

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



## IN THIS ISSUE:

1 - Exclusive interview with Dentist Jamie! The second of our meet the team series.

2 - A bit of news from our Clinic and the local area!

3 - How dental crowns and bridges can change your smile!

4 - Business of the month is a publication celebrating North Shields and the community; I Love North Shields.

5 - The latest events, activities and food & drinks in the North East.

6 - Composite bonding or veneers? What is right for you?

## AN EXCLUSIVE INTERVIEW WITH DENTIST JAMIE!

**What inspired you to become a dentist, and how did you get started in the field?**

I was a bit of a feral child and was always getting into scrapes and bumps. I managed to smash my front teeth a couple of days before I was supposed to have my braces fitted. Because of this, I was in and out of the dentist like the hokey pokey. My dentist was a proper surfer dude from Cornwall and we had many of the same interests and he got me interested in it all. Once I had expressed some interest, we looked into how to make it happen. Dentistry is a competitive course to get into and it needed a lot of work to make it happen. Fortunately, my parents could take me to get the work experience I needed for my application and after getting the grades I made my way up to Newcastle!

**Can you describe a typical day in your role as a dentist at our clinic?**

We arrive at the clinic bright and early to liaise with the reception, nurse and lab teams before the day begins to make sure everything is prepared for the day.

*Continued on next page....*

# AN EXCLUSIVE INTERVIEW WITH DENTIST JAMIE! *CONTINUED...*

Once this is done we start seeing patients on our first appointment of the day at 8am, that's when the fun begins. Every day can be different and provide its own challenges and surprises. My typical day is a mix of everything from checkups and fillings to porcelain veneers and dental implant surgery.

## **What do you find most rewarding about your work in dentistry?**

As dentists, we are in a privileged position where we can not only help people but also see the impact of our work. Seeing the bravery of a person who has neglected their teeth but is determined to turn things around is amazing. There's nothing better than helping them do it and seeing how they change throughout the process. Seeing the difference in people as they regain their confidence in their smile and regain control of their oral health is so rewarding.

## **What are some of the common misconceptions about dental health that you often encounter?**

Rinsing with mouthwash. Most people use mouthwash straight after brushing their teeth because that's what seems to make sense. Really though it's washing all the beneficial ingredients off their teeth and straight down the sink. A great time to use mouthwash is after lunch or when you get home from work - or any time other than straight after brushing!

## **How do you stay updated on the latest advancements and techniques in dentistry?**

There's a fantastic community that revolves around dentistry. Things like Local study clubs, dental shows and conventions are a fantastic way to keep up to date. Especially since the pandemic, there's a lot of online content so you can learn from globally acclaimed dentists while you're still in your slippers. When I can, I also enjoy going to dental courses as well (especially if they're somewhere sunny) to swat up on my favourite topics. It's a great excuse for a trip to the other side of the world!

## **What advice do you have for patients to maintain good oral health between visits?**

BRUSH YOUR TEETH. Twice a day!

***For more information about our services or to book a FREE consultation, contact us at: [reception@ewanbramley.com](mailto:reception@ewanbramley.com).***

## **How do you handle nervous or anxious patients to ensure they have a comfortable experience?**

The whole team here is great at handling nervous patients. We put them at ease from the moment they walk into the practice. To be honest we treat them like we treat everybody, we are warm and friendly and take the time to listen and communicate well. We tailor all of our treatments to people's specific needs and requirements so if it takes longer then we will dedicate the time to allow for it.

## **What advancements in dental technology or practices are you most excited about, and why?**

I'm really interested in implant dentistry and digital dentistry. The technology that goes into making an implant is mind-blowing and I love reading about it and putting it to use. Combined with digital dentistry it is possible to plan out cases from start to finish without even having to touch a tooth.

## **What do you enjoy doing in your free time when you're not working at the clinic?**

I love being outside as much as I can. If you're one of my patients I've probably already chewed your ear off about my dog Bruce. There's nothing better than taking him down to the Lake District and running a few peaks with him. I also enjoy sharing an allotment with friends, golf, cycling, swimming and surfing. I completed a half Iron Man a few years ago and at some point when I have enough time to train I'm hoping to do a full one.





# EWAN BRAMLEY NEWS!



TOTALLY SPOILT OFF MY  
LOVELY WORK FAMILY



## HAPPY BIRTHDAY EMMA!

We celebrated not just a milestone birthday but also the incredible journey of our dear colleague, Emma Ryan. Emma has been a cornerstone of Ewan Bramley Dental Care for over 13 amazing years, making her one of the longest-serving members of our team.

Here's to celebrating your wonderful journey so far and looking forward to many more years of success and happiness together. Enjoy your special day, Emma! 🎉🎂

## And for some North Shields news, the Shields Ferry has secured funding for the new landing!

To the dismay of local residents, North East mayor Kim McGuinness has pledged a cash injection that will allow for the building of a new north landing for the popular river crossing.

The Shields Ferry has been a topic of conversation for many years since the warnings that the current landing will be in an unusable condition by 2025.

£14.6 million is need to build a replacement closer to the North Shields Fish Quay but there have been a number of setbacks that have caused costs to increase and struggles to get funding. Now with some funding secured, works are estimated to begin in 2026 though full proposals are yet to be submitted.

Dame Norma Redfearn, the elected mayor of North Tyneside, welcomed Monday's announcement as "brilliant news for the residents, businesses and communities along the banks of the River Tyne". She added: "We have bold plans for North Shields and our historic fish quay, delivering this connectivity by securing the ferry service will help to boost those plans and attract visitors, support residents, and help our businesses. The ferry landing is a rich part of our history and has been a heartbeat of our communities for years, it will be part of a bright future as part of our ambitions for the borough."



Article from Chronicle Live

# HOW DENTAL CROWNS AND BRIDGES CAN CHANGE YOUR SMILE!



*Maintaining a healthy, beautiful smile is a top priority for many people, and dental crowns and bridges are essential tools in achieving this goal. These restorative procedures not only enhance the appearance of your teeth but also restore their function and strength. Here's an in-depth look at what dental crowns and bridges are, their benefits, and what to expect during the procedure.*

## What Are Dental Crowns?

Dental crowns, often referred to as "caps," are custom-made coverings placed over a tooth. Crowns are used to restore a tooth's shape, size, strength, and appearance. They can be made from various materials, including porcelain, ceramic, metal, or a combination of these. Porcelain and ceramic crowns are popular for their natural look, seamlessly blending with your existing teeth.

## Benefits of Dental Crowns

1. **Restoration of Function:** Crowns restore the normal function of a tooth, allowing you to chew and speak properly.
2. **Aesthetic Improvement:** They cover damaged or discoloured teeth, improving your smile's overall appearance.
3. **Protection:** Crowns protect weak teeth from breaking or hold together parts of a cracked tooth.
4. **Longevity:** With proper care, crowns can last many years, providing a durable solution for dental issues.

## What Are Dental Bridges?

Dental bridges are used to replace one or more missing teeth. A bridge consists of two or more crowns for the teeth on either side of the gap — these anchoring teeth are called abutment teeth — and a false tooth/teeth in between. These false teeth, called pontics, can be made from gold, alloys, porcelain, or a combination of these materials. Bridges are supported by natural teeth or implants.

## Benefits of Dental Bridges

1. **Restored Smile:** Bridges fill the gaps caused by missing teeth, restoring your smile and the natural contour of your face.
2. **Improved Chewing and Speaking:** Missing teeth can affect your ability to chew and speak. Bridges help restore these functions.
3. **Preventing Tooth Movement:** Gaps in your teeth can cause remaining teeth to shift over time, leading to bite problems and misalignment. Bridges prevent this by maintaining the position of your teeth.
4. **Aesthetic Appeal:** Modern bridges can be made to look like your natural teeth, enhancing your overall appearance.

## The Procedure: What to Expect

For both crowns and bridges, the process typically involves two visits to your dentist. During the first visit, the dentist prepares the tooth by removing any decay and shaping it to fit the crown. Impressions of your teeth are taken to create a custom-fit crown or bridge. A temporary crown or bridge may be placed to protect the prepared tooth while the final restoration is being made.

In the second visit, the temporary crown or bridge is removed, and the new permanent one is checked for fit and colour before being permanently cemented in place. Your dentist will ensure the restoration is comfortable and functions properly.

## Caring for Crowns and Bridges

Proper oral hygiene is essential to maintain the longevity of crowns and bridges. Brush and floss daily, and avoid chewing hard foods that could damage the restoration. Regular dental check-ups will allow your dentist to monitor the condition of your crowns and bridges, ensuring they remain in good condition for years to come.

Dental crowns and bridges are reliable solutions for restoring and enhancing your smile. If you have any concerns about your dental health or think you might benefit from these treatments, don't hesitate to schedule a consultation with us. Your journey to a healthier, more beautiful smile begins here



# BUSINESS OF THE MONTH

**IN NORTH SHIELDS, THERE'S A NEW INITIATIVE SPARKING ENTHUSIASM THROUGH A LOCAL PUBLICATION THAT HIGHLIGHTS COMMUNITY PRIDE. INTRODUCING SIMMIE HARPER'S BRANCHCHILD, I LOVE NORTH SHIELDS.**

Simmie has established a platform that celebrates North Shields, channeling admiration into active community involvement. What sets *I Love North Shields* apart is its dedication to showcasing local talents, supporting businesses, and fostering inclusivity. The publication is created by and for the North Shields community.

*I Love North Shields* empowers locals by offering media and content creation opportunities. Whether you're a seasoned professional or a newcomer, it provides the guidance and resources to ensure every voice is heard.

A cornerstone of its mission is supporting grassroots charities and community groups, strengthening the social fabric of North Shields and promoting unity among residents. Through community-driven initiatives, it encourages connection and collective effort.

Simmie Harper's vision for *I Love North Shields* is about building a sustainable, inclusive local economy. Her commitment to equality, diversity, and community cohesion sets a standard for grassroots movements, demonstrating what's possible when passion meets purpose.

In essence, Simmie Harper and *I Love North Shields* embody the spirit of our community, transforming North Shields into a place where creativity, compassion, and camaraderie thrive. They've shown what communities can achieve when they come together with heart and determination.

For these reasons, Simmie Harper and *I Love North Shields* proudly stand as our Business of the Month, reminding us that it's about us—the people who call North Shields home.

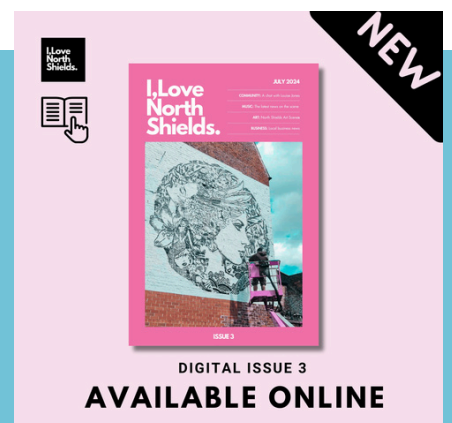


## SUPPORT YOUR LOCAL PUBLICATION

**SUBSCRIBE TODAY AT [ILOVENORTHSHIELDS.CO.UK](http://ILOVENORTHSHIELDS.CO.UK)**

The publication is Free for all to access online and offers a subscription service for the printed copy.

For more information, contact Simmie or follow them on instagram.



# HELLO AUGUST!

The latest events, activities and food & drinks in the North East.



**SET IN THE FABULOUS CULLERCOATS HARBOUR BEACH, COME AND STRUT YOUR FUNKY STUFF ON THE SAND.**

A full bar will be available throughout. Tickets are limited so get yourself primed and ready.

[TICKETS AVAILABLE HERE.](#)

**SET IN THE FABULOUS CULLERCOATS HARBOUR BEACH, COME AND STRUT YOUR FUNKY STUFF ON THE SAND.**

A full bar will be available throughout. Tickets are limited so get yourself primed and ready.

[TICKETS AVAILABLE HERE.](#)

## cullercoats creatives

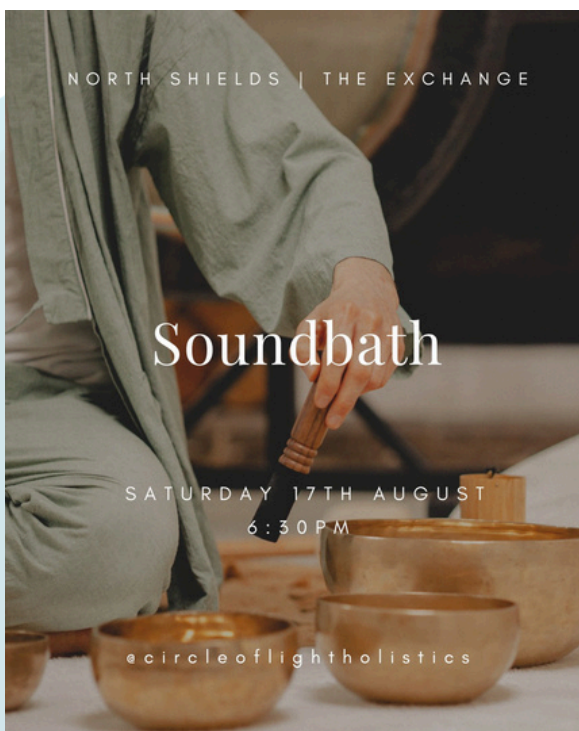
**artisan fair  
across two halls  
sat 31/08  
10:30-3pm  
free entry**



40+ ARTISAN HANDMADE STALLS VARY EACH MONTH, BUT CAN INCLUDE ART, FRESH BAKERY, CAKE, PHOTOGRAPHY, JEWELLERY, FACE PAINTER, CANDLES, WOODWORK, GLASSWORK, EMBROIDERY, FABRICS, CERAMICS, SCENTS, SKINCARE, GIFTS, BEACH TREASURES, HANDMADE BOOKS, HOME DECOR, PLANTS & MORE. NOT FORGETTING OUR CAFE FOR SIT-IN OR TAKE-AWAY.



**cullercoats methodist church, ne30 3lj**



## HOW WOULD YOU FEEL DEDICATING SOME TIME TO YOUR OWN SELF-CARE?

If you are free on Saturday 17th August, join Circle of Light Holistics at The Exchange 1856 in North Shields, from 6:30pm. A soundbath is an immersive experience that has the potential to place you in a deeply focused, meditative state. It is also proven to lower your heart rate and reduce your blood pressure; leaving you feeling relaxed and rested.

For more information and to book click on the following link:

[BOOK HERE](#)

If you have an event you would like featured, email [jenny@ewanbramley.com](mailto:jenny@ewanbramley.com)



# COMPOSITE BONDING OR VENEERS?



## WHAT IS COMPOSITE BONDING?

Composite bonding is a cosmetic dental procedure that involves applying a tooth-coloured resin to the surface of your teeth. This resin is carefully shaped and polished to match the surrounding teeth, resulting in a natural-looking enhancement.

### Composite bonding is ideal for:

- Repairing chipped or cracked teeth: The resin can fill in chips or cracks, restoring the tooth's appearance and function.
- Closing gaps between teeth: Composite bonding can close small spaces between teeth, providing a more uniform smile.
- Improving tooth colour: The resin can be used to cover discolourations or stains that do not respond to traditional whitening treatments.
- Reshaping teeth: If you have irregularly shaped teeth, composite bonding can create a more symmetrical appearance.

### Advantages of composite bonding

- Minimally invasive: This procedure typically requires little to no removal of the tooth's natural structure.
- Quick and cost-effective: Composite bonding is usually completed in a single visit and is less expensive than veneers.
- Reversible: Since minimal tooth structure is altered, the process can be reversed if desired.
- Natural appearance: The resin material closely matches the colour of your natural teeth, providing a seamless look.

### Considerations for composite bonding

- Durability: Composite bonding is not as durable as veneers and may chip or stain over time.
- Maintenance: Regular dental visits and good oral hygiene are essential to maintain the appearance and longevity of the bonding.



## WHAT ARE VENEERS?

Veneers are thin shells, typically made of porcelain or composite resin, that are custom-made to fit over the front surface of your teeth.

### Veneers are an excellent option for:

- Severe discolouration: Veneers can cover teeth that are significantly stained or discoloured.
- Worn or chipped teeth: Veneers provide a durable solution for restoring the appearance of worn or chipped teeth.
- Misaligned or uneven teeth: Veneers can create a more even and aligned smile without the need for braces.
- Gaps between teeth: Larger gaps or spaces can be effectively closed with veneers.

### Advantages of veneers

- Aesthetic appeal: Porcelain veneers offer a highly natural and translucent appearance, closely mimicking the look of natural teeth.
- Durability: Veneers are more resistant to staining and chipping compared to composite bonding.
- Longevity: With proper care, veneers can last many years, making them a long-term investment in your smile.

### Considerations for veneers

- Permanent: The process involves removing a small amount of enamel from the tooth surface, making it a permanent alteration.
- Cost: Veneers are generally more expensive than composite bonding due to the custom fabrication and materials used.
- Multiple visits: The process usually requires at least two visits – one for tooth preparation and impressions, and another for fitting and bonding the veneers.



## WHICH OPTIONS IS RIGHT FOR YOU?

Choosing between composite bonding and veneers depends on your specific dental needs and aesthetic goals.

### Here are some factors to consider:

- Extent of correction needed: For minor repairs and colour corrections, composite bonding may be sufficient. For more extensive changes, veneers might be the better option.
- Budget: Composite bonding is more budget-friendly, while veneers represent a higher upfront investment.
- Durability requirements: If you need a more durable and long-lasting solution, veneers are the preferred choice.
- Reversibility: If you prefer a reversible option, composite bonding is less invasive and can be altered more easily.

At Ewan Bramley Dental Care, we understand that every smile is unique, and we are here to help you choose the best treatment for your individual needs. Whether you opt for composite bonding or veneers, our experienced team is dedicated to providing you with the highest quality care and achieving the beautiful smile you deserve.

If you are considering enhancing your smile with composite bonding or veneers, schedule a consultation with us today. We will evaluate your dental health, discuss your goals, and help you make an informed decision about the best cosmetic solution for you.

For more information or to book an appointment, contact [reception@ewanbramley.com](mailto:reception@ewanbramley.com).

***Your perfect smile is just a visit away!***