

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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## INTRODUCING OUR NEW EAR CARE CLINIC SERVICE WITH HARRIET

We are excited to announce the launch of our new Ear Care Clinic at our practice. Recognising the growing need for specialised ear care, especially since the NHS has ceased to provide this particular service, Harriet has taken the initiative to enhance our offerings to better serve you.

Through her many years of experience as a Nurse Practitioner, Harriet is trained in assessing various ear problems, and managing wax removal using either and irrigation technique or a lift out using the appropriate equipment.

This is particularly suitable for patients who wear hearing aids as they often face challenges as their ears do not self-clean due to the auditory canal being blocked by the device.

Harriet can also diagnose external ear infections and liaise with GP practises if she was to prescribe / remove wax to ensure their medical records were updated.

With all the necessary equipment already purchased, Harriet is ready to start this service.

If you have any issues with your ears, please do not hesitate to get in touch with our reception team and book an appointment!

# THE POWERFUL LINK BETWEEN FACIAL AESTHETICS & DENTAL HEALTH

*When we think about health and beauty, we often consider them as separate aspects of our well-being. Dental health and facial aesthetics, however, are intricately connected. A beautiful smile enhances your facial aesthetics and reflects good dental health.*

A smile is one of the most powerful expressions of human emotion. It can convey happiness, confidence, and warmth. But beyond its emotional impact, a beautiful smile has several other benefits:

1. **Boosted Self-Confidence:** A bright, well-aligned smile can significantly boost self-esteem and confidence.
2. **Enhanced Facial Aesthetics:** Your smile is a central feature of your face. A healthy, attractive smile can enhance your overall facial aesthetics.
3. **Perceived Youthfulness:** A youthful smile with healthy teeth can make you appear younger.

## Dental Health and Facial Aesthetics: The Connection

Now, let's delve into how dental health and facial aesthetics intersect:

1. **Teeth Alignment and Facial Symmetry:** Properly aligned teeth contribute to facial symmetry. Orthodontic treatments like braces or clear aligners not only improve dental health but can also enhance the overall balance and aesthetics of your face.
2. **Tooth Colour and Facial Radiance:** Teeth whitening treatments can make your smile shine. Whiter teeth can brighten your face and make you look more vibrant and youthful.
3. **Lip and Cheek Support:** Your teeth provide structural support to your lips and cheeks. Tooth loss can lead to sagging facial features, and dental implants can help restore this support.
4. **Gum Health and Smile Line:** Healthy gums are essential for an attractive smile. Gum disease can lead to gum recession, affecting your smile line and overall aesthetics. Periodontal treatments are critical in maintaining a beautiful smile.
5. **Facial Expressions and Dental Health:** Dental issues, like missing teeth or misaligned bites, can impact how you express emotions. Proper dental care ensures you can smile, laugh, and convey emotions naturally.

## Achieving the Balance Between the Two

Now that we understand the connection let's explore some dental treatments that can significantly impact your facial aesthetics:

1. **Cosmetic Dentistry:** Treatments like veneers, dental bonding, and teeth whitening can transform your smile and enhance facial aesthetics.
2. **Orthodontics:** Braces or clear aligners can correct misaligned teeth, improving both dental health and facial balance.
3. **Dental Implants:** If you've lost teeth, dental implants can replace them, restoring facial support and aesthetics.
4. **Gum Contouring:** This procedure can reshape the gum line, creating a more balanced and attractive smile.
5. **Facial Aesthetics Procedures:** Botox and dermal fillers to enhance facial aesthetics in conjunction with dental treatments.

## The Role of Proper Oral Care

Maintaining the intersection of dental health and facial aesthetics starts with good oral care:

1. **Brush and Floss:** Regular brushing and flossing are the foundations of oral health and a beautiful smile.
2. **Regular Dental Check-ups:** Routine dental visits allow early detection and prevention of issues that can affect your smile and facial aesthetics.
3. **Balanced Diet:** A diet rich in vitamins and minerals supports strong teeth and gums.
4. **Lifestyle Choices:** Avoid smoking and limit alcohol consumption to protect your oral health.

A healthy smile not only reflects good dental care but also enhances your overall facial aesthetics. By prioritising dental health and exploring the various treatments available, you can achieve a beautiful, confident smile that radiates both health and beauty.



# BUSINESS OF THE MONTH

*Lackenby & Charlton Painters & Decorators began in 2019 and since then grown into a team of experts who can transform your home or office. One of the Founders, Cole, so happens to be the brother of our lovely hygienist Beth.*

"At Lackenby & Charlton, we offer a wide range of services catering to both commercial and domestic clients across the whole of the UK.

Whether you want to freshen up your home, rebrand a bustling office building, or in the middle of a large construction project, we have the expertise to meet your needs. No job is too big or too small for us; our highly qualified team have over 100 years of experience between us, so we can do any job with exceptional quality. We are also Construction Line approved, ensuring that all our work meets the highest industry standards.

The Services we offer

- Wallpapering
- Mural hanging
- All Exterior decoration
- All Interior decoration
- UPVC Spraying
- Furniture upcycling/ renovation/ spraying

***Any enquiries simply message, call Cole on 07712420450 or email at [cole@lackenbyandcharlton.co.uk](mailto:cole@lackenbyandcharlton.co.uk).***



*If you run your own business and would like to be featured in next months newsletter, please email [jenny@ewanbramley.com](mailto:jenny@ewanbramley.com) with details about your business.*



# AMAZING TRANSFORMATIONS

Some of our favourite before and after photos from last month.



*Clear Aligners*



*Orthodontics, Whitening, Bonding*



*Orthodontics and Bonding*



*If you have before and after photos of your smile transformation and what to show them off in next month's newsletter, email them to [jenny@ewanbramley.com](mailto:jenny@ewanbramley.com)*

# NORTH SHIELDS FISH QUAY

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



*And she's here! The Herring Girl Statue takes pride and place on the North Shields Fish Quay.*

It was a massive turn out for the unveiling of the Herring Girl Statue on Friday 22nd September.

The parade had hundreds of children from the North Shields area singing songs of the Tyne, there was a special guest appearance by Brenda Blethyn who plays TV's Vera and Ray Laidlaw and Billy Mitchell from Lindisfarne.

Sculptor Ray Lonsdale has done incredible work with the statue now sitting proud on Western Quay for all to see.

Arranged by North Shields Fisherman's Heritage Project with support from North Tyneside Council, as part of the Ambition for North Shields and the Fish Quay.

## *Sushi Yammi opens it's doors on the Fish Quay, taking over Saltwater Tavern.*

Sushi Yammi opens doors to all visitors next month (October). They will be located in the old location of The Staith House or currently The Saltwater Tavern. At the heart of the North Shields Fish Quay!

They look to get the pub/restaurant going again as a family - friendly public house, with Yammi sushi & amazing cocktails & shisha lounge & live sport and most important great atmosphere!

Follow them on instagram Sushi Yammi @sushiyammi\_fishquay so as not to miss all the information about the opening day!

Opening hours:

Sunday to Thursday: 12pm - 10pm

Friday & Saturday: 12pm till late





# WHAT'S GOING ON?

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



## *Join us if you dare for this years Halloween maze pumpkin trail!*

They will return for four eerie days featuring special guests on their Spooktacular Pumpkin Trail, taking place from October 28th to October 31st. The cost is £12.50 per child and £2.50 per adult. Activities include:

- A Pumpkin Trail through their Spooky Maze
- A Meet & Greet with their spine-chilling special guests, complete with photo opportunities featuring skulls, vampires, spiders, bats, and ghosts
- An opportunity to pick your own pumpkin from their patch
- A trick-or-treat goodie bag filled with delicious treats
- Ice Scream served with optional vampire blood

The Halloween Pumpkin Trail will operate from Saturday, October 28th to Tuesday, October 31st, between 9:30 am and 4:30 pm, in half-hour intervals. During each 30-minute time slot, participants will enter the trail and encounter wicked guests who will guide them to the pumpkin patch, where they can pick a pumpkin and receive tasty treats.

[You can book tickets here.](#)

## *The Night Market UK is set to arrive in North Shields, at the incredible venue of Salt Market Social*

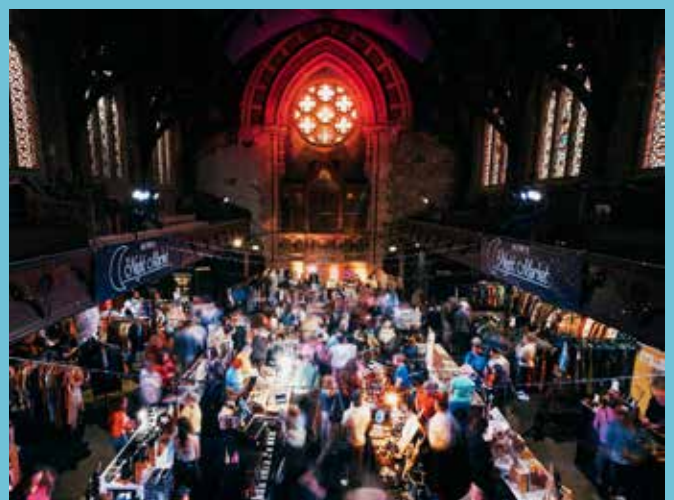
Friday, October 6th, Salt Market Social will transform into the dazzling bazaar known as The Night Market UK, offering the ultimate late-night shopping experience.

The event will feature a diverse array of vendors, including artisans, artists, designers, jewellers, bakers, and candlestick makers. With over 40 independent stalls, The Night Market aims to spotlight the best of local small business talent.

In addition to shopping, attendees can enjoy a variety of street food options and bars, as well as discover vintage treasures and groove to the beats of a live DJ.

As for ticketing details, here's how it works:

Attendees can select their preferred time of entry, with options at 6pm, 7pm, 8pm, and 9pm. General admission is priced at £3.50 plus a booking fee, while student and concession tickets are available for £3 plus a booking fee. A special online deal offers discounted tickets at £6 for two when purchased in advance. [For more information or to buy tickets, visit here.](#)



# DENTAL TOURISM VS. LOCAL CARE: PROS & CONS



*In recent years, a growing trend has emerged among UK residents seeking dental treatments abroad, commonly known as dental tourism. The allure of lower costs and the opportunity to combine dental care with a holiday can be enticing. However, it's essential for UK patients to carefully weigh the pros and cons of dental tourism against receiving care from local dental clinics. Let's take a look at the advantages and drawbacks of both options.*

## **Dental Tourism: The Pros**

**Cost Savings:** One of the primary reasons many UK patients consider dental tourism is the potential for cost savings. Dental treatments in some countries can be significantly cheaper than in the UK, making procedures like implants, veneers, and cosmetic dentistry more affordable.

**Combine Treatment with Travel:** Dental tourism offers the unique advantage of allowing patients to combine necessary dental care with a vacation. This can turn a medical necessity into an enjoyable and memorable experience.

**Access to Specialists:** Some countries are known for having renowned dental specialists who offer high-quality care. Patients may seek out these specialists for specific treatments that require expertise.

## **Dental Tourism: The Cons**

**Quality and Standards:** While there are reputable dental clinics abroad, there's also a risk of encountering facilities with lower hygiene standards and inadequate training. It can be challenging to verify the credentials and quality of care provided.

**Follow-up Care:** Dental procedures often require follow-up visits and adjustments. For patients who have received treatment abroad, arranging and managing these visits can be logistically complicated. It is common practice for dental clinics in the UK to only provide treatment if they have done the initial work. Therefore if you have an emergency, it could be challenging to be seen.

**Legal and Ethical Concerns:** Dental regulations and

practices can vary widely across countries. Patients may find themselves in unfamiliar legal and ethical situations if complications arise.

## **Local Dental Care: The Pros**

**Convenience and Accessibility:** Local dental care offers the advantage of convenience. Patients can easily schedule appointments, access follow-up care, and address any unforeseen dental emergencies.

**Familiarity with Regulations:** UK dental clinics are subject to strict regulations and standards, ensuring patients receive safe and high-quality care. This familiarity can provide peace of mind to patients. You can refer to the General Dental Council for more information.

**Established Relationship:** Developing a long-term relationship with a local dentist fosters better communication, trust, and personalised care. Dentists who know a patient's history can provide tailored treatment recommendations.

## **Local Dental Care: The Cons**

**Cost:** Dental treatments in the UK can be relatively more expensive than some dental tourism destinations. However, the perceived higher cost often comes with guaranteed quality and adherence to regulations.

**Limited Vacation Aspect:** Unlike dental tourism, local care doesn't provide the vacation experience. Patients seeking a travel opportunity alongside their treatment might find this aspect lacking.

**Wait Times:** Depending on the demand and availability, patients might encounter wait times for appointments, especially for specialised treatments.

In conclusion, the decision between dental tourism and local care is complex and depends on individual circumstances and priorities. While cost considerations can be significant, patients must also consider the potential risks and challenges of dental care abroad. Prioritising safety, quality, and long-term oral health should guide the decision-making process. It's advisable to thoroughly research and consult with your dentist before making a choice that best suits your unique needs.