

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



## SAY HELLO TO OUR NEW STARTERS!



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We are thrilled to announce the addition of two exceptional professionals to our dental team. Please join us in welcoming Heather Carr and Lauren Gibson, who bring a wealth of experience, enthusiasm, and dedication to patient care.

#### **Heather Carr**

Heather began her journey in the field of dentistry as a dental nurse in 2001. She furthered her expertise by obtaining a Diploma in Dental Hygiene from Newcastle University in 2007. With 17 years of experience in private dental practice, Heather has developed a passion for meeting new patients and enhancing their periodontal health. She believes that patient education and compliance are key to achieving excellent dental outcomes. Outside of her professional life, Heather is married and a devoted mother to two energetic boys, aged 9 and 6, who keep her on her toes. Heather humorously notes that she sometimes comes to work for a bit of a rest!

#### **Lauren Gibson**

Lauren is a vibrant addition to our team, currently training as a Dental Nurse in her second month at our practice. She comes with valuable experience from the NHS, bringing a strong passion for cosmetic and restorative dentistry, as well as orthodontics. Lauren appreciates the familial atmosphere at our clinic and has felt warmly embraced and supported by everyone here. In her leisure time, Lauren enjoys ballroom dancing, ice figure skating, and socializing with family and friends. She also cherishes moments spent with her niece Maddie.

# EWAN BRAMLEY NEWS



## SMILE TRANSFORMATIONS

As you can see this is an amazing transformation for one of our patients, the left hand photo is the before and after straight on and the below images are the top and below jaws.

The patient has undergone orthodontics treatment, clear aligners and whitening.



## A lovely patient review!

*"Dear George and assistant to George*

*Thank you for my appointment today, I am delighted with the result, my confidence has returned with my smile, both your care and your assistants really put me at ease as I panic a little as cant breathe properly through my nose as it was rebuilt having 14 operations to rebuild it as it had been shattered, this causing a bit of difficulty on one side to breathe if not breathing through my mouth.*

*I felt quite relaxed as you explained what you were doing and both you and the assistant continually asked if I was ok, the music also helps so additionally a good idea as it takes your mind of teeth. Brilliant, brilliant dentist. I have wrote a review*

*Kindest regards, Maria Martinez"*

# ENSURING THE LONGEVITY OF YOUR DENTAL IMPLANTS



*This article is dedicated to helping you maintain the health and durability of your dental implants. At our clinic, we understand that getting dental implants is a significant investment in your oral health. Therefore, we want to ensure you know exactly how to care for them to ensure their longevity and functionality. This guide will provide you with essential tips and best practices for looking after your dental implants effectively.*

## Practice Excellent Oral Hygiene

Just like your natural teeth, dental implants require regular and thorough cleaning. Here are some tips to help you keep your implants in top shape:

- **Brush Twice a Day:** Use a soft-bristled toothbrush and a non-abrasive toothpaste to gently clean around your implants. Consider using an interdental brush to get into the hard-to-reach areas around the implants.
- **Floss Daily:** Use unwaxed tape or implant-specific floss to clean around your implants, abutments, and under the prosthetic. Flossing is crucial in preventing implant diseases like peri-implantitis.
- **Use an Antimicrobial Mouthwash:** Rinse with a

mouthwash recommended by your dentist to reduce bacteria around your implants.

## Regular Dental Check Ups

Ensure you schedule regular check-ups and professional cleanings at our clinic. These visits allow us to monitor the health of your implants and the surrounding gum tissue. Regular maintenance appointments are crucial to diagnose any issues early and manage them effectively.

## Avoid Hard Foods

Protect your implants by being mindful of your diet:

- **Skip Hard and Sticky Foods:** Hard items like candies, ice, or very crunchy vegetables can damage your implants. Sticky foods can also pull at and loosen your crowns.
- **Opt for Soft Foods Post-Surgery:** After your implant surgery, stick to a soft food diet as recommended by your dentist to allow for the healing process.

## Quit Smoking

Smoking significantly increases the risk of implant failure. The harmful chemicals in tobacco can interfere with the healing of your gums and bones around the implant. If you are considering implants, we strongly advise

you to quit smoking to enhance the success rate of your implant surgery.

## Wear a Mouthguard if Necessary

If you grind your teeth at night or if you play contact sports, wearing a mouthguard can help protect your implants from excessive force that could otherwise cause damage.

Dental implants are a fantastic way to restore your smile and oral function, but they require careful maintenance. By following these guidelines, you can ensure that your implants remain healthy and functional for years to come. Remember, the key to the longevity of your dental implants lies in your commitment to proper care and regular dental visits.

***If you have any questions or need further assistance, don't hesitate to contact us at our clinic. Your oral health is our top priority, and we are here to ensure that your dental implants serve you well.***

***Call us on 0191 259 6506 or email us at [reception@ewanbramley.com](mailto:reception@ewanbramley.com)***





# BUSINESS OF THE MONTH

## *Build Functional Fitness brings accessible group training to North Shields.*

Whether someone is a complete beginner or has been training for a lifetime, workouts are scaled to meet their current fitness levels, ensuring safe and meaningful workouts that translate into everyday life.

Build Functional Fitness is a private training facility equipped with high-end equipment, such as SkiErgs, Squat Racks, and Sleds, to ensure members receive quality and varied workouts each session. The goal is to provide tools to help individuals become fitter, stronger, and move better, all within an inclusive, fun, and encouraging environment.



Owner Paul Oakes began his career in 2014 as a 1 to 1 personal trainer in a commercial gym, fast forward a few years working at a range of gym facilities, the opportunity arose to take over a gym.

After a year of refurbishments and a rebrand, Build Functional Fitness was born.

Build Functional Fitness offers a variety of classes combining bodybuilding fundamentals with functional fitness. Classes focus on resistance training, compound exercises, and targeted movements to build lean muscle and boost strength. They also include high-intensity intervals and aerobic exercises to improve endurance and cardiovascular health. Additionally, teamwork exercises blend strength and endurance challenges in a supportive environment.

A monthly membership costs just £79, providing unlimited access to fullycoached sessions in the private facility. Members benefit from top-of-the-range equipment, a private members group, changing rooms, showers, and free parking. The supportive and inclusive community aims to enhance overall health. Additionally, there is a free 7-day trial available for new members to experience the facility and classes. Classes are intimate, capped at 16 participants, and suitable for all fitness levels.

## JOIN TODAY!

Sign up through their **BRAND NEW** website:

[www.buildfunctionalfitness.co.uk](http://www.buildfunctionalfitness.co.uk)

# WHAT'S GOING ON?

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

## Creatives North Shields

SAVE  
THE DATE



JOIN US

### COMMUNITY MEETING



THE KLURB  
CECIL ST,  
NORTH  
SHIELDS  
18:30

JUNE 10  
2024

*Get ready to rock out and raise money  
at the hottest music event hitting  
North Tyneside this summer.*

The buzz surrounding upcoming charity music event The Strangest Party has reached fever pitch as Saturday's tickets for the Salt Market Social-based bash have now completely sold out, prompting organisers to add a second date to the bill. Friday, June 7th, will now feature a stellar lineup headlined by none other than The Gerry Cinnamon Experience.

Fueled by the electric demand from fans eager to immerse themselves in a day of live music for a noble cause, The Strangest Party promises to be an unmissable event. Set against the vibrant backdrop of North Shields' bustling fish quay, the now two-day music festival is not just about the music; it's about making a difference with all proceeds going to the Teenage Cancer Trust, making every note played, every drop drank and every step danced a part of something much bigger.

[BUY YOUR TICKETS HERE.](#)

FRI 7 JUNE, 2024  
TICKETS £12.50 ADV.

## THE STRANGEST PARTY

In aid of  
**TEENAGE CANCER TRUST**

LINEUP

**THE GERRY CINNAMAN EXPERIENCE**  
*Build the Party*

*Alive & Kicking*

*the national anthems (acoustic)*

PLUS SPECIAL GUESTS  
**FOOD FROM ACROPOLIS,  
MEDHEAD AND TONY'S TEES  
PRIZE AUCTION, RAFFLES  
CLASSIC CARS & REFRESHMENTS**

Get your tickets at [www.saltmarketsocial.co.uk](http://www.saltmarketsocial.co.uk) and **FATSOMA**

Salt Market Social, 1 Liddell Street, North Shields, NE30 1HE

OFFICIAL SPONSOR  
**Consultancy Utilities**



# KEEP YOUR SMILE BRIGHT: ORAL HYGIENE TIPS AND THE IMPORTANCE OF REGULAR CHECK-UPS



*We're sharing more essential oral hygiene tips and highlighting the importance of regular dental check-ups to keep your smile healthy and radiant.*

## Top Tips for Excellent Oral Hygiene

Maintaining good oral hygiene is crucial for preventing dental problems and ensuring overall health. Here are some expert tips from our team to help you keep your teeth and gums in top condition:

- **Brush Twice Daily:** Brush your teeth at least twice a day with fluoride toothpaste. Make sure to brush for at least two minutes, covering all surfaces of your teeth.
- **Floss Daily:** Flossing helps remove plaque and food particles from between your teeth and under the gumline. It's an essential step that many people overlook.
- **Use Mouthwash:** Rinsing with an antibacterial mouthwash can help reduce plaque, prevent gum disease, and keep your breath fresh.
- **Replace Your Toothbrush Regularly:** Change your toothbrush every three to four months, or sooner if the bristles are frayed. A worn-out toothbrush won't clean your teeth effectively.
- **Limit Sugary Foods and Drinks:** Sugar can lead to tooth decay. Try to limit your intake of sugary snacks and beverages, and always brush your teeth after consuming them.
- **Stay Hydrated:** Drinking water helps wash away food particles and keeps your mouth moist, which is essential for maintaining healthy oral tissues.
- **Avoid Tobacco Products:** Smoking and chewing tobacco can cause numerous dental problems, including gum disease, tooth decay, and oral cancer. Quitting tobacco is one of the best things you can do for your oral health.

## The Importance of Regular Dental Check-Ups

While maintaining good oral hygiene at home is essential, regular dental check-ups play a critical role

in keeping your mouth healthy. Here's why you should never skip your routine visits:

- **Early Detection of Issues:** Regular check-ups allow us to detect dental problems early, such as cavities, gum disease, and oral cancer. Early treatment can prevent minor issues from becoming major problems.
- **Professional Cleaning:** Even with excellent brushing and flossing, plaque and tartar can build up over time. Professional cleanings remove these deposits, helping to prevent tooth decay and gum disease.
- **Personalized Advice:** During your visit, we can provide personalized advice and recommendations based on your specific oral health needs. Whether it's brushing techniques or dietary advice, we're here to help you maintain optimal oral health.
- **Peace of Mind:** Regular check-ups give you peace of mind, knowing that your teeth and gums are healthy. It also helps build a strong relationship with your dentist, making it easier to address any concerns or anxieties you may have about dental care.

## Schedule Your Next Appointment Today!

At Ewan Bramley Dental Care, we're dedicated to providing top-quality dental care in a comfortable and welcoming environment. If it's been a while since your last check-up, now is the perfect time to schedule an appointment. Regular visits are essential for maintaining your beautiful smile and ensuring your long-term oral health.

Contact us today to book your next check-up and cleaning. Our friendly team is here to assist you with any questions or concerns you may have.

**Phone: 0191 259 6506**

**Email: [reception@ewanbramley.com](mailto:reception@ewanbramley.com)**