

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



GET THE SMILE YOU'VE ALWAYS WANTED WITH CLEAR ALIGNERS

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UNLOCKING YOUR BEST SMILE: THE BENEFITS OF CLEAR ALIGNERS

A straight, confident smile is a desire shared by many. Fortunately, with advances in orthodontic technology, achieving that dream smile has become more accessible and convenient than ever before.

Clear aligners, a popular alternative to traditional braces, offer numerous benefits that have made them a game-changer in the world of orthodontics. Clear aligners are custom-made trays that are made of transparent plastic. They are designed to fit snugly over your teeth and gradually shift them into the correct position. Unlike metal braces, they are virtually invisible and can be removed for eating, drinking, and cleaning.

They are also very effective at correcting a wide range of dental issues, including crooked teeth, gaps, and overbites. Treatment typically takes between 6-18 months, depending on the severity of your case.

In the article on the next page, we'll explore the advantages of clear aligners and outline the treatment process steps.

UNLOCKING YOUR BEST SMILE: THE BENEFITS OF CLEAR ALIGNERS

The Benefits

Discreet Appearance:

Clear aligners are virtually invisible, making them an attractive option for those who want to straighten their teeth without the conspicuous look of traditional metal braces. This discretion allows you to go about your daily life with confidence.

Comfortable Wear:

Clear aligners are made from smooth, comfortable plastic. Unlike braces with metal wires and brackets that can cause discomfort and irritation, clear aligners are gentle on the gums and cheeks.

Removable Convenience:

Clear aligners are removable, which means you can easily take them out when eating, drinking, brushing, and flossing. This freedom ensures no dietary restrictions, and maintaining oral hygiene is a breeze.

Shorter Treatment Time:

In some cases, clear aligners can achieve results faster than traditional braces. The treatment duration varies depending on the complexity of the case, but many patients see noticeable improvements within months.

Minimal Office Visits:

Clear aligner treatment typically requires fewer in-office appointments compared to traditional braces. This is especially advantageous for individuals with busy schedules.

Predictable Outcomes:

Digital technology allows orthodontists to plan and visualize the entire treatment process in advance. This means you'll have a good idea of what your smile will look like at the end of the treatment.

Reduced Risk of Dental Issues:

Properly aligned teeth are easier to clean and maintain. Clear aligners not only improve the appearance of your smile but can also contribute to better long-term oral health.

The Treatment Process

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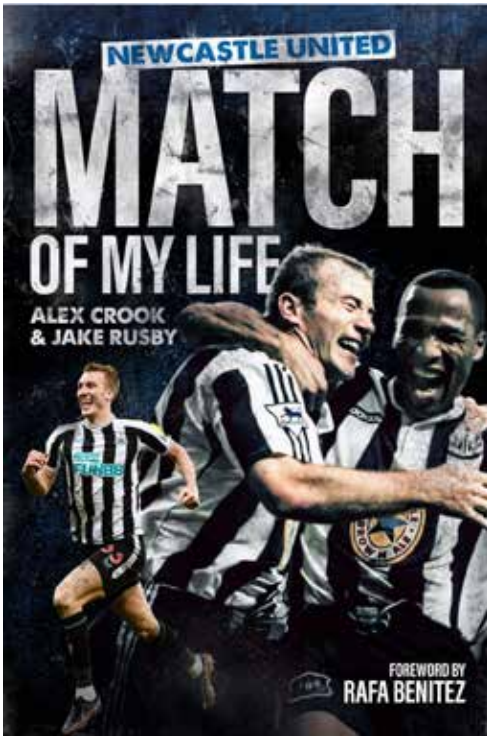
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Properly aligned teeth are easier to clean and maintain. Clear aligners not only improve the appearance of your smile but can also contribute to better long-term oral health.

Clear aligners have revolutionized orthodontic care by offering a comfortable, convenient, and discreet solution for achieving a beautiful smile. If you've been considering orthodontic treatment, clear aligners could be the key to unlocking the smile you've always wanted.

Consult with one of our dentists to explore whether clear aligners are the right choice for you and embark on your journey toward a brighter, more confident smile.

BUSINESS OF THE MONTH



Toon legends from across the decades will be sharing never-before-told stories of their beloved club as part of a new book launch. 'Newcastle United Match of My Life' has been written by one of our patients, Jake Rusby and talkSPORT journalist Alex Crook.

The book features over 20 Magpies heroes recounting their favourite games while wearing the famous black-and-white stripes. Four of its contributors will appear at The Playhouse Whitley Bay on Friday, November 24th, to discuss their time at St James' Park with ITV commentator Sam Matterface and Alex, talkSPORT's chief football correspondent.

Fans will also have the chance to quiz their heroes during a live Q&A session, buy copies of the book, and get them signed by players; Frank Clark, David Kelly, Malcom Macdonald and Lee Clark.

[Tickets for the event are selling fast and are available here](#)

'Newcastle United Match of my Life' covers some of the most memorable games in the club's history, including the 1969 Fairs Cup win, the 5-0 drubbing of Manchester United in 1996, the 3-2 Champions League win over Barcelona in 1997 and the infamous 4-4 draw with Arsenal in 2011.

Contributors to the book include record goalscorer Alan Shearer, Shay Given, Les Ferdinand, Fabricio Coloccini, Jonas Gutierrez, Rob Lee and Papiss Cisse.

For the foreword, Rafa Benitez opened up on his love for the fans and how their support encouraged him to stay, despite relegation, and his relationship with former owner Mike Ashley.

[The book is out now and can be ordered here. It's the perfect Christmas gift for any toon fan.](#)

Author Jake Rusby said: "When we started on this book, we had a long list of players we were keen to get involved, but we could never have dreamed that so many legends would say yes.

"With every player we spoke to, you could feel the love and the connection they had with the club, the city, and the fans.

"It was a truly incredible experience to speak to these players and hear so many stories from behind the scenes at St James' Park.

"This event is a perfect way to launch the book. We are so excited to have four of the club's greatest players share a stage together and answer questions from the voice of football, Sam Matterface, and from the fans themselves. It promises to be an incredible night and a must for any Toon fan."

You can keep up to date with the book and the event by searching 'NUFC Match of my Life' on Instagram, Facebook and X (formerly Twitter).

Jake Rusby, Author



AMAZING TRANSFORMATIONS

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



*Regular Hygiene Appointments
& Teeth Whitening*



*Regular Hygiene Appointments
& Teeth Whitening*



Orthodontics, Bonding and Whitening



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

CONGRATULATIONS!

A massive congratulations and well done to our newly qualified Dental Nurses; Kate, Ashleigh and Emily!

We proudly announce that three of our dental nurses, Kate, Ashleigh, and Emily, have successfully completed and passed the highly respected City & Guilds Level 3 Diploma in Dental Nursing.

The City & Guilds Level 3 Diploma in Dental Nursing is a rigorous qualification for those dedicated to a career in dental nursing. It combines theoretical knowledge with practical skills, ensuring learners are well-equipped to provide top-tier care covering a comprehensive range of topics, from dental anatomy and radiography to health and safety protocols. This course represents a significant commitment to professional development.

Kate, Ashleigh, and Emily underwent a series of assessments, including written examinations, hands-on practicals, and the creation of portfolios that demonstrate their on-the-job competencies. An integral component of their achievement was their practical experience, accomplished through countless hours spent at Ewan Bramley Dental Care, ensuring they obtained the real-world application of their knowledge.

"Completing the City & Guilds Level 3 Diploma is no small feat," says Richard Bramley, Practice Manager at Ewan Bramley Dental Care. "Kate, Ashleigh, and Emily's dedication and hard work over the past 18 months have truly paid off. Their accomplishment not only elevates the standard of care we provide but also signifies their readiness to serve our patients excellently."


Kate, Ashleigh, and Emily are now eligible to register with the UK's General Dental Council (GDC), ensuring they meet the highest standards of professionalism and care in the dental industry.

Ewan Bramley Dental Care congratulates these exceptional nurses on their outstanding achievements. We look forward to seeing the level of care and expertise they bring to the team.



WHAT'S GOING ON?

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



NTYD
NORTH TYNESIDE YOUTH DANCE

BALLET AND CONTEMPORARY CREATIVE TECHNIQUE
FOR AGES 8-18

EXCHANGE 1856 - NORTH SHIELDS
4:30-7PM

TUESDAYS: 8-11 YRS
WEDNESDAYS: 12-18 YRS

£10 PER SESSION

CONTACT: info@anthonylogiudice.com



You know someone aged 8-18 who loves to dance and would like to join dance classes?

North Tyneside Youth Dance is a new dance training program based at The Exchange which is offering young people the chance to be taught by some of the regions best dance tutors. They specialise in ballet and contemporary creative techniques, with an emphasis on quality training and creative enrichment without the pressure of examinations and competitions.

- North Shields
- 16:30-19:00
- Tuesdays: 8-11 years
- Wednesdays: 11-18yrs
- £10 for the whole session

They are limiting classes to 20 students per class, so get in touch if you would like them to keep a space aside for you!

Email: info@anthonylogiudice.com



A NIGHT CREATED BY DEFO DIFF & OUT FORA LAFF

Star of BBC show Traitors

COMEDY NIGHT

LINEUP SUBJECT TO CHANGE

Award winning

HANNAH BYCZKOWSKI

STEPHEN BAILEY
Saturday 4th November
7pm - 10:30pm

ALLYSON JUNE SMITH

PSYCHIC STU **MARTIN NEIL** **CONNOR READ**

OUT FORA LAFF **DefoDiff**

Linskill Centre
Linskill Terrace
North Shields
NE30 2AY

Looking for a good laugh?

A brand new comedy night comes to North Shields this November! From the team that bring you Psychic Stu comedy ghost hunts and Consett Comedy Festival! Tickets are selling fast!

[Buy your tickets here.](#)

PROTECTING YOUR TEETH FROM SWEETS: A HALLOWEEN GUIDE



Halloween means costumes, haunted houses, and, of course, a ton of sweets. While stuffing your face with chocolate and sweets is part of the Halloween tradition, it's essential to consider the impact of these treats on your oral health. In this guide, we'll explore practical tips to enjoy Halloween sweets without compromising the health and beauty of your smile.

The Sugar Effect

Sugar is a common ingredient in sweets, chocolates, and other popular treats during Halloween. When sugar interacts with the bacteria in your mouth, it produces acid that can erode tooth enamel, leading to cavities and tooth decay. The more often your teeth are exposed to sugar, the higher the risk of dental issues.

Tips for Protecting Your Teeth

- Set Boundaries
 - Limit Consumption: Allow yourself and your children to enjoy sweets in moderation. Set a specific amount to consume to avoid overindulgence.
 - Eating Times: Consume sweets during meals when saliva production is high, helping to neutralise and rinse away the acids produced by sugars.
- Choose Wisely
 - Avoid Sticky Sweets: Sweets that stick to your teeth, like jellies and taffies, can increase the risk of tooth decay. Opt for chocolates or other treats that dissolve quickly.
 - Consider Alternatives: Explore sugar-free sweets or non-edible treats like stickers, toys, or crafts.
- Oral Hygiene
 - Brush and Floss: Ensure you and your children brush

and floss your teeth thoroughly after consuming sweets to remove sugar and acid.

- Rinse: Use a fluoride mouthwash to rinse away the remaining particles and strengthen your teeth.
- Stay Hydrated
 - Drink Water: Water helps rinse sugar and acid from the teeth. Consider drinking fluoridated water to strengthen enamel.
- Dental Check-ups
 - Regular Visits: Schedule a post-Halloween check-up to ensure your teeth are healthy and receive professional cleaning.

Conclusion

Halloween is a time for fun and treats, but it's also an opportunity to instil good oral hygiene habits in children and adults alike. You can enjoy Halloween treats by setting boundaries, choosing sweets wisely, maintaining oral hygiene, staying hydrated, and scheduling regular dental check-ups without haunting your oral health.

Bonus Tip: Healthy Halloween Treats

During Halloween celebrations, consider offering healthier alternatives like dark chocolate, nuts, or fruits. Create a "sweeties trade-in" tradition where children can exchange sweets for toys or other non-edible treats, promoting a fun yet tooth-friendly Halloween.

Remember, a balanced approach to consuming sweets and excellent oral hygiene practices can ensure that the spooky season is enjoyable and free of dental scares! Happy Halloween!

For more tips on oral health and hygiene, stay tuned to our blog, or feel free to contact us at Ewan Bramley Dental Care for personalised advice and care.