

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



HEALTHY GUMS HEALTHY BODY HEALTHY LIFE

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DID YOU KNOW GUM DISEASE IS LINKED TO OTHER CONDITIONS?

It's no secret that gum disease can lead to serious health problems. In fact, studies have shown that it has been linked to several major diseases, including heart disease, stroke, and diabetes. That's why it's so important to take care of your gums and get regular checkups with your dentist.

The four conditions that have undergone thorough research are: Diabetes, Pregnancy, Cardiovascular disease and Dementia. In looking after your overall health, it is worth considering the effect of gum disease on these conditions if you have them.

Not only can treatment of gum disease improve your overall health, but looking after your gums by stopping smoking, eating a healthy diet and exercising regularly will also benefit the rest of your body.

So don't neglect your oral health – it's an important part of your overall wellbeing!

HEALTHY GUMS, HEALTHY BODY, HEALTHY LIFE

Diabetes

Type II diabetes is a health condition that affects the body's ability to produce or respond to insulin, leading to higher levels of glucose in the bloodstream.

Interestingly, there is a strong correlation between gum disease and this type of diabetes. For example, we know that:

- Patients with gum disease but without diabetes are more likely to develop diabetes than those with healthy gums.
- Patients with diabetes and gum disease can find it difficult to control their blood sugar and are more likely to suffer diabetes complications.
- Treatment of gum disease can improve the control of blood sugar in people with diabetes.

Pregnancy

- Red, swollen, bleeding gums are common in pregnancy and can be easily and safely treated during pregnancy.
- If you know you are pregnant and have an upcoming appointment, let your dentist know, and they can advise you to keep on top of your oral health.
- Gum disease may be a risk factor for women with a high risk of pregnancy complications.

Dementia

Dementia is an umbrella term used to describe neurological disorders, a common example being Alzheimer's disease (AD). Studies have shown that there is a strong link between gum disease and an elevated risk of developing AD. The bacteria that exist at the gum line can potentially travel to the brain and harm nerve cells.:

- Go for regular check-ups with your dentist.
- Clean teeth thoroughly twice a day to reduce the amount of bacteria in the mouth, this may help prevent further neuronal degeneration.

Cardiovascular Disease (CVD)

CVD is an umbrella term covering a range of heart and blood vessel disorders. Common examples include heart attacks, angina and stroke. CVD and gum disease share the same risk factors.

If you have CVD, here are some recommendations:

- Take measures to reduce the risk of CVD and gum disease: if you smoke then try to stop smoking, eat a healthy balanced diet, exercise regularly and maintain a healthy weight.
- Go for regular check-ups with your dentist and clean your teeth thoroughly twice a day since gum disease may increase risk of the development of CVD.

Keep on top of your oral health by joining one of our monthly dental plans, they start from only £10.99 per month!

Our monthly plans provide you guaranteed access to our talented dentists and hygienists who will help and advise you on ways to keep your smile the best it can be. Plus, all our monthly dental plans come with a FREE tooth whitening kit worth £250!

BUSINESS OF THE MONTH

Safeshield Door Systems was established in 2017 by owner and founder Kevin Robson. Kevin founded the company after working in the Industrial door industry since leaving school in 1989; that's over 30 years of experience in the industry.

"I started the company on a part-time basis until March 2020, when I was unfortunately furloughed from my full-time job, so I decided to quit and fully concentrate on growing my own business! Since then, my company has expanded. I now carry out subcontract work to previous employers and offer a 24-hour call-out service. My services include installing, repairing and servicing front door to industrial-sized roller shutters."

You can contact Kevin through social media 'safeshield.doors' or via free phone at 0800 689 0431.



DON'T JUST HEAR IT FROM US!

Some of our lovely reviews left by patients in July.

Treatment was first class

"Requested urgent appointment on Saturday.

Was provided with an early appointment with George.

The treatment was very professional, friendly and informative.

As always treatment was first-class."

- Alan H

Friendly, reassuring

"I seen the hygienist Pippa today and was made to feel at ease, she was friendly, reassuring and very professional."

- Barry H

Always brilliant

"My appointment with Harriet was as always brilliant, she never disappoints, I wouldn't use anyone else for my facial treatment."

- Doris T

Continuously of the highest standard

"My appointment was with Beth who is always the consummate professional. She has extremely good personable skills and is always ready to engage in conversation and make you feel comfortable and relaxed.

Her treatment is continuously of the highest standard and she fulfils her role with a smile on her face and is very attentive and in control throughout."

- Martin W

High standard

"The care and service are of a high standard and have continued to be so over the number of years I have attended.

Long may it continue!"

- Jerry O



Say hello to our new Dentist, Katie, who will be joining us very soon!

Katie is our newest dentist joining us in August, we are very much looking forward to her starting and for you to meet her.

Originally from the West Midlands, Katie moved to Newcastle 7 years ago to study Dentistry at Newcastle University. She completed her foundation training in Gosforth in 2021 and has since been working in and around Newcastle before joining Ewan Bramley Dental Practice.

Katie enjoys all aspects of dentistry and is particularly interested in restorative dentistry. Alongside dental treatments, Katie has also completed facial aesthetics training and provides anti-wrinkle injections and FDA Approved dermal filler treatments.

Outside of work, Katie spends her time socialising with friends and family, wild swimming and spending time on the beach.

NORTH SHIELDS FISH QUAY

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



Provisional support has been given, we are one step closer!

As you may remember from a previous newsletter, Friends of Tynemouth Outdoor Pool wants to create a 25m heated pool with changing rooms, refreshments and toilets in temporary shipping container kiosks bringing new life to the disused 1920's pool.

However it has been a struggle going on many years, but eventually North Tyneside Council said it was "minded" to grant permission for work on the long-vacant Tynemouth pool but only subject to a number of conditions.

The project has received an outpouring of public support with over 1,900 positive comments on the council website. We have everything crossed and give all our support to this project.



The Beach House is open after a rebrand and expansion!

Foodie favourite, Café 19 on East Parade in Whitley Bay is rebranding as 'The Beach House' and will offer an enhanced menu and newly refurbished second floor for dining with breathtaking sea views. The second floor of the building has been extensively refurbished, adding seating for an extra 30 diners and creating a relaxing laid-back interior with soft beach colours and an abundance of wicker, wooden tables, and plants to bring the outdoors in.

New chef, David Blaney formerly from Hugo's restaurant in Newcastle, is joining the team and has devised an exciting new seasonal menu, featuring all the old favourites such as 'Full English', with lots of tasty additions including generous sharing platters and smaller grazing plates, all using locally-sourced ingredients.

WHAT'S GOING ON?

If you don't have any plans for next month, here are some events going on.

Struggling for things to do with the kids?

Startastic has you covered! The childrens entertainment and events specialist has a massive timetable of activities for the kids over the next month, anything from YouTube video making to musical themed workshops. Something for everyone.

We have listed just a few of their events below but make sure to check out their Facebook page or website for more information:

- 2nd Aug - Make a YouTube Video
- 4th Aug - Ultimate Nerf Battle
- 8th Aug - Marry Poppins Themed Musical Theatre Workshop
- 10th Aug - Mario Madness
- 14th Aug - Wicked Themed Musical Theatre Workshop
- 22nd Aug - TikTok Dance Workshop
- 25th Aug - Future Inventors Science Workshop

There is much much more going on in their North Shields and Whitley Bay space so please head over to their facebook or website for more information.

Website - www.startastic.co.uk

Facebook - [Startastic Ltd](#)



Surf & Yoga with Longsands Surf School & Shanti Bee, a perfect mix on the beach!

There will be 3 Full evening Moon sessions and 14 weekend daytime sessions on either Saturdays or Sundays. All sessions will incorporate a dynamic and fun flowing form of yoga. Yoga mats, Surf Board and Wetsuit with booties will all be provided for you.

After intros we practice some grounding techniques, one hour moving on the mats, some partner yoga to keep the energy high. After a quick change we dive into the sea and, or for the Full Moon sessions if we get lucky we paddle out to look at the Full Moon which can be spotted just south of the rocks (sometimes!).

Dates run through August, [go online to book your space!](#)

LOOKING AFTER YOUR BABY'S TEETH



As a parent, you want the best for your child, and that includes their dental health. Baby teeth are just as crucial as permanent teeth, and it's essential to take care of them properly. In this article, we'll discuss everything you need to know about baby teeth and how to care for them.

Why are baby teeth important?

Baby teeth, also known as primary teeth, serve several essential functions. They help children chew food and speak properly. They also hold space in the jaw for permanent teeth to come in and develop correctly. Neglecting baby teeth can lead to dental problems, such as cavities, gum disease, and even speech issues.

When do baby teeth come in?

The first baby tooth usually appears around six months of age, but it can vary from child to child. By age three, most children have a full set of 20 primary teeth.

How to care for baby teeth?

1. Start early: Good dental habits should begin even before the first tooth appears. Wipe your baby's gums with a clean, damp cloth after feeding to remove bacteria.

2. Brush twice a day: Once the first tooth appears, start brushing it twice a day with a soft-bristled brush and fluoride toothpaste.

3. Floss daily: As soon as your child has two teeth that touch, start flossing between them daily.

4. Limit sugary drinks and snacks: Sugary drinks and snacks can lead to tooth decay in children. Encourage your child to drink water and choose healthy snacks like fruits and vegetables.

5. Visit the dentist regularly: You can bring them with you to your own appointment and the dentist can check for any dental issues and give you advice on how to care for your child's teeth properly.

Many parents have concerns about their child's dental health, especially when it comes to teething and thumb-sucking. It can be helpful to include a section in articles on baby teeth care that addresses these common concerns and provides answers to frequently asked questions. This can help parents feel more confident in caring for their child's teeth and ensure that they are taking the necessary steps to maintain good oral health.

In conclusion, baby teeth play an essential role in your child's dental health, and it's crucial to take care of them properly. By starting good dental habits early, you can help your child develop healthy teeth that will last a lifetime. If you have any questions or concerns about your child's dental health, don't hesitate to contact us!

