

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

Pippa



Yasmin



Rachel

Beth



Priscilla



Elaine

## IN THIS ISSUE:

- 1 - Did you know Ortho Treatment has more benefits than just a straighter smile?
- 2 - Our patients have left us some amazing reviews, read what they say about us
- 3 - What's going on? North Shields latest festival and a relaxing wellness retreat by the coast
- 4 - More developments in the Coastal area
- 5 - Business of the month is Female piercer & fine jewellery specialist - Blades & Needles
- 6 - Quit smoking? Let's get your teeth back to full health

## BIG THANK YOU TO OUR AMAZING HYGIENE TEAM!

Our hygiene team is second to none, they have continuously excelled and persevered through the busiest period we have ever had. They are always receiving perfect feedback from our patients - "Great hygienist treatment from Yasmin and by far the best experience I have had at any dental practice. As a nervous patient Yasmin makes me feel very relaxed and she takes great care to maintain that throughout."

Because our hygiene team are the busiest they have ever been and we have a long waiting list for appointments, we would like to **politely remind our patients to inform us as soon as possible if they cannot make a hygiene appointment.** We completely understand that things get in the way but please let us know as far in advance as possible, we would like to try and give that appointment space to another patient on the waiting list if we can.

Thanks again for all your support and we hope to see you at the practice soon!

# DID YOU KNOW ORTHO TREATMENT HAS MORE BENEFITS THAN JUST A STRAIGHTER SMILE?



*Naturally straight teeth are very rare so congrats to those who have them! The majority of us would probably like to fix a few aspects of our teeth to make them look straighter and whiter and this is where orthodontic treatment comes in.*

Ortho treatment is straightening your teeth or aligning your jaw using dental appliances such as fixed braces or clear aligners. Because of our free consultations and quick & affordable treatments more and more patients are opting to go ahead with straighter teeth.

Our patients always feel more confident and attractive with their new smile and we love to see it, even the slightest of changes can make a huge difference in someone's self-esteem. But did you know that this treatment not only gives you a straighter smile, it can also mean your teeth are more likely to be healthier!

## **Straighter teeth are easier to clean**

Straighter teeth are just simply easier to keep clean. If you have teeth that are overlapping or crowded food and bacteria can quickly build up in small areas that are hard to reach with your toothbrush. Not being able to reach all the areas of your teeth with your toothbrush can lead to staining and if you aren't thoroughly cleaning away the trapped food with dental floss or interdental brushes then the build-up can cause issues like gum disease. Straighter teeth mean fewer areas food and bacteria can harbour!

## **Wonky teeth rub against each other**

Our teeth should form a nice neat line but as you are well aware this rarely happens. When they are in a nice neat line they have their own space to grow and they meet together perfectly instead of getting in each other's way. If your teeth grow in crooked, causing your bite to not align properly, then it can cause the teeth that do meet to wear down and become weaker. If left untreated your tooth can begin to decay and become very sensitive which can be pretty painful.

## **The knock-on effect of crooked teeth**

Ever lined up a box of dominoes knocked one over and watched the whole box fall? Well, this can happen with your teeth! If you have one tooth that becomes crooked it starts to move into the space of the teeth next to it, and those teeth onto the next which creates a domino effect of crooked teeth. This can lead to a lot of damage to your teeth and potentially ruin your brilliant smile! Clear aligners are a perfect way to straighten your teeth if you have minor amendments to make whereas fixed braces are great for larger more complicated movements.

## **How do I get straighter teeth?**

Orthodontic treatment is the only way to straighten teeth, this could be fixed braces or clear aligners. They both have their pros and cons so it is best to discuss with your dentist what would be better suited for you, both treatments are painless and affordable. Some of you may still think of fixed braces and the big metal brackets on your teeth which you can see but modern materials have given us a clear alternative which is pretty invisible! These clear braces give you a more discreet way of straightening your teeth, especially if you have larger movements to make.

If you're looking for straighter teeth and would like more information about costs and timescales, why not book a free consultation with our dentists? Yes, our consultations are completely free! And our dentists will show you a 3D animation of what your teeth could look like at the end of the treatment. If you would like to book an appointment, contact our reception team at 0191 259 6506 or email them at [reception@ewanbramley.com](mailto:reception@ewanbramley.com)

# DON'T JUST HEAR IT FROM US!

Some of our lovely reviews left by patients in May.

## ***Bottom teeth build up with composite fillings***

"Came in today for my appointment nervous as always. Jarlath and lovely dental nurse made me feel at ease as they know I am nervous. The treatment was good and I relaxed. Difference is definitely much improved and a better colour match. I am always pleased, it's so clean and nice there and would not hesitate to recommend this dental practice as my dentist is so nice. They have great facilities for nervous patients and standards high, thank you."

- Susan B

## ***Helpful and reassuring manner***

"Once again a great appointment with Priscilla. I can really see the change in my gum health these past few months. Priscilla is a great asset to the practice and her helpful and reassuring manner is always encouraging. She also has lots of useful tips and techniques to share regarding brushing and maintaining good gum health."

I travel to the practice from out of the area as I find the hygienist appointments are so worth it. Thanks Priscilla!"

- Jacqueline R

## ***Hygienist appointment***

"Great hygienist treatment from Yasmin and by far the best experience I have had at any dental practice. As a nervous patient Yasmin makes me feel very relaxed and she takes great care to maintain that throughout."

- Colin A

## ***Recommended***

"Really positive experience so far with Ewan Bramley Dental Surgery with extremely friendly staff. Affordable payments with in depth explanations and advice from Dentist on visits including giving tips to improve dental health at home. Seem to go above and beyond in terms of providing the best care and advice they can provide. Would recommend to colleagues, friends or family for sure."

- Daniel M

## ***Polite and friendly***

"Was warmly welcomed as soon as I entered by polite and friendly reception staff - although Jamie was only a few minutes late they kept me informed and even apologised for the slight delay which wasn't necessary."

Had an appointment with Jamie who was absolutely fantastic, taking the time to explain treatments and ensure I was comfortable with the agreed processes. I'm not keen on dental treatments but I was made to feel at ease during an hour of treatment, the time flew and I felt no pain or discomfort. Jamie and Kate

were just so accommodating and attentive. Couldn't be happier with the outcome or how genuine and friendly all the staff I dealt with were. From being quite anxious and fearful of seeing the dentist, Jamie has made me thoroughly look forward to any appointment. Honestly don't believe you could get a better experience or level of skilled treatment."

- John M

# WHAT'S GOING ON?

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



**North East's newest music festival - celebrating emerging artists & established acts!**

Championing new original music, Coastella will showcase the best live acts the region has to offer, alongside national touring artists in a never been seen before outdoor festival experience in the very heart of our beautiful coast, North Shields.

Some of the acts announced so far (in no particular order) Judge Jules, Futureheads, Liam Fender, Jango Flash, Hector Gannet, Chintzy Stetson and much much more. For the full lineup so far head to their website.

Fri 30th June / Sat 1st July / Sun 2nd July at Percy Park R.F.C in North Shields.

TICKETS ARE NEARLY SOLD OUT SO GET THEM QUICK! [You can buy them on their website here.](#)

## ***The Chatter Challenge hosts it's first wellness retreat and it was relaxing, rejuvenating and inspiring!***

The Chatter Challenge welcomed 14 participants to its first wellness retreat which was held in the historic Cullercoats Watch House on Sunday 21st May 2023.

Starting with a welcome from Jacqui Croskery, the founder of The Chatter Challenge, everyone fully embraced a session of breathwork by Lauren from Mind Matter Magic followed by a rejuvenating sauna on the beach by Earth Bond. The dunk in the sea was a most welcome way to cool off!

Hot cacao and healthy home-made snacks were handed out before everyone relaxed into an enjoyable yoga session by Vera from Mana Living. Lunch was a naturally gluten-free nutritious buddha bowl prepared by Jacqui with every mouthful causing hilarity by having someone exclaim that they had found something new - the recipe was quickly requested!

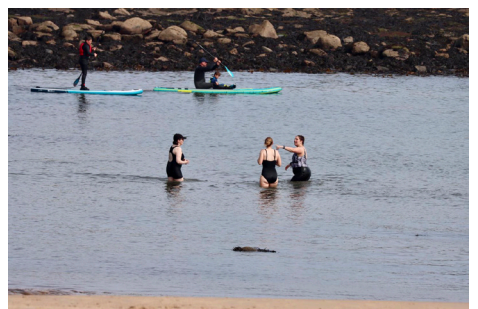
In the afternoon, we all settled down into a number of guided meditations by James from Circle of Light Holistics, followed by his phenomenal sound bath. This rounded up a day of connection with people who had never met before.

Jacqui said, "I could feel the energy in the room throughout the day as everyone connected with each other and themselves on a deeper level. They shared this experience together and came out of the day so much more relaxed than they were at the start of the day. It was great to be able to collaborate with and support local businesses too. I can't wait to do the next one now!"

**Future retreats will be released on [www.chatterchallenge.com](http://www.chatterchallenge.com) (in the SHOP section) so if you would like to be informed of them in the future, please sign up to emails.**



## **The Chatter Challenge**



***The Chatter Challenge is a UK-wide open water winter swim/dip challenge which values and holds community at the core whilst giving out free kit and supporting the RNLI and Sea Shepherd UK.***

# NORTH SHIELDS FISH QUAY

*The latest developments and local news for North Shields and surrounding areas*



## *Will the refurbishment of the Tynemouth Open Air Pool finally be approved?*

In January 2013 the proposed plans were first submitted to the council, 10 years later and we will be getting an answer finally! It looks like the Council will be considering the proposal at an upcoming planning committee meeting early June. If you would like to support the application there is still time (deadline 2nd June) and you can do this through the Planning Portal, [link here](#).

For those of you who are not familiar, at the Southern end of Tynemouth Longsands beach lies the decaying remains of a once very popular outdoor pool, a concrete, rectangular, salt water tidal pool, built in the 1920s. The pool fell into disrepair, and in the mid 90s the Local Authority demolished the ancillary buildings and bulldozed the rubble into the pool, at a cost of £200,000, before filling with concrete and imported boulders to form an artificial 'rock pool'. The anticipated marine life they introduced never flourished and the pool remains an eyesore to this day.

The plan is to turn it into an all year round heated pool that is open to the public. This is a massive task and the Friends of Tynemouth Outdoor Pool Charity has a lot of money to raise to cover the project, head over to their [website](#) or [facebook page](#) for more information on how to help and about their overall plans.



## *Sun is out and so is the outdoor seating! Woohoo!*

Summer is coming and the Fish Quay is beginning to open up it's outdoor seating summer vibes. Dodgin's Yard leads the way and opens up the Yard Terrace which will be open from 10am - 9pm, you will be able to enjoy food and drinks whilst overlooking the amazing River Tyne.

TapHouse, Porky's, Seaview, Salty Sea Dog will surely follow suit and start to put their outdoor seating on the streets too.

Anyone fancy fish & chips and a cold beverage in the sun?

# BUSINESS OF THE MONTH



*piercings & jewellery curation*



*lip blush*



*nanoblading*

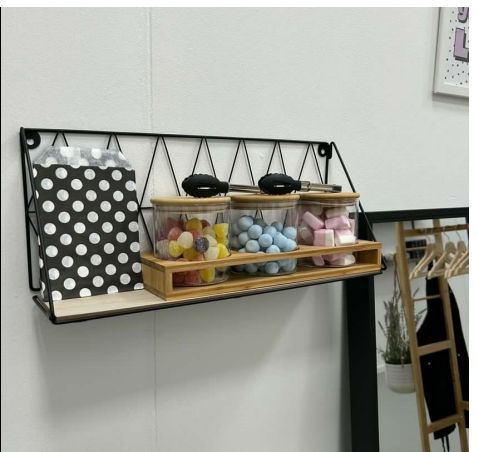
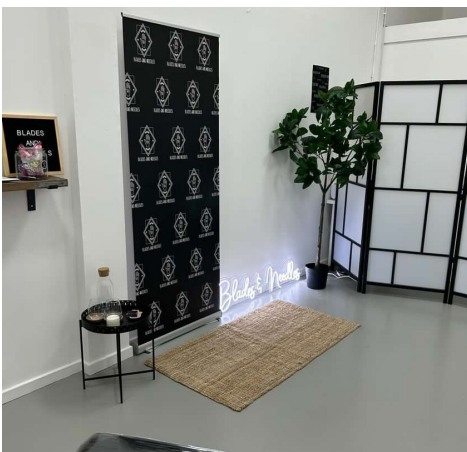
***May's business of the month is Blades and Needles! This female owned business does piercings & jewellery curation, tiny tats, semi-permanent makeup and is a body piercing educator. She is crushing it!***

"Hi I'm Amy! I'm the sole owner of Blades and Needles. Blades and Needles is primarily a body piercing business specialising in fine jewellery, but I am also trained in offering a number of different cosmetic tattoos and have also been teaching that for the past 12 months.

May has been a super exciting month for my business, I've recently relocated and opened my own studio in Benton, Newcastle after working in Cullercoats for the past 4 years (I also do a regular pop up clinic at skinandsoulmedical on Sea Road in Sunderland). I've also recently completed the writing of my own complete Body Piercing course which I've developed over the past 4 years which is ready to roll out nationwide to anyone looking to get started in the industry. I'm also happy to announce that permanent fine line tattoos, or 'tiny tats' as I like to market them, are also available to book now! So it's been a hectic but really exciting month for the business!

In my spare time (if I ever have any!) I like to take daily sea dips, travel with my fiancé and drink endless amounts of coffee walking along the beach"

If you would like to book an appointment or see more of her amazing work, check out Blades and Needles on Facebook or Instagram - [@bladesandneedles](https://www.instagram.com/bladesandneedles)



# QUIT SMOKING? WELL DONE! NOW LET'S GET YOUR TEETH BACK TO FULL HEALTH!

Quitting smoking can be a difficult and long process but it is important for your health and can also make a big difference to you financially. If you have been a regular smoker for a long period of time then your teeth and gums may need some restorative work to get them back to full health.

Smoking can lead to a lot of health problems, for your oral health, the main concerns are oral cancer and gum disease. Attending regular hygiene or dental appointments allows us to assess you for these and put together a treatment plan if necessary.

Gum disease is a very common issue for smokers as the cigarette smoke irritates the gums and also affects the blood vessels in your mouth which fights off infection. It also causes dry mouth which is when you do not produce enough saliva in your mouth to stop bacteria forming, this is a common cause for periodontal disease.

Once you have quit smoking we can put a treatment plan in place to get your oral health back on track and your smile bright again. First of all, our team will give you a full health check, including an x-ray to check for any signs of infection in the roots of your teeth. If there are signs, we will carry out a root canal treatment to flush out all the bad bacteria. If we don't do this treatment, your teeth will become weak and may fall out!

If you are all clear of infection, we will work on restoring your gums and teeth with non-invasive treatment. This will be where our wonderful hygiene team come in, they will provide a full deep clean, scale & polish, removing all the plaque from your teeth. One appointment will make a big difference but we recommend coming in every 3 or 6 months to keep on top of it. Our team will also provide you with an at home treatment plan so that you can maintain your teeth and gums at home.

## Stained teeth as a result of smoking?

Smoking can cause dark yellow or even brown staining on your teeth, even light smokers will see a noticeable difference in the colour of their teeth. You may try to use teeth whitening toothpaste but unfortunately they are no good, you can find out more about this in our other blog article. Come and book a free consultation with one of our dentists and we can go through treatment options to get your

teeth white again.

## Professional Teeth Whitening

We can give you a professional medical grade teeth whitening kit to use at home. We will create whitening trays to fit your teeth and show you how to carry out the treatment at home. The whitening should be done for one hour every day until your desired shade has been achieved. If you join one of our monthly dental plans, we give you this kit completely FREE! For more information about our dental plans, visit our website here.

## Dental Veneers

Veneers are an option for people who have heavily stained teeth or possibly other long lasting damage as a result of smoking. Veneers are a moulded tooth made from porcelain or composite which is bonded to your tooth, your original teeth do need to be filed down so that the new veneer can be fitted, this sounds painful but you don't feel a thing! We also focus on very minimal intervention, we want to keep as much of your original tooth as possible. Your veneers will be made in our very own in house lab, our technicians will come down to your appointment and completely design your veneers with you, right down to the shade and grooves. This will make them look as natural as possible (or as Hollywood white as you would like).

**We won't go on about how bad smoking is for your health, we are all aware! When you do quit smoking and want to get smiling again then just call our practice and book a FREE consultation with one of our dentists!**

