

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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FACIAL AESTHETICS AT EWAN BRAMLEY SKIN CLINIC

You may have met Harriet already or seen her about the Practice, if you're not sure who she is well Harriet is our in-house Facial Aesthetics Practitioner!

She has a number of skin care treatments and is continually learning and developing her skills to give our patients the best possible service.

Harriet has over 15 years experience in Facial Aesthetics and over 25 years in the NHS, her philosophy is focused on open supportive dialogue allowing clients to feel comfortable and happy to discuss the concerns that they may have with their skin.

The consultation process is the lengthy aspect of the appointment, but ultimately the most important. This is inclusive of a full medical history, medications, allergies etc.

Find an overview of her treatments on the next page!



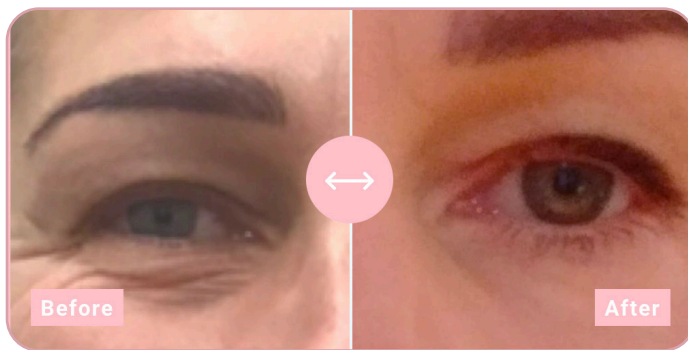
OUR RANGE OF FACIAL AESTHETIC TREATMENTS!

Harriet provides natural aesthetics at the practice for both patients and non-patients, so if you're looking for a fresher, brighter and more natural version of yourself then book a free consultation with her to discuss treatments.

Dermal Fillers

Using the very best products we can replace volume that has occurred during the aging process. For example, the cheek line and other areas of definition like the jawline can be reinstated by placing dermal filler in exactly the right spot.

The product is non permanent, generally lasts 6-12 months, sometimes longer.



Botox

Botox is safe and reliable, it lifts and opens the eyes, softens frown lines, crows feet and smooths the skin by reducing the movement of the muscle underneath. Giving you a fresh, brighter and more youthful look.

It is non permanent, normally last 3-4 months, and longer with repeated treatments. You still will be able to lift your eyes, smile and express yourself normally.

And it's not just for the ladies, we also provide botox for men too!

It is a prescription only drug and is prescribed by Harriet herself. A full medical history is required, drug interactions noted. You will be encouraged to come for a 2-3 week review which will allow Harriet to 'tweak' your results if needed and ensure you get the most out of your treatment.

Tear Trough Treatment

Harriet has recently added Tear Trough Fillers to her compliment of treatments. It can gently lift the hollow and as a result soften the darkened circle under the eye.

Treatment results last around 6-12 months.

PROFHILO

PROFHILO is a new age dermal filler, often referred to as long term hydration for the skin. It still consists of hyaluronic acid like other dermal fillers but manufactured differently and works in more of a slow release way. It stimulates the skin's own natural repair mechanism allowing the skin over a period of coming weeks to improve in hydration and look generally plumper. Giving your skin a glow and making it feel divine!

PROFHILO skin boosters continue to work for weeks and weeks into treatment, usually up to 4-6 months.

Facial Peels

Clinically proven to stimulate fibroblasts to promote your natural collagen and elastin production. The range is comprehensive, and the treatment plan will very much vary on the skin concerns you have. Whether you want to combat aging, acne, pigmentation or have a sensitive predisposition this range could really improve the way your skin looks. This range is also perfect for normal skin too and can really put your skin back to its absolute best.

**CLICK HERE FOR PRICE GUIDE
AND TO BOOK A CONSULTATION**

BEFORE & AFTER PHOTOS!

Our favourite treatment photos from the past month.

Treatment by Dr Jarlath!



In this case, the patient came for a consultation with Jarlath in March 2022, they wanted their lower teeth straightened and preferred to not have fixed braces if possible. Possible treatments were explained in consultation, the patient went away to decide and agreed upon clear braces on the lower teeth and aligners on the upper. Eventhough they ideally did not want braces, braces are usually the quickest option to straighter teeth. The treatment time took around 8 months which was within the estimated time scale! Happy patient, happy dentist!

Did you know we provide FREE consultations? Just call our reception team to book 0191 259 6506 or email reception@ewanbramley.com

WHAT'S GOING ON?

No plans next month? Here are some events going on in the Coastal area!



**SIP &
STRETCH**
TYNEMOUTH SURF CAFE



**SUNDAY 7TH MAY
SATURDAY 20TH MAY**

Sip & Stretch yoga sessions will be taking place on Longsands beach 7th May and 20th May at 8am. Tickets are £7 each and include a free hot/soft drink provided by Surf Cafe which can be redeemed once the session has ended. Tickets available below:

May 7th - <https://bit.ly/SIPANDSTRETCH-MAY7TH>

May 20th - <https://bit.ly/SIPANDSTRETCH-MAY20TH>

SATURDAY 20TH MAY 10-3PM
THE CULLERCOATS WATCH HOUSE
FOOD MARKET

The Watch House is delighted to host an Artisan Food Market with several local small businesses. The Fair will run from 10am-3pm, and there will be lots of local sellers so you will definitely find something interesting and tasty to buy.

There is no entrance fee, but please note that they cannot allow dogs inside during the food market and please bring cash in case stall holders do not have card machines.

NORTH SHIELDS FISH QUAY

The latest developments and local news for North Shields Fish Quay

Royal Quays Shopping Centre is up for sale! Should we all chip in and buy it?

It has been a turbulent few years for the local shopping centre. There have been several attempts to re-energise the centre and seemed to be gaining some momentum over the last 12 months.

It is now up for sale for £4 million, they hope the sale will bring in new owners who can innovate and bring the centre back to life.

The shopping centre currently has a range of shops both local and high street, cafes, entertainment for children and even a fitness centre, if you haven't been in a while head down and support the stores!

Planning permission has agreed for a new 70-bed hotel and also an extension of the shopping centre to the south. Some of the locals would like to see more restaurants and bars opened in the shopping centre but we will see what happens! You can find more information about the sale in the [Chronicle article here](#).



Government funding rejected for new Ferry Landing! What does that mean for the quay?

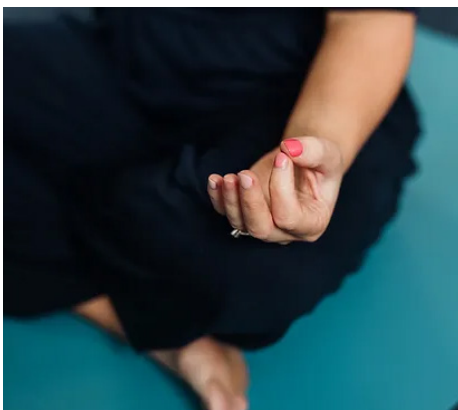
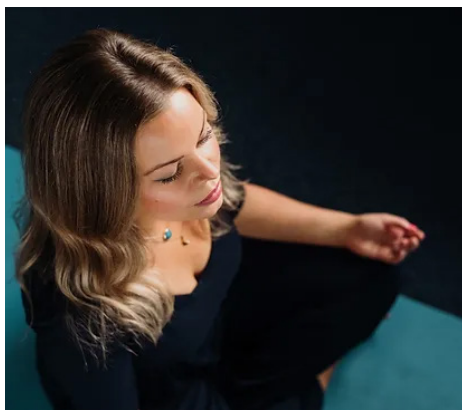
As you may know, there are plans to build a new Ferry landing closer to the fish quay as part of the regeneration plan.

Nexus had secured funding from the government to help pay for the works but unfortunately this has fell through due to the timescales of the project.

Nexus have now began work to see whether the existing ferry landing

will be able to last beyond 2025 and whether they can refurbish it instead of building a new landing. They are still looking for ways to secure funding as there are fears that the ferry service will have to close if they cannot upgrade or build a new landing.

The new landing has received mixed reviews from locals, the majority object - especially the people living in the opposite apartment blocks and fishermen but some believe it will bring more business to the local area. You can find more information at [ChronicleLive](#) or [BBC News](#).



BUSINESS OF THE MONTH

Peace of Mind Meditation teaches you meditation techniques to help find inner calm and deal with life's chaos. Frankie is the amazing owner of the Fish Quay Studio where sessions can be taken as part of a group or as a private one-to-one. Here is a bit about Frankie's story and Peace of Mind Meditation:

"Hi, I'm Frankie.

I'm a busy working parent, living on the beautiful North Tyneside coast with my husband and two children.

I know first-hand that life can be chaotic and stressful – but I have experienced how meditation can cultivate a calm and peaceful state of mind, no matter what your external world looks like.

After practising meditation for over 20 years, I felt strongly that I wanted to share these life-changing techniques with others and for people to see what a difference they could make to their own happiness and well-being. So, in 2020 I trained to teach and graduated with Distinction from the British School of Meditation.

Over the years I have explored many styles of meditation and feel passionate about offering a range of techniques to clients in a secular, accessible way – so you can discover what best suits you.

Meditation is a simple, effective way of keeping your mind healthy – just as exercise is for the body, meditation is for the brain! It's scientifically proven to strengthen areas of the brain associated with mental strength, focus and happiness and improves both physical and mental well-being.

I teach sessions in a simple, secular way and believe anyone can meditate. The classes are held both on Zoom and in-person at the Fish Quay Studio by the Sea and can be taken as part of a group or as a private one-to-one session.

If you'd like to find out how, please get in touch for a friendly, informal chat.

Wishing you all Peace of Mind,
Frankie"

You can contact Frankie on:

Tel: 07766933216

Email: peaceofmindmeditation@yahoo.com



"I cannot recommend Frankie's sessions enough. As a busy full-time working mummy of two girls under 6, fitting in these sessions was initially quite difficult, but now they have become a priority. Frankie is so warm and welcoming with such lovely a soothing voice! The weekday evening Zoom classes are easy to incorporate into busy lives. As a complete novice to meditation, I'm surprised at how well I've taken to it. I was initially quite skeptical, but as I'm nearing completing my 3rd block of classes, it is certainly something I look to continue. Thanks Frankie."

Donna, North Shields

PREVENT RECEDING GUMS WITH THESE TOP TIPS

Gum recession is when your gums start to pull back from your tooth and expose the roots. This causes your teeth to be sensitive and can lead to severe pain or tooth loss if left untreated. Gum recession is a gradual process, you may notice sensitivity and minor pain as a first instance. If you do notice these symptoms, book an appointment with your dentist to start treatment.

Although gum recession isn't reversible there are a few things you can do to prevent it or stop it getting worse.

Visit your hygienist and dentist regularly

Regular hygiene appointments with our team will make sure your mouth and teeth are thoroughly cleaned and they can also spot any early signs of recession. During your hygiene appointment, your hygienist removes tartar & plaque buildup which if left unaddressed, can lead to gum recession.

Don't brush too hard!

You should be brushing your teeth at least twice a day with a soft-bristled toothbrush. However, brushing too hard can actually damage your teeth and gums. If you brush aggressively it will wear down the enamel on your teeth causing your gums to recede. You can buy soft-bristled toothbrushes from pharmacies or at the practice.

Stop smoking!

We all know smoking is bad for your oral health and your overall health. People who smoke usually have a higher plaque and tartar buildup which left untreated can cause your gums to recede and eventual tooth loss.

Try to tackle bruxism

Bruxism is when you clench or grind your teeth which puts a lot of pressure on your teeth and gums, eventually causing your gums to recede.

Bruxism can happen during the day or night, so if you do suffer from clenching or grinding, talk to your dentist about possible solutions.

Remove lip or tongue piercings

This isn't well known but lip and tongue piercings can actually damage your teeth and gums. The jewellery can rub against the gums, especially if you tend to play with the piercing, eventually wearing the gum down and cause them to recede.

What to Do If Your Gums Have Receded?

If your gums have already begun to recede there are a few treatment options available, depending on the severity. A gum graft is a common treatment option which involves removing small sections of tissue from inside your mouth and layering it over the receding gum area. This heals to form a new gum around your tooth. Book a free consultation with one of our dentists to discuss your options.

