

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

## Meet the Associates!



Jamie



Katie



George



Jarlath

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### MEET THE EXPERT ASSOCIATES AT EWAN BRAMLEY DENTAL CARE

At Ewan Bramley Dental Care, our team of expert dentists are committed to providing exceptional dental care, ensuring smiles that radiate confidence and health.

Jamie, Jarlath, George and Katie. Together, this team of experts at Ewan Bramley Dental Care combines their diverse expertise of over 40 years, unwavering dedication, and genuine care for patients to create a welcoming environment where smiles are transformed and oral health is prioritised.

Whether it's routine check-ups, cosmetic enhancements, or specialised procedures, these dentists strive to exceed expectations and provide the highest quality of care for every individual who walks through their doors.

Book an appointment with Jamie, Katie, George, or Jarlath at Ewan Bramley Dental Care, and experience exceptional dentistry delivered with expertise and compassion.

# TEETH WHITENING: MYTHS AND FACTS

*Teeth whitening is one of the most popular cosmetic dental procedures, offering a quick and noticeable boost to your smile. However, with its popularity comes a host of myths and misconceptions. In this article, we'll clear up some common myths and share the facts about teeth whitening, ensuring you can achieve a brighter smile safely and effectively.*

## **Myth 1: Whitening Damages Tooth Enamel**

**Fact:** When performed by a professional or using approved at-home kits, teeth whitening is safe and does not damage tooth enamel. The whitening agents used, typically forms of peroxide, are designed to act on surface stains without affecting the structure of the teeth. However, excessive use or use of products not approved by dental health professionals can lead to enamel damage.

## **Myth 2: Whitening Works on All Types of Teeth Discoloration**

**Fact:** Teeth whitening is most effective on extrinsic stains (those on the surface of the teeth caused by food, drinks, and smoking). Intrinsic stains (within the tooth structure) may not respond well to whitening agents. Conditions like fluorosis or tetracycline stains may require alternative cosmetic treatments, such as veneers or crowns.

## **Myth 3: Over-the-Counter Kits Are as Effective as Professional Treatments**

**Fact:** Over-the-counter kits can be effective for mild whitening but typically contain lower concentrations of whitening agents than professional treatments. This means they may be less effective or require more time to achieve noticeable results. Professional treatments also benefit from the supervision of a dental professional, ensuring safety and personalised care.

## **Myth 4: Whitening Results Are Permanent**

**Fact:** Teeth whitening is not a one-time solution.

The results can last for several months, but this varies depending on individual lifestyle choices. Regular consumption of staining substances (like coffee, tea, and red wine) and tobacco use can shorten the duration of the whitening effects.

## **Myth 5: Whitening Toothpaste Can Replace Whitening Treatments**

**Fact:** While whitening toothpaste can help maintain whitening results and slightly improve brightness, they typically cannot achieve the same results as whitening treatments. They are more suitable for surface stain removal and prevention rather than altering the intrinsic colour of the teeth.

## **Myth 6: Whitening Is Suitable for Everyone**

**Fact:** Most adults can undergo teeth whitening, but it's not suitable for everyone. It is not recommended for children under 16, pregnant or lactating women, or individuals with sensitive teeth, gum disease, worn enamel, cavities, or exposed roots. Always consult with a dental professional before starting any whitening treatment.

When done correctly, teeth whitening can be a safe and effective way to brighten your smile. It's important to distinguish between myths and facts to ensure you're using safe methods for your dental health. Always consult with one of our dentists before starting any whitening regimen to choose the best option for your individual needs.

*At Ewan Bramley Dental Care, we offer professional teeth whitening services tailored to your dental health and aesthetic goals. Contact us to learn more about how we can help you achieve a brighter, more confident smile.*

*Ready to dispel the myths and embrace the facts for a brighter smile? Book your consultation with us today!*



# BUSINESS OF THE MONTH

*Welcome, fellow creatives, to Annie Macmillan's world of coaching through innovation and serious play. "People come to me wanting to understand themselves, what's working for them and what's not, and how they can flourish in the wider community."*

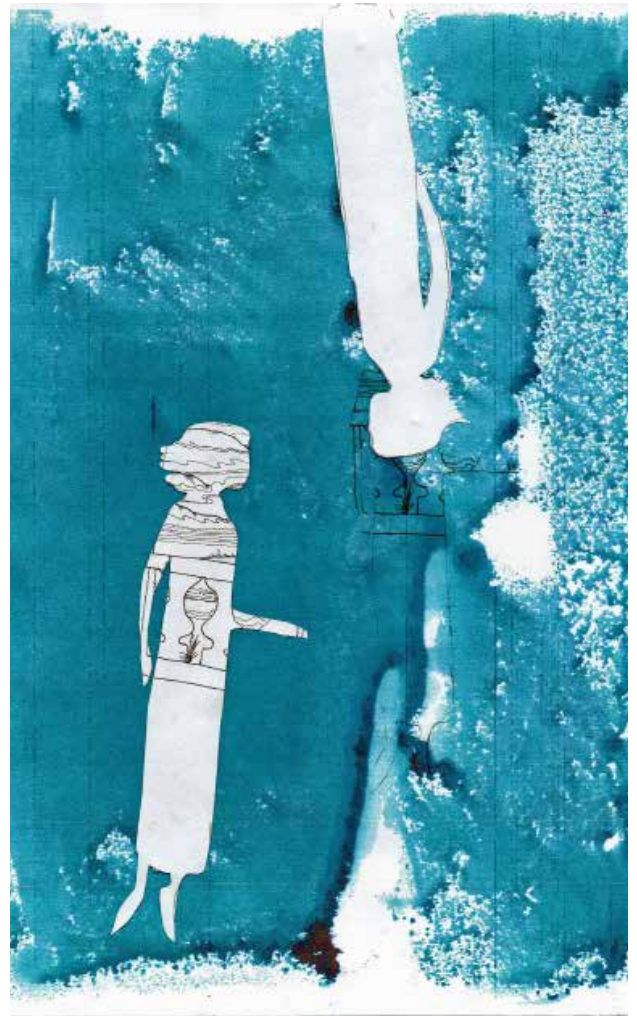
Annie works as a group facilitator and holistic coach. For "holistic" covers the multilayered human psyche: what is said, what is thought, what is felt, what emotions tell us and what lies just below conscious surface.

As a group coach and team enricher, Annie's role is to hold the vision the team are working towards, allow them to identify barriers of resistance, which can actually be indicators of change. Within the vision, these can be transformed into workable ways forward, can draw forth inspiring novel concepts.

Similar applies to coaching with the individual. Our answers lie within us yet we can be unaware of how they fit into our patterns of life. A deep listening ear can detect what is really emerging.

Her approach to coaching revolves around identifying and tapping into the potential within, dismantling obstacles that hinder personal and professional growth. During each coaching session, the focus is entirely on the client/s, believing in the client just the way they are, exploring where they are in their life, unravelling situations like starting a new job, working on a challenging brief, interpersonal conflicts, changes in circumstances. By injecting stories, poetry, collage (amongst other tools) into the conversations, the client can begin to 'play' and to navigate through an ever-changing world with less stress. Each tool serves as an invitation as an invitation for the detail-oriented brain to momentarily take a step back, allowing the more expansive right brain to explore fresh perspectives. These become embed as new insights into their personal development.

Annie offers an independent perspective, maintains a non-judgemental stance throughout the exploration. She is passionate about enabling others to see beyond themselves to the truly creative beings they already are.



To embark on this journey of exploration, connecting with a thinking partner's voice or visage can propel you closer to achieving your aspirations.

To initiate this process, please reach out by [phone](#) or [email](#) to schedule a complimentary 30-minute chemistry session on Zoom.

# AMAZING TRANSFORMATIONS

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



*Fixed Braces, Clear Aligners,  
Whitening & Bonding*



*Fixed Braces*



*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](mailto:jenny@ewanbramley.com)*

# DONATE A CHRISTMAS DINNER

## *Support a family in need this Christmas through Feeding Families.*

Feeding Families is a Charity based in the North East, their focus is to provide relief to any person experiencing poverty through the provision of food, education and other resources which they could not otherwise afford.

Feeding Families was first conceived at Christmas 2016 as a personal project. Finding local need, the first six dinners were delivered to families who were struggling to make their already stretched resources cover the extra expense and expectation of Christmas.

On 29 October 2017, Feeding Families as an organisation was truly born when a request went out on social media to find families who would be interested in participating at Christmas in that year. In a short time, there were many contacts from those wishing to both donate and receive and this was formalised under the Feeding Families banner.

In 2021 they delivered over 3000 Christmas dinners across the North East. They now operate a weekly packing centre where we create our food boxes all year round and partner with other local charities and organisations to get them to the people most in need.

### **Give a Christmas Dinner**

Christmas raises expectations in all of us of happy times, good food and gifts. For many families, however, it is just another stress on top of the daily challenges of living. The added expense of providing special things for their family can be overwhelmingly difficult and none of us would want to see our children without a decent meal and a present under the tree. For others, especially those who are alone, it might not seem that anyone cares and it's not worth making the effort.

This is where Feeding Families can help. Feeding Families is built around the generosity of people willing to help those less fortunate than themselves to enjoy Christmas.

They accept requests for Christmas dinners from anyone who is in genuine need (subject to meeting their criteria), and they match them up with kind hearted people who donate a Christmas Dinner full of everything to make a special Christmas dinner. It's just one less thing for the recipient to have to worry about.

### **How the matching process works**

For those who are interested in donating a Christmas Dinner, you can register through the website. You can select a family size and travelling distance that suits you, then the charity will show you the families in need and you can choose one that matches (no identifying information is given until a match is chosen).

Feeding Families provides a menu so that you have a clear and easy shopping list to follow based on the family size and their menu selection (families in need select from a Christmas Dinner, Sunday Lunch or a special dietary requirement menu).

You will arrange a suitable date and time directly with your matched family to drop off the donation. All dinners must be delivered by 22nd December.

### **Other ways to donate**

If the full matched Christmas Dinner isn't suitable for you but you would still like to donate, there are other ways to give. You can drop off food donations at any Home Bargains in the North East Region or you can donate a Virtual Christmas Food Box.

Every contribution counts, and together, we can make a huge impact.



If you would like any more information about how to donate or to register to donate a matched Christmas Dinner.

[Please head to their website here.](#)

# LET'S GET IN THE FESTIVE SPIRIT!

*What's going on in the North East...*

**SALT MARKET SOCIAL**  
PRESENTS  
**THE CHRISTMAS DISCOS**

**FRIDAY 15<sup>TH</sup> & SATURDAY 16<sup>TH</sup>  
DECEMBER FROM 6PM**

CHRISTMAS TUNES, CHRISTMAS CRACKERS,  
CHRISTMAS COCKTAILS, CHRISTMAS DRINKS,  
STREET FOOD AND PLENTY OF CHRISTMAS CRACK

FREE ENTRY

FOR BOOKINGS OF 8 OR MORE RESERVE YOUR TABLE FOR £6 PER PERSON. INCLUDES WELCOME GLASS OF CHRISTMAS PUNCH, CHRISTMAS CRACKERS AND ONE LUCKY PERSON FROM YOUR PARTY WILL WIN A PRIZE FROM SANTA'S SACK!  
CALL 0191 257 4199 BETWEEN 10AM AND 4PM ON MONDAY TO FRIDAY TO MAKE YOUR BOOKING

**Lifeboats**

**Christmas Carol Service  
Tynemouth RNLI**

**Sunday 10 December 2023  
4pm**

**Christ Church  
North Shields**

Join us for festive refreshments,  
tombola, raffle and RNLI shop  
after the service in the Church Hall

The RNLI is the charity that saves lives at sea.  
RNLI is a registered charity (No. 264481) and a company limited by guarantee (No. 264481).  
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**FR** Fundraising Regulator

**Little Movers**  
**Christmas Party**  
Cullercoats Crescent Club  
Sunday 17th December  
10.30am - 12pm, 1pm - 2.30pm & 3pm - 4.30pm

£10 per child & £8 per sibling  
Loads of dancing, games, prizes and a visit from a very  
special guest! Ticket includes a small present.  
For ages walking up  
Tickets Released on 1st October

## *Little Movers Christmas Party is back*

A little Christmas Party just for the kids, lots of dancing, games, prizes and a visit from a very special guest!

Sunday 17th December at Cullercoats Club. There will be 3 sessions at 10:30am, 1:00pm and 3:00pm.

£10 per child and £8 per sibling, ticket prices includes a small present.

*If you would like more details or to buy tickets, you can visit their website [here](#).*

# THE KEY ROLE OF NUTRITION IN ACHIEVING HEALTHY SKIN AND FACIAL REJUVENATION



*The quest for healthy, glowing skin often leads us to explore various skincare products and treatments. While these play a pivotal role, one of the most underrated factors influencing our skin's health and vitality is nutrition. Yes, what you consume doesn't just affect your waistline; it profoundly impacts the health and appearance of your skin, contributing to its rejuvenation and overall well-being..*

Our skin is a reflection of our internal health. The foods we eat provide essential nutrients that nurture our skin cells from within. Here's a closer look at some essential nutrients and their role in maintaining healthy, radiant skin:

## Vitamins and Antioxidants

- **Vitamin C:** Known for its collagen-boosting properties, Vitamin C aids in skin repair and protects against environmental damage.
- **Vitamin E:** An antioxidant that helps combat free radicals, reducing signs of ageing and promoting skin elasticity.
- **Vitamin A:** Crucial for cell production and repair, it supports healthy skin turnover, preventing dullness and promoting a youthful glow.
- **Antioxidants:** Found in various fruits and vegetables, antioxidants like beta-carotene and lycopene protect the skin from sun damage and oxidative stress.

## Omega-3 Fatty Acids

- Essential fatty acids found in fish, flaxseeds, and walnuts help maintain skin hydration, reduce inflammation, and support the skin's lipid barrier.

## Minerals

- **Zinc:** Supports collagen synthesis and helps control oil production, aiding in acne prevention.
- **Selenium:** Works alongside antioxidants to protect the skin from UV damage and helps maintain skin elasticity.

## The Impact of Diet on Skin Ageing

Beyond topical treatments, the foods we eat can

either accelerate or decelerate the ageing process of our skin. Highly processed foods, excess sugar, and unhealthy fats can trigger inflammation and oxidative stress, leading to premature ageing, acne, and dullness.

In contrast, a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides the necessary building blocks for vibrant, youthful skin. Hydration is also key—water intake plays a significant role in skin health, keeping it hydrated and promoting detoxification.

## Practical Tips for Enhancing Skin Health Through Nutrition

1. **Load Up on Colourful Fruits and Vegetables:** Aim for a rainbow of produce to ensure a diverse intake of vitamins and antioxidants.
2. **Incorporate Omega-3 Sources:** Include sources like salmon, chia seeds, and flaxseeds in your diet regularly.
3. **Mindful Hydration:** Drink plenty of water throughout the day to maintain skin hydration and flush out toxins.
4. **Limit Processed Foods and Sugar:** Minimise processed snacks and sugary treats, opting for whole, nutrient-dense foods instead.
5. **Consider Supplements:** Consult a healthcare professional about supplements to bridge any nutritional gaps.

Achieving healthy, glowing skin isn't solely about the latest skincare regimen or treatments—it starts from within. By nourishing your body with a well-rounded, nutrient-rich diet, you pave the way for optimal skin health and facial rejuvenation. Embrace the power of nutrition as a fundamental component of your skincare routine, and watch your skin radiate with vitality and beauty from the inside out.

Remember, while nutrition is crucial, it complements rather than replaces skincare practices. Combine a balanced diet with a personalised skincare routine and professional guidance for holistic skin health and rejuvenation. **Why not book a consultation with Harriet to discuss our available skin treatments?**