

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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TO OUR VALUED PATIENTS, THANK YOU FOR YOUR PATIENCE!

We would like to extend our heartfelt gratitude to each and every one of you for your unwavering patience and understanding as we navigate through this exceptionally busy period. Your trust and loyalty mean the world to us, and we are deeply appreciative of your continued support.

We understand that the increased demand for appointments has required some of you to wait longer than usual, and we are genuinely grateful for your patience and flexibility. Our team is working diligently to accommodate everyone and ensure that you receive the highest quality of care.

We are committed to improving our services and reducing wait times to better serve you. Your feedback has been invaluable in helping us identify areas where we can enhance your experience. Thank you for being such an integral part of our dental family.

We look forward to continuing to provide you with exceptional dental care and a positive experience at every visit. Your smile is our top priority, and we are here to support your oral health journey every step of the way.

If you do have any questions, please contact our reception team on reception@ewanbramley.com or 0191 259 6506.



AN INTERVIEW WITH **DENTIST JARLATH**

"What inspired you to pursue a career in dentistry? Were there any key moments or influential people in your life that led you to this path?"

Throughout school, I was always interested in science and was pushed down that path by my parents. However, the most significant impact in my life to become a dentist was having braces as a teenager. The difference it made to my smile and confidence made me want to pursue a career in dentistry. It made me realise the importance of a person's smile to their self-confidence and how cosmetic dentistry can help.

"Can you share a little about your educational background? Where did you study dentistry?"

I was born and raised in Northern Ireland, I went to the Abbey CBS Grammar School in Newry. I took a gap year before starting my studies in Dentistry at Newcastle University, I graduated in 2016. Because of my interest in cosmetic dentistry, I decided to complete postgraduate training in Cosmetic Dentistry.

"What brought you to Ewan Bramley Dental Care? Were there specific aspects about our clinic that attracted you to join our team?"

After graduating, I worked in many NHS practices across the North East developing my skills. However, I wanted to work at a practice which had a good reputation for providing high-quality care to patients and where I could further develop my skills in cosmetic dentistry. After meeting Ewan and the team I knew it was the perfect practice for me and I've been happy ever since.

"What were your first impressions when you started working at Ewan Bramley Dental Care? How have those impressions changed over time?"

My first impressions were of delight, I found a team that aligned with my values. The practice provided a supportive environment that allowed me to progress and has an amazingly loyal patient base. Since I started the practice has continued to grow and develop, providing outstanding care to a wide patient base, my first impressions haven't changed!

"In what ways have you grown professionally since starting at this clinic? Are there particular areas in dentistry you've become more interested in or specialised in during your time here?"

I have grown enormously since beginning to work here. As we provide a wide range of treatments to a large patient base I've continuously developed my skills in basic restorative dentistry and more complex cosmetic treatments.

I have completed numerous courses throughout my time and most recently received a Diploma in Restorative and Aesthetic Dentistry.

Since my time working at Ewan Bramley Dental Care, I have become particularly interested in providing cosmetic restorative dentistry, orthodontics and prosthodontics, which is the practice of moving teeth to improve their position and making them look nicer and whiter through composite bonding, veneers, crowns, bridges and dentures.

"Could you share one or two memorable moments or experiences with patients at Ewan Bramley Dental Care that have stood out to you?"

It's always a nice feeling when a patient says thank you! But the moments that stand out, in particular, are when you finish a patient's smile just in time for a big life event like a wedding, it's usually a teary response when we do the big reveal!

However, the patients that stand out most are those who come to us very anxious and nervous because of a bad experience. It takes time for them to trust dentists again, but when you can build a rapport with them, and see them become more relaxed we can give them back their confidence.

Not only that, you have then developed a lifelong relationship with that patient and they will hopefully continue to put their trust in you and recommend you to friends and family.

"Outside of the clinic, what are some of your hobbies or interests? How do you balance your personal life with your professional responsibilities?"

I love sports and music, I'll watch and play any sport! I love attending live gigs, I've been fortunate enough to attend the last few years at Glastonbury Festival. I am also Chairman of Cú Chulainn's GAC, a Gaelic football club based in Newcastle. We train a couple of nights a week and travel at the weekends to play against other teams in England. This is super important to me as it allows me to maintain links with my Irish heritage and culture and also gives me a chance to switch off from work!



UNDERSTANDING RECEDING GUMS: CAUSES, SYMPTOMS AND TREATMENT

Receding gums, also known as gingival recession, is a common dental issue that can lead to significant oral health problems if left untreated. This condition occurs when the gum tissue surrounding the teeth wears away or pulls back, exposing more of the tooth or its root. Let's explore the causes, symptoms, and treatment options for receding gums, as well as preventive measures to maintain healthy gums.

Causes of Receding Gums

Receding gums can be caused by several factors, including:

1. **Periodontal Disease:** This is the most common cause. Periodontal (gum) disease is an infection of the gums, which destroys gum tissue and the bone supporting the teeth.
2. **Genetics:** Some people are more susceptible to gum disease due to their genetic makeup.
3. **Aggressive Brushing:** Brushing your teeth too hard or with a hard-bristled toothbrush can wear down the enamel and cause gums to recede.
4. **Poor Oral Hygiene:** Inadequate brushing and flossing can lead to plaque buildup, which can cause gum disease and recession.
5. **Hormonal Changes:** Fluctuations in female hormone levels during puberty, pregnancy, and menopause can make gums more sensitive and prone to recession.
6. **Tobacco Use:** Smoking or using other tobacco products can increase the risk of receding gums.
7. **Grinding or Clenching Teeth:** This can exert too much force on the teeth, leading to gum recession.
8. **Misaligned Teeth or Bite:** When teeth do not come together properly, it can result in excessive

force on the gums and bone.

Symptoms of Receding Gums

Recognising the signs of receding gums early can help in seeking timely treatment. Symptoms include:

- **Visible Lengthening of Teeth:** As gums recede, teeth may appear longer than normal.
- **Sensitivity:** Exposed roots can cause tooth sensitivity to hot, cold, sweet, or acidic foods and drinks.
- **Tooth Mobility:** Teeth may become loose due to the loss of supporting bone and tissue.
- **Gum Inflammation:** Red, swollen, or bleeding gums can be a sign of gum disease, which can lead to recession.
- **Bad Breath:** Persistent bad breath can be a symptom of gum disease.

Treatment Options

Treatment for receding gums depends on the underlying cause and severity. Common treatments include:

1. **Improved Oral Hygiene:** Adopting better brushing and flossing techniques can help control and prevent further gum recession.
2. **Scaling and Root Planing:** This deep cleaning procedure removes plaque and tartar from below the gum line and smooths the root surfaces to help gums reattach to the teeth.
3. **Gum Grafting:** In severe cases, a gum graft can be performed. This involves taking tissue from another part of the mouth and attaching it to the affected area to cover exposed roots.
4. **Pinhole Surgical Technique:** A minimally invasive procedure that involves making a small hole in the gum tissue to loosen and reposition it over the exposed root.
5. **Desensitising Agents:** These can

help manage tooth sensitivity caused by exposed roots.

6. **Orthodontic Treatment:** Correcting misaligned teeth or bite issues can reduce excess pressure on gums.

Preventive Measures

Preventing gum recession involves maintaining good oral hygiene and addressing any risk factors. Here are some tips:

- **Brush Gently:** Use a soft-bristled toothbrush and gentle, circular motions to avoid damaging your gums.
- **Floss Daily:** Flossing removes plaque and food particles from between your teeth and along the gum line.
- **Regular Dental Check-ups:** Visit your dentist regularly for cleanings and check-ups to catch early signs of gum disease.
- **Use a Mouthguard:** If you grind or clench your teeth, a mouthguard can protect your teeth and gums.
- **Quit Smoking:** Tobacco use is a significant risk factor for gum disease and recession.
- **Balanced Diet:** Eating a balanced diet rich in vitamins and minerals supports overall oral health.

Receding gums can lead to serious dental issues if not addressed promptly. If you notice any signs of gum recession, it's crucial to seek professional dental advice. With the right care and preventive measures, you can maintain healthy gums and a beautiful smile. If you have concerns about your gum health, schedule an appointment with us today. Your oral health is our priority.

**Call us on 0191 259 6506
or email us at
reception@ewanbramley.com**



BUSINESS OF THE MONTH

Our very own Caron, who works in our Dental Lab, also has her very own Massage Therapy business! Here's what she says:

"I decided to become a massage therapist as this is something I have always wanted to do. After many years of working as a dental nurse, I then started working for Ewan in Ewan Bramley's dental lab which is where I also still work now. My work involves working with my hands and manufacturing dental appliances. I have also been a professional singer since I was aged 19. I like to work in creative ways.

I specialise in Swedish massage. It is excellent for lymphatic drainage which is the removal of toxins from body tissues. Swedish massage is gentle in nature and involves a lot of long strokes, kneading and percussion moves. It is performed to energise the body and improve overall health. It promotes relaxation by soothing your muscles using oils and creams which help to relax the body and mind. It is really good for a person's wellbeing. Swedish massage involves using the hands forearms and elbows to massage the body.

I am very passionate about my work. I do have a caring nature and I feel I have a sense of

purpose when I can help my clients to relax, de-stress and let go of any discomfort or tension that they may be carrying around in their bodies on a day-to-day basis. Sometimes our muscles need a little help to let go and release knots and tension.

I intend to keep on expanding my knowledge and skills by doing more courses. I'd like to do reflexology and Indian head massage in the future.

The treatments I offer are a 30-minute back massage, 60-minute or 90-minute body massage. The body massage involves massaging the scalp neck shoulders arms hands legs feet and back.

My room is quiet warm calming and dimly lit. Your troubles will melt away. Everyone deserves to take time out for well-being and relaxation.

I aim to keep my prices affordable as having a massage should be an affordable luxury in my opinion. I like to have regular massages as I realise the importance and many benefits of looking after my body and my well-being. So if you would like to book an appointment with me I am very proud to announce my business is up and running. You can contact me by email, text or call me. You will not be disappointed."

TO BOOK AN APPOINTMENT CONTACT CARON ON:

07852 679 894 | caron.conlon@yahoo.co.uk

WHAT'S GOING ON?

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



Support the Queer community and celebrate at Northern Pride!

Under the theme “unapologetically visible” the aim now is to bring over 80,000 people to Newcastle during the Pride weekend, by bringing all the festival favourites right into the heart of the city.

The festival is to highlight the vibrant and beautiful queer community, the valuable impact they have on society and the richness of their talents, from makers and creators, to performers and activists.

[For more information and to buy tickets, head to their website.](#)



Celebrate the season of the sun!

60 minute energising flow working on firing up the core and shifting any stagnant energy in the body. After this tuck into some pizza from Crust Social and wash it down with a chat and a refreshing pint (non-alcoholic beer and other drinks available).

[BUY YOUR TICKETS HERE.](#)



Lifeboats

Tynemouth Lifeboat Day


Sunday 7th July 2024

11am - 3pm

Fun for all the family!

Stalls/Music/Motorcycle Clubs/T&W Fire Service
Safety demo/Food & Drinks/Kids Games!





Understanding the Link Between Diabetes and Oral Hygiene: A Guide for Our Patients

At Ewan Bramley Dental Care, we are dedicated to ensuring our patients are informed about all aspects of their oral health.

This month, we focus on an important topic: the connection between diabetes and oral hygiene. Diabetes affects millions of people worldwide, and understanding its impact on dental health is crucial for effective management and prevention of complications.

How Diabetes Affects Oral Health

Diabetes can significantly impact your oral health in several ways. Here's how:

1. **Increased Risk of Gum Disease:** High blood sugar levels can lead to increased plaque formation on your teeth, which can result in gum inflammation and infections like gingivitis and periodontitis.
2. **Dry Mouth:** Diabetes often reduces saliva production, causing dry mouth (xerostomia). Saliva helps wash away food particles and neutralizes acids produced by bacteria, preventing tooth decay and gum disease.
3. **Thrush:** People with diabetes are more prone to fungal infections such as oral thrush due to high sugar levels in saliva and compromised immune response.
4. **Slower Healing:** Diabetic patients may experience slower healing of oral tissues, making it more challenging to recover from dental procedures or injuries.

5. **Taste Impairment:** Diabetes can alter your sense of taste, which can affect your dietary choices and oral health.

Managing Oral Health with Diabetes

Managing your oral health effectively while living with diabetes involves a combination of good dental hygiene practices and regular monitoring of your blood sugar levels. Here are some tips to help you maintain a healthy mouth:

1. **Control Your Blood Sugar:** The first step in managing oral health with diabetes is maintaining your blood glucose levels within the target range. This helps reduce the risk of infections and promotes faster healing.
2. **Brush and Floss Regularly:** Brush your teeth at least twice a day with fluoride toothpaste and floss daily to remove plaque from between your teeth and along the gum line.
3. **Regular Dental Visits:** Schedule regular check-ups with us. Inform us about your diabetes condition so we can tailor our care to your needs.
4. **Quit Smoking:** Smoking can exacerbate gum disease and impair blood circulation, further complicating diabetes management. If you smoke, consider seeking help to quit.
5. **Stay Hydrated:** Drink plenty of water to keep your mouth moist and help wash away food particles and bacteria. Chewing sugar-free gum can also stimulate saliva

production.

6. **Balanced Diet:** Maintain a balanced diet rich in nutrients to support both your overall health and oral health. Limit sugary snacks and drinks to prevent tooth decay.

Recognising Warning Signs

It's important to be aware of the signs that may indicate oral health issues, especially if you have diabetes. Contact us immediately if you experience:

- Persistent bad breath
- Bleeding, swollen, or tender gums
- Loose teeth
- Ulcers or sores that do not heal
- Dry mouth or burning sensation

We are committed to helping our patients manage their oral health effectively, especially those living with diabetes. By understanding the link between diabetes and oral hygiene, you can take proactive steps to maintain a healthy smile.

Schedule your next appointment with us to discuss any concerns and ensure your dental health is on the right track.

Phone: 0191 259 6506
Email: reception@ewanbramley.com