

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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IMPORTANT INFORMATION REGARDING YOUR DENTAL CARE AND TREATMENT AT OUR PRACTICE

It is with a heavy heart that we inform you that Ewan is currently facing a period of stress and will need to take some time off from work. While we deeply regret any inconvenience this may cause you, please know that Ewan's well-being is our top priority, and we are committed to ensuring he receives the support he needs during this time.

We do not have a specific timeframe for Ewan's return to the practice at the moment. However, please rest assured that we are actively working to address this situation and to make arrangements for the continuation of your treatment.

We will be reaching out to you individually to discuss the completion of your treatment plan. We kindly request that you refrain from calling our reception to inquire about appointments or rescheduling. Our team will be in touch as soon as possible to provide you with further information and to coordinate your upcoming visits.

Thank you for your understanding, patience, and continued trust in our practice. We look forward to serving you and ensuring your dental needs are met to the highest standard.

DENTAL CROWNS VS. VENEERS: EVERYTHING YOU NEED TO KNOW

When it comes to restoring the appearance and function of your teeth, both dental crowns and veneers are popular options. Many people often ask: Is it better to get crowns or veneers? Which is more expensive? What are the differences, and are there any disadvantages to crowns?

Is it Better to Get Crowns or Veneers?

The choice between dental crowns and veneers depends on the individual's unique dental needs and preferences. Here's a breakdown:

Dental Crowns: Crowns are used to cover the entire tooth, providing strength and protection, especially if the tooth is decayed or damaged.

Veneers: Veneers are thin shells that only cover the front surface of the teeth, making them ideal for cosmetic improvements.

If structural integrity is the concern, crowns may be preferable. For purely aesthetic enhancements, veneers might be the better choice.

Which is More Expensive: Veneers or Crowns?

Generally, the cost of veneers and crowns can vary based on several factors, including the materials used and the complexity of the procedure.

Veneers: Often, veneers can be more expensive as they usually require high-quality materials and precise customization.

Crowns: Crowns might be less costly in some cases, but the price can also rise depending on the material, like porcelain or gold.

It's essential to consult with a dental professional to get an accurate cost estimate based on your specific situation.

Can You Tell the Difference Between Crowns and Veneers?

Visually, it can be challenging for an untrained eye to differentiate between crowns and veneers. However, they serve different purposes:

Crowns: They encapsulate the entire tooth, restoring its shape and size.

Veneers: They focus only on the visible part of the tooth, enhancing its appearance.

A skilled dentist can create both crowns and veneers that seamlessly blend with natural teeth, making it nearly impossible for others to tell the difference.

What are the Disadvantages of Crowns?

While crowns are highly effective for restoration, there are some disadvantages:

Potential Damage to Tooth Structure: Preparing a tooth for a crown can require removing more tooth structure than veneers.

Potential Sensitivity: Some patients may experience sensitivity or discomfort initially.

Longevity: Though durable, crowns may need to be replaced after a certain number of years.

Conclusion

Whether you opt for dental crowns or veneers, both options have unique benefits and potential drawbacks. The choice should be guided by your specific needs, preferences, and consultation with a dental professional.

Dental Veneers



Dental Crown

Are you considering crowns or veneers and need expert guidance? Contact our dental clinic today to schedule an appointment and find the best solution for your smile!

BUSINESS OF THE MONTH

The Chatter Challenge is a UK-wide open-water winter swim challenge which encompasses friendship, fun and community whilst setting personal goals and raising money for charity.

From the subscriptions, money will be donated to the RNLI and each person is encouraged to raise money for their own causes. Each member of the Chatter Tribe is treated to a bagful of useful goodies including a fantastic quality, wool and recycled plastic bobble hat, uniquely designed for each year. Chatterers are easily identified by their bobbles and you will see plenty around North and South Tyneside!

The Challenge started in 2020 and is now coming into its fourth year with participants from all over the UK taking part and was the brain-child of Jacqui Croskery, who started swimming at King Eddie's during lockdown 2020. Jacqui wanted a reason to keep going daily through the winter and it seemed that she wasn't alone thus the Chatter Challenge came along. Daily motivation is provided throughout via the Facebook page.

It starts on 1st November and ends on 31st March each year and participants not only have to navigate the cold water during that time but there are fun mini-challenges on the way. These vary from 'Cake Sunday' to 'Dip with your Dog' to 'Sea Gods and Mermaids'. There have always been 20 mini-challenges during the Challenge but at the request of the Tribe, Jacqui will be doing 30 this winter season, as they keep everyone engaged. You can dip, swim, body board, take cold showers or dunk in your ice bath. There are plenty of options!

Jacqui is expanding into Chatter Wellness days where participants are immersed in various relaxing and healing practices; from breathwork and yoga, sauna to meditation and sound bath. She is looking to start these more regularly in the coming months.



More details can be found on www.chatterchallenge.com and places are now open for this year's challenge.



DON'T JUST HEAR IT FROM US!

Some of our lovely reviews left by patients in August.

So happy with treatment

"Massive thank you to Jamie who was my dentist at Ewan Bramley!
Always talked through everything thoroughly and made me feel comfortable.

So happy with the outcome of my treatment."

- ***Tayla W***

Ewan Bramley Dental Care

"Seen quickly but at a time convenient for me. Ewan was unavailable but I was seen by another dentist who explained all my options and gave me long term plans, giving potential costs and risks.

All in all a visit which not only fixed the immediate problem but gave ideas for the future. Thanks."

- ***Therese H***

Exceptional Service

"Exceptional service.

Greeted in a timely manner by reception and a swift appointment from Ewan."

- ***Graham W***

Hygiene Appointment

"Another successful appointment with Beth. She is so lovely and explains everything she is going to do and how. For a nervous patient she is the best!"

- ***Teresa F***

First Class Dental Care

"Routine hygiene check with Elaine, professional and very informative care and advice throughout the consultation. First class dental care..... as always!!!"

- ***Paul O***

Excellent Service

"The hygienist Elaine was fantastic, making me feel at ease straight away and used brilliant techniques for sensitive teeth."

- ***Ashleigh***

Stress free annual check up

"Thanks to George and Dental nurse for a stress free annual check up. I had a thorough examination and now have an appointment for further treatment."

- ***Kathlyn W***

Lovely and friendly manner

"Been to see the hygienist today, Rachael was very professional and had a lovely and friendly manner, thanks for a great service."

- ***Jacqui B***

We love hearing from our patients and appreciated any feedback you have, if you would like to leave us a review you can on [Working Feedback](#).

NORTH SHIELDS FISH QUAY

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



Photos from Facebook - Ernest Storey



The new North Shields Transport Hub is taking shape, opening soon!

The huge hub is designed to bring all bus services in the town together in one location and closer to Metro, taxis and cycling infrastructure, as well as improving links between the town centre and the Fish Quay.

The site will feature a new open town square (above) for events and leisure activities, with the enhanced public realm creating a green space that increases biodiversity. The square will link the town centre to the vibrant Fish Quay using a series of walkways, providing much-improved accessibility with step-free routes and steps with handrails, coupled with the opportunity for further green space.

It is also hoped that the building will be the first net zero carbon building in the North East.

Info taken from ChronicleLive & Willmott Dixon

139 Years Ago on August 21st, the Albert Edward Dock officially opened.

In 1884 the Albert Edward Dock on the River Tyne was officially opened by the Prince of Wales, the future Edward VII.

Boatfolk on the Royal Quay Marina hosted a special remembrance event where they recreated the speeches by the Prince of Wales and Mr J C Stevenson MP. This was then followed by a toast to 'The Tyne' proposed by Marina Manager Matthew Simms.

Photos from Royal Quay Marine/Helen Cowan.



WHAT'S GOING ON?

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



Have a little dance with the family on Cullercoats Beach!

The Silent Disco on Cullercoats Beach is an infamous event for the Coastal area. If you didn't manage to get tickets for the Adult's disco well don't worry, North Sea Weekender has you covered.

They are hosting two sessions on 23rd September designed for you and the kids. The early afternoon session is aimed at younger tots and the evening session for older kids, there is no age restriction so feel free to go at any time. They will have a DJ, games and a bar serving soft drinks and alcoholic drinks as well.

[You can buy tickets from their website here.](#)



Proud of your gorgeous pooch? Enter the Annual Dog Oscars at Northumberland Park!

A day of dogs packed full with the dog show, an agility course, an abundance of market vendors and tasty treats at the Glasshouse Tea Room to keep the humans happy.

There are nine award categories taking place throughout the day, with space for 25 dogs in each category. The categories are rescue round-up, waggiest tail, doppelgänger dog, venerable veteran, new pup in the park, prettiest pooch and most handsome hound.

FREE for spectators. £1.50 (plus booking fee) per dog per category in advance or £2.50 on the day from 11:00-11:45am (on the day tickets are dependent on available slots per category, availability is not guaranteed).

[Register your perfect pup on their website here.](#)

AGEING GRACEFULLY WITH DENTAL CARE: ORAL HEALTH CONCERNS FOR THE ELDERLY



As we journey through life, our bodies undergo changes that require special attention and care. This truth holds for every aspect of our health, including our oral well-being. The golden years are a time to enjoy the fruits of a life well-lived, and maintaining good oral health is a key component of aging gracefully. In this article, we'll explore some of the oral health concerns that the elderly may face and offer insights into how to address them effectively.

1. Tooth Decay and Cavities

Even though aging teeth are less prone to cavities, they're not immune to tooth decay. Dry mouth, a common side effect of many medications seniors take, can accelerate tooth decay. Regular dental check-ups, proper oral hygiene practices, and fluoride treatments can help prevent cavities from taking hold.

2. Gum Disease (Periodontal Disease)

Gum disease becomes a more significant concern as we age. It can lead to tooth loss and even impact overall health by contributing to conditions like diabetes and heart disease. Regular brushing, flossing, and professional cleanings are crucial to maintaining healthy gums. For seniors with dexterity challenges, using adapted oral hygiene tools can be beneficial.

3. Dry Mouth (Xerostomia)

Dry mouth is a common issue among the elderly, often caused by medications or certain medical conditions. Saliva plays a vital role in protecting teeth and gums, so its reduction can lead to an increased risk of cavities and gum disease. Staying hydrated, using sugar-free gum or lozenges, and discussing potential medication adjustments with healthcare providers can help manage dry mouth.

4. Tooth Sensitivity

Age-related enamel wear can lead to increased tooth sensitivity. Seniors might experience discomfort when consuming hot, cold, sweet, or acidic foods and beverages. Using desensitising toothpaste and avoiding overly abrasive oral care products can provide relief.

5. Tooth Loss

Tooth loss can impact oral function, appearance, and self-confidence. Seniors should explore options such as dental implants, bridges, or dentures to restore their smile and maintain the ability to chew comfortably.

6. Oral Cancer

The risk of oral cancer increases with age. Regular dental check-ups include screenings for oral cancer, allowing for early detection and treatment if necessary.

7. Cognitive and Physical Challenges

Seniors with cognitive or physical impairments might find it challenging to maintain proper oral hygiene. Caregivers should assist with brushing and flossing as needed and ensure dental visits remain a priority.

8. Nutrition and Diet

As we age, dietary changes can impact oral health. A balanced diet rich in vitamins and minerals supports gum health and prevents nutritional deficiencies that can weaken teeth and gums.

9. Maintaining Dentures

For those with dentures, proper maintenance is vital. Dentures should be cleaned daily, and regular check-ups with a dentist ensure they fit well and don't cause discomfort.

10. Regular Dental Check-ups

Continuing to visit the dentist regularly is critical for seniors. These visits allow dentists to monitor oral health, identify issues early, and recommend appropriate treatments.

In conclusion, aging gracefully includes taking care of your oral health. With proper attention and care, seniors can enjoy their golden years with a healthy and radiant smile. Regular dental visits, a commitment to oral hygiene, and addressing concerns promptly contribute to maintaining a strong and vibrant oral health regimen as we age. Remember, a healthy smile is a beautiful and enduring asset at any stage of life.