaned removing any plaque that builds up. Beth is amazing, she is so friendly and has given me advice on how to stay on top of my oral hygiene at home so that I reduce the risk of getting gum disease. I also have an annual health check with one of the dentists to make sure my teeth and gums are healthy.

If you have a medical condition which makes you susceptible to gum disease, I highly recommend joining one of their dental plans. It gives me peace of mind knowing my teeth and gums are healthy and that I have access to same day emergency appointments when I need them."

**If you would like more information on our monthly dental plans, [please visit our website](#) or contact our reception team on 0191 259 6506.**



## SAY HELLO TO PIPPA!

We would like to welcome Pippa, who is the latest addition to Ewan Bramley as one of our Hygienists.

She actually spent 22 years in the Navy before qualifying as a Dental Hygienist!

You can catch her on the weekends playing netball or paddle boarding with her 2 dogs.

*If you would like to book a hygiene appointment with Pippa or one of our other lovely Hygienists, please get in touch with our Reception team.*

*Our monthly dental plans are an affordable way of having regular dental care, our plans start from £10.99 per month and include hygiene appointments, regular checkups and you get a FREE professional tooth whitening kit. Contact our Reception team for more information.*