

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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ACHIEVING DENTAL HEALTH GOALS IN 2024

Happy New Year! As 2024 begins, it's the perfect time to set new goals for good oral health. Oral hygiene also deserves a fresh start, like your fitness or career goals. Let's explore some easy-to-follow resolutions that can lead to a healthier smile this year.

Good oral health is more than just a bright smile; it's crucial to your well-being. Often overlooked, the health of your mouth can impact your day-to-day life and even your general health. This year, why not make oral hygiene a top priority?

Taking steps towards better oral care can be simple and impactful. Small changes in your daily routine can prevent painful problems like tooth decay and gum disease, leading to more severe health issues.

We have put together a list of easy goals for you to work towards in 2024, read on to the next page!

ACHIEVING DENTAL HEALTH GOALS IN 2024

Goal 1: Consistent Oral Hygiene Routine

Commit to a diligent oral hygiene routine by brushing your teeth at least twice a day and flossing daily. Use fluoride toothpaste and consider incorporating an antimicrobial mouthwash to reduce bacteria in your mouth. Consistency is key to preventing cavities and gum disease and maintaining oral health.

Goal 2: Regular Dental Check-ups

Schedule regular dental check-ups with your dentist. These appointments are crucial for catching potential issues early before they become more significant problems. Aim for bi-annual visits, or as your dental professional recommends, to ensure your oral health is consistently monitored.

Goal 3: Upgrade Your Toothbrush and Toothpaste

Invest in a high-quality electric toothbrush and fluoride toothpaste. Electric toothbrushes are known for their efficiency in removing plaque, and fluoride toothpaste strengthens enamel, providing additional protection against cavities.

Goal 4: Improve Your Diet for Oral Health

Evaluate your diet and make adjustments to promote better oral health. Reduce sugary snacks and beverages, as they contribute to tooth decay. Incorporate more fruits, vegetables, and dairy products that are rich in essential nutrients for strong teeth and gums.

Goal 5: Kick the Tobacco Habit

If you smoke or use tobacco products, make quitting a top priority. Tobacco use is a

significant risk factor for gum disease, oral cancers, and stains on teeth. Seek support from friends, family, or professionals to help you on your journey to a tobacco-free life.

Goal 6: Stay Hydrated with Water

Drinking water not only benefits your overall health but also contributes to good oral health. Water helps rinse away food particles, bacteria, and acids in the mouth, reducing the risk of cavities.

Goal 7: Enhance Your Smile with Cosmetic Dentistry

If you've been considering cosmetic dentistry procedures, such as teeth whitening, veneers, or orthodontic treatment, make 2024 the year you achieve the smile of your dreams. Consult with your dentist to explore the best options for your unique needs and preferences.

Goal 8: Encourage Family Dental Health

Extend your dental health goals to your family. Educate your children on the importance of oral hygiene, and schedule family dental check-ups together. Creating a shared commitment to dental health fosters a supportive environment for everyone.

Embarking on a journey to achieve dental health goals in 2024 is a proactive step towards a lifetime of healthy smiles. By focusing on consistent oral hygiene, regular check-ups, a balanced diet, and lifestyle changes, you can ensure that your teeth and gums stay in optimal condition. Consult with your dentist to tailor these goals to your specific needs and make this year a milestone in your dental health journey.

*Ready to start your dental health journey for 2024?
Contact us at Ewan Bramley Dental Care for personalised guidance and
professional care. Let's make this the year of your healthiest smile!*

TREATMENT GUARANTEES

We have had a few questions about whether treatment is covered under a guarantee. We want to make sure that everyone is happy with their new smile and is covered for a reasonable time for any issues.

We would like to remind patients of the treatment guarantees below:

- Composite Veneers - 1 year
- Porcelain Veneers- 2 years
- Crowns- 2 years
- Bridge- 2 years
- Comp Bonding- 1 year
- Fillings- 1 years
- Implant- 5 years
- Implant restorations (retained crown/bridge)-2 years
- Fixed Retainer- 1 year (from initial fit) not from repair

Timescales are at the clinicians discretion and guarantees will be dealt with on a case by case basis.

BEFORE & AFTER PHOTO

Here is our favourite smile transformation from January!



Dental Implant before & after!

Tag us in your smile transformation selfies and win a free hygiene appointment!

We love seeing your smile transformations so we've decided to start a social media competition!

Post your photo on Facebook or Instagram and use the hashtag #ewanbramleysmile to enter. At the end of every month we will pick a winner and get them booked in for a free hygiene appointment.



*by entering the social media competition you consent to us using your photo for marketing purposes

Dr Jarlath is off on his amazing travels!

"I've been away for 3 weeks, travelling around Patagonia with my wife, and we are now halfway through our trip. We started in the lake district area of San Carlos de Bariloche before heading further south to hike. Highlights included trekking around the magnificent Fitz Roy Massif in El Chaltén and the W trek in Torres del Paine. We also visited the huge Perito Moreno glacier, one of the few glaciers in the world that isn't retreating.

I am currently in Ushuaia, very far south of Argentina, which is the jumping-off point for those who wish to visit Antarctica. Here, we have been exploring the fascinating flora and fauna 'Del fin del mundo', such as King penguins, Magellanic penguins, and woodpeckers.

We fly to Buenos Aires tomorrow to start the second half of our trip, travelling across Northern Argentina and Chile, taking in the various wine regions and the Atacama desert, before we finish at Iguazu Falls."



BUSINESS OF THE MONTH



***Blyth's Newest Estate Agent is the talk of the town!
Covering all areas of the North East, Dinsdale
Residential Sales & Lettings is owned and run by
local property expert Jill Morrison.***

Jill has been in the property industry for over 14 years, building experience in both residential and commercial property. She was born and raised in Northumberland and knows Blyth and the surrounding areas like the back of her hand.



Talking to Jill, her passion for property is evident. 'I love helping people find their forever home, so much so, that I have made 'Find your Dream Home' the tagline of our new business. After starting in the industry in the rental and lettings business, the progression to residential sales was an easy one. Customer service is what separates Dinsdale Residential from the rest. Buying or selling a home can be one of the most stressful times of your life but we will do everything possible to keep you informed of the progress and keep things on track. Communication is the key!'

Dinsdale Residential's boutique style shop is at 5 Stanley Street, Blyth, Northumberland NE24 2BS. 'It's great to have a base' Jill said, 'but with today's technology it is possible to do almost everything to do with buying and selling your home online. I know people lead busy lives so I wanted to make the process as streamlined as possible.'

For first time buyers embarking on the exciting journey of home ownership, Dinsdale Residential will take the time to understand your aspirations, and match properties that align with them to help

you get a foothold on the first rung of the property ladder.

If you're considering selling your home, we will bring a fresh and strategic approach to ensure your home get the attention it deserves. We advertise on all of the major online platforms, Rightmove, Zoopla, On The Market and also extensively use social media channels to make sure the right buyer is found quickly.

With Jill's background in the residential lettings space, she understands better than most what landlords need to reliably and efficiently find the right tenants. When asked about this Jill said 'Let us handle the details and enjoy the benefits of property ownership without the stress'.

'Being involved in the local community is really important to us, and so far we have been proud to sponsor Blyth Spartans football club and Blagdon Park Cricket Club.'

Dinsdale Residential Sales and Lettings offer Residential Sales, Residential Lettings, Property Auction and a Tenancy find service for landlords. Check out the website at: www.dinsdaleresidential.co.uk or give Jill a call on 01670 331801 or 07950 545751.

WHAT'S GOING ON?

The latest news, events and food & drink on the coast.



More amazing music happening in the North East next month!

A full year is way to long to wait for another Coast Fest, so the team have been working away to bring you another very special event, showcasing the very best of North East new music, in the form of their brand new inter-venue showcase, COASTAL CRAWL!

15 years in the making, on the 17th of February 2024, they take over Salt Market Social, The Engine Room and Three Tanners Bank on the legendary North Shield Fish Quay for a full day of incredible artists.

[Tickets are limited to only 450 and are available HERE.](#)

Paint and Sip at Vineyard72 with The Canny Creators!

"Join us for a unique fun packed paint party for beginners and painters of all levels in a beautiful venue with an amazing collaboration with Vineyard 72 what a perfect evening of wine painting and a tasty charcuterie board.

If you've ever thought about picking up the paintbrush this is the perfect opportunity, you don't have to have any experience, just pick one of the inspirational pictures and give it a go.

Your ticket includes 1 small glass of wine a charcuterie board, a 2 hour class, professional artist/instructors, a blank canvas, paint brushes, paints, aprons and an easel.

The event is on Friday 9th February at 19:00. Tickets are £32.95 and [can be bought here.](#)



If you're organising an event and what to be included in our newsletter, email jenny@ewanbramley.com with the details and we will get you in the next issue!

AGES AND STAGES: NAVIGATING FACIAL AESTHETICS THROUGH LIFE'S JOURNEY

Your skin tells a unique story, a tale of growth, experiences, and the passage of time. Just as our lives evolve, so do the needs of our skin. Facial aesthetics isn't a one-size-fits-all solution; it's a dynamic journey that adapts to the changing requirements of each life phase.

Let's explore how facial aesthetics can be tailored to enhance and celebrate your beauty through different stages of life.

The 20s: Prevention and Preservation

Focus: Prevention and Early Care

In your 20s, your skin is likely at its peak in terms of elasticity and collagen production. While the signs of ageing might not be prominent, this is the perfect time to lay the groundwork for long-term skin health.

Recommended Treatments:

- **Basic Skincare Routine:** Establish a solid skincare routine involving cleansing, moisturising, and sun protection.
- **Preventive Injectables:** Consider minimal interventions like preventive Botox to deter the formation of expression lines.

The 30s: Addressing Early Signs

Focus: Early Intervention and Maintenance

In your 30s, fine lines may start to make their debut. This phase calls for a balanced approach to address emerging concerns while maintaining the youthful radiance.

Recommended Treatments:

- **Dermal Fillers:** Target fine lines and loss of volume with dermal fillers for a subtle lift.
- **Chemical Peels:** Stimulate collagen production and address pigmentation issues with mild chemical peels.
- **Customised Skincare:** Invest in personalised skincare products to address specific concerns like dryness or early signs of ageing.

The 40s: Rejuvenation and Refinement

Focus: Comprehensive Rejuvenation

As the 40s arrive, collagen production declines, leading to more noticeable changes. This is the time to consider more comprehensive treatments for rejuvenation.

Recommended Treatments:

- **Laser Treatments:** Address fine lines, wrinkles, and skin texture with laser therapies.
- **Combination Therapies:** Combine injectables, such as Botox and fillers, for a holistic

rejuvenation approach.

- **Skin Tightening Procedures:** Combat sagging skin with non-invasive skin tightening treatments.

The 50s and Beyond: Tailored Solutions

Focus: Personalised Care and Maintenance

In the 50s and beyond, individualised care becomes paramount. Treatments should be tailored to specific concerns, emphasising natural-looking results and overall well-being.

Recommended Treatments:

- **Thread Lifts:** Lift sagging skin with minimally invasive thread lifts.
- **Hydration Boosters:** Opt for treatments that enhance skin hydration and radiance.
- **Continuous Skincare Adjustments:** Regularly adjust your skincare routine to address changing needs.

Ongoing Skincare Tips for Every Age

- **Sun Protection:** Regardless of age, sunscreen is non-negotiable. Protect your skin from UV damage to prevent premature ageing.
- **Hydration:** Keep your skin well-hydrated with moisturisers and, if needed, hydrating facial treatments.
- **Regular Consultations:** Schedule regular consultations with a facial aesthetics practitioner to adjust your treatment plan as your skin evolves.

Facial aesthetics is a journey that evolves with you. Embrace the changes, celebrate the wisdom they bring, and trust in the power of personalised treatments designed for each stage of life. Remember, the goal is not to erase time but to gracefully enhance your unique beauty at every age and stage.

Disclaimer: This article provides general information and does not replace personalised advice from a qualified practitioner.