

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



## IN THIS ISSUE:

1-2 - A message from Richard Bramley

2-3 - Find out more about our Clinical Manager Jess in an exclusive interview

4-5 - Thinking about dentures? Read our full guide and find out everything you need to know

6 - Celebrate our September Birthdays and welcome our newest staff members!

7 - Business of the month is White Rose Physiotherapy based in Whitley Lodge

8 - We've hand picked spooky season events for you to get scared

9 - And last but not least, why early orthodontics can be important for children

## Dear Valued Patients...

I want to take a moment to express my heartfelt gratitude to each of you, especially those who have been part of this practice for decades—some even since my father, Mr. Bramley Senior, began his journey over 60 years ago. Your loyalty and trust have meant so much to both Ewan and I. We are grateful for your continued support over the years.

Eleven years ago, I joined my brother Ewan to help him fulfil his dream of creating a private dental practice, one where he could offer personalised, high-quality care to his patients. That vision has been at the core of everything he's done since establishing the practice in 2009. Unfortunately, Ewan will not be returning to dentistry in the near future this has led to the difficult decision to sell the practice.

I understand that this is a significant change for many of you, but I'm pleased to share that two of our trusted colleagues, Jamie Dury and Jarlath McAteer, will take over as the new owners later this year. Having worked with them both closely, I have every confidence they will continue to lead the practice with the same dedication and passion that you have come to expect.

*Continued on the next page...*

In addition to Jamie and Jarlath, our associate dentists George and Katie will remain integral members of the team. They have consistently provided outstanding care and will continue to uphold the high standards of treatment you've always received.

I also want to take this opportunity to acknowledge our exceptional staff. Our talented hygienists have played a vital role in maintaining your oral health, while our wonderful reception team has ensured your visits run smoothly, always greeting you with warmth and efficiency. Our skilled dental nurses have supported treatments with professionalism and precision, and our lab team has worked tirelessly behind the scenes to deliver custom solutions for the best possible outcomes. Each of these groups has been essential to our success, and I know they will continue to provide the excellent care you've come to expect.

Thank you once again for your loyalty and support during this time. It has been an honour to be part of your dental care journey, and I'm confident that the practice will continue to thrive in the capable hands of our new leadership and dedicated team.

**If anyone has any queries or would like to pass on any messages to Ewan, please contact me directly rather than through reception. I can be reached at [richard@ewanbramley.com](mailto:richard@ewanbramley.com).**

**Warm regards,  
Richard Bramley**



**Richard Bramley**

## **AN EXCLUSIVE INTERVIEW WITH CLINICAL MANAGER JESS!**



**Clinical Manager Jess**

### **Can you tell us a little about your background and what led you to pursue a career in dental management?**

I've been a dental nurse for over 10 years, and I've spent the last 8 years working at Ewan Bramley Dental Care, which I joined to be closer to home. In 2020, Ewan and Richard approached me to take on the role of senior nurse. Two years later, they decided to invest in my growth by promoting me to clinical manager.

### **What does a typical day look like for you as the clinical manager of our practice?**

I ensure that each clinic runs smoothly by managing staff resources for the five dentists we have on-site. This includes creating staff rotas, coordinating nursing schedules, handling holidays, and overseeing surgeries. I also manage implant treatments, stock levels, and team morale. Additionally, I keep the practice updated with clinical audits and make sure all nurses stay informed about the latest dental advancements and are current with their CPD. Supporting both the nursing team and the wider clinical staff is a key part of my role.

*Learn more about Jess and her role as Clinical Manager on the next page...*

# AN EXCLUSIVE INTERVIEW WITH CLINICAL MANAGER JESS!

## **What do you enjoy most about working at our dental clinic?**

Work here doesn't feel like work. We're one big family, supporting each other while maintaining professionalism and having fun along the way. After 8 years, I've built great relationships with our patients, and I love being able to help both the staff and patients in any way I can.

## **Can you share a memorable experience or success story from your time working here?**

One of my proudest achievements has been my involvement in our recruitment program. Over the past two years, I've helped train four nurses, all of whom have either recently qualified or are about to qualify.



## **What are some of the biggest challenges you face in your role, and how do you overcome them?**

We have a large team with diverse skill sets and treatments, so I focus on ensuring all nurses are trained across different procedures. Delays in lab work and stock can also be challenging, but I monitor these closely to prevent disruptions and keep the practice running smoothly. We're extremely busy at the moment, so managing workflow, opening up dentists' schedules when needed, and ensuring we have the resources are key parts of my role.

## **How do you stay current with the latest developments and best practices in dental care and clinic management?**

I stay informed by regularly reviewing updates from the CQC and GDC and keeping my CPD up to date. I also attend dental courses to expand my knowledge and visit dental shows to learn about the latest technology and products.

## **What initiatives or improvements have you implemented in the clinic that you're particularly proud of?**

I've worked on creating a better working environment for the team, especially by supporting staff through changes within the practice.

## **How do you ensure that our clinic maintains high standards of patient care and satisfaction?**

By ensuring that all protocols and procedures are followed and making patient care our top priority in everything we do.

## **Can you share some personal interests or hobbies that you enjoy outside of work?**

I love spending time with my family, my partner, and my stepdaughter. I also enjoy catching up with friends. As an ice hockey girlfriend, I support my partner in his sport and love watching professional games too. Exploring different cities in the UK and travelling abroad are also passions of mine.

## **What advice would you give to someone aspiring to work in dental practice management?**

Communication is key—always keep it open and ongoing. Be caring, kind, and supportive, and know that it's okay to delegate tasks and to say no when necessary.





# EVERYTHING YOU NEED TO KNOW ABOUT DENTURES

***Dentures have long been a reliable solution for individuals with missing teeth, helping to restore not only the appearance of a full smile but also the function and comfort of a natural set of teeth. Whether you're considering dentures for yourself or a loved one, understanding the different types and benefits can help you make an informed decision. In this article, we'll take you through everything you need to know about dentures.***

## What Are Dentures?

Dentures are removable appliances designed to replace missing teeth and the surrounding gum tissue. They can be used to replace all or some of your teeth, depending on your individual needs. Made from materials such as acrylic, nylon, or metal, modern dentures are more comfortable, natural-looking, and functional than ever before.

## Types of Dentures

There are several types of dentures available, each designed to meet different needs:

1. Full dentures are used when all of a patient's teeth are missing in either the upper or lower jaw. They sit on top of the gums and are custom-made to fit the shape of your mouth. Full dentures can improve the appearance of your smile, restore chewing ability, and support facial muscles that may sag when teeth are missing.
2. Partial dentures are used when some natural teeth remain in the upper or lower jaw. They consist of replacement teeth attached to a gum-coloured base, often held in place with metal clasps that attach to your natural teeth. Partial dentures help fill in gaps and prevent your remaining teeth from shifting out of position.
3. Immediate dentures are placed right after tooth extraction, allowing you to avoid being without teeth during the healing process. These dentures may need to be adjusted as your gums heal and shrink, and are often seen as a temporary solution until a more permanent set can be made.
4. Implant-supported dentures are a more permanent option that uses dental implants as a foundation for securing the dentures in place. This type of denture offers superior stability and prevents slipping, making it easier to eat, speak, and smile confidently.
5. Flexible dentures are made from softer materials than traditional dentures, offering more comfort and flexibility. They are less likely to break and can be a good option for patients with sensitive gums or those who experience discomfort with rigid materials.

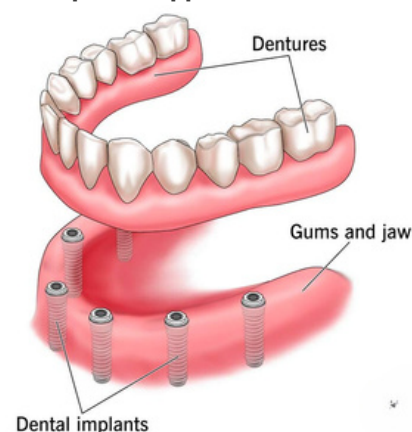
Full Dentures



Partial Dentures



Implant Supported Dentures



*Continued on next page...*



# EVERYTHING YOU NEED TO KNOW ABOUT DENTURES

*continued...*

## Benefits of Dentures

Dentures offer a range of benefits, from improving oral function to enhancing your overall appearance:

- **Restored Chewing and Speaking Ability:** Missing teeth can make eating and speaking difficult. Dentures restore your ability to chew food properly, improving digestion and nutrition. They also support your lips and cheeks, helping you speak more clearly.
- **Improved Aesthetics:** Dentures are designed to look natural, filling in gaps where teeth are missing and giving you a full, healthy smile. They can also help restore facial volume, which is often lost when teeth are missing, reducing the sunken look that can occur as we age.
- **Preventing Further Dental Issues:** When teeth are missing, the surrounding teeth can shift out of place, leading to bite problems and even jaw pain. Dentures help maintain the alignment of your remaining teeth and provide support for the jaw.
- **Cost-Effective Solution:** Dentures are generally more affordable than other tooth replacement options like dental implants or bridges. They provide a practical solution for individuals who may not be candidates for surgery or those who want a more budget-friendly option.
- **Customisable and Easy to Maintain:** Modern dentures are custom-made to fit your mouth, ensuring a comfortable and secure fit. They can be removed for cleaning, making it easier to maintain good oral hygiene.

## What to Expect When Getting Dentures

Getting dentures is a multi-step process that involves several visits to your dentist or prosthodontist. Here's what you can expect:

1. **Initial Consultation:** During your first visit, your dentist will examine your mouth, discuss your needs, and recommend the most suitable type of dentures. Impressions of your mouth will be taken to create a model for your custom dentures.
2. **Fitting and Adjustments:** Once your dentures are ready, you'll return for a fitting. The dentist will make any necessary adjustments to ensure your dentures fit comfortably and securely. It's normal to experience some discomfort or soreness at first, but this should improve as your mouth adjusts.
3. **Caring for Your Dentures:** Dentures require proper care to stay in good condition. You'll need to clean them daily by brushing with a soft denture brush and soaking them in a denture-cleaning solution. Avoid using regular toothpaste, as it can be too abrasive. It's also important to keep your gums and remaining teeth clean to prevent infections or further dental problems.
4. **Are Dentures Right for You?:** Dentures can be a great solution for many individuals, but they're not the only option available. Your dentist will assess your oral health and discuss whether dentures, dental implants, or another treatment is the best fit for your needs. Factors such as the number of missing teeth, bone density, and overall oral health will all play a role in determining the most suitable treatment.

Dentures are a tried-and-tested option for restoring the appearance and function of your smile. With the variety of denture types available today, there's a solution for every individual's needs.

***If you're considering dentures or want to explore other tooth replacement options, schedule a consultation with us at Ewan Bramley Dental Care. Our team of experienced dental professionals can help guide you to the best solution for your oral health and lifestyle.***

***Book a free consultation with one of our dentists, contact our reception team at [reception@ewanbramley.com](mailto:reception@ewanbramley.com)***





# EWAN BRAMLEY NEWS!



**HAPPY  
BIRTHDAY**

## HAPPY BIRTHDAY TO OUR TEAM MEMBERS!

Happy Birthday to all our team members celebrating in September, we hope they had the most amazing day.

*From left to right:  
Katie, Priscilla, Maya and Beth.*

## WELCOME NEW STARTER, FARAH, DENTAL HYGIENIST

"I am an overseas dentist from India, where I worked for five years before moving to the UK in 2018. I initially worked as a dental nurse in the UK for two and a half years before registering with the GDC as a dental hygienist and therapist in 2020.

I am passionate about my work and love what I do. Recently, I joined Ewan Bramley Dental Care and enjoy every aspect of it – the team, the practice, and the patients. Helping patients maintain and achieve healthier smiles is incredibly rewarding for me. I often work with anxious patients, and seeing their confidence grow throughout their dental journey motivates me every day.

In my free time, I enjoy cooking, playing badminton, walking, and travelling with my husband."



**WELCOME  
to the Team**

# BUSINESS OF THE MONTH

## WHITE ROSE PHYSIOTHERAPY CLINIC

*White Rose Physiotherapy Clinic was established in 2018. Ben, the owner has worked in private practice and elite sport for 10 years. When setting up the clinic, his aim was to become a clinic you would "recommend to your family". He has certainly achieved this! Here is Ben with more information on his clinic:*

*"Our strong values of putting the patient's priorities first, getting to the root cause of injuries and achieving sustainable results meant the clinic quickly grew from a small room with a sports facility to its very own clinic in Whitley Lodge. Our clinic comprises of a small reception area, two treatment rooms and a rehab area."*

We offer physiotherapy, acupuncture and sports massage catering to anyone from work-based pain to sports injury.

**TO BOOK AN APPOINTMENT  
[CLICK HERE.](#)**



We believe that each injury is unique to you and our physiotherapy services use a structured stage program to ensure we offer the patient the very best service. We listen to your story and what is important to you, complete movement and strength tests, explain our findings and treatment plan in simple terms so you know exactly what has caused your pain and how you will fix it.

Physiotherapy assessments and treatments are 30 minutes in duration and £44.

Acupuncture is an ancient Chinese medicine-based approach to treating a range of conditions through stimulating sensory nerves under the skin and in the muscles. The body reacts to this by producing natural substances, such as pain-relieving endorphins. The substances released are responsible for the beneficial effects that are associated with acupuncture. Acupuncture is used for a wide variety of conditions such as chronic pain (e.g. low back pain), headaches and migraines, MSK conditions (including joint pain, tennis elbow), menopause or menstrual pain.

Acupuncture initial assessments and treatment (45 minutes) £66  
Acupuncture follow up treatment (30 minutes) are £44.

Sports massage can play a vital role in the life of anyone whether injured or not. Massage has numerous benefits of physical, physiological and psychological nature. It helps maintain the body in better condition, prevent injuries and loss of mobility, cure and restore mobility to injured muscle tissue and boost performance.

Sports Massage are £33 for 30 minutes and £55 for 60 minutes.





# HELLO SPOOKY SEASON!

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

## NOT ONE TO BE MISSED FOR THE LONGBOARD SURFERS!

As part of the [@northseaweekender](#) festival, [@britishlongboardunion](#) and [@tynemouthsurfco](#) will be running the 'Tynemouth Longboard Classic'.

Categories consist of Men's Open, Womens Open and Junior divisions. Athletes will also be in the mix for a share of the £1500 prize purse. A weekend not to be missed!

   
THE  
**TYNEMOUTH  
LONGBOARD  
CLASSIC**  
12-13 OCT 2024



## JOIN TYNEMOUTH PARK FOR A SPOOKY TRAIL!

Get ready for a frightfully fun adventure! Navigate our spooky maze, meet and greet this years weird and wonderful characters, pick your own pumpkin from our patch, enjoy trick-or-treat goodies, and indulge in a delicious ice cream with a vampire twist!

## TAKE A HERITAGE TRAIN RIDE WITH A SPOOKY TWIST!

Embark on a four-mile round trip (35-40 minutes) tracing the path of coal trains from the collieries to the River Tyne, all while riding in vintage 1950s passenger carriages. But this Halloween, the journey gets an eerie upgrade—travel in a specially themed spooky carriage for a hauntingly fun experience!

After your train ride, make sure to stop off around the museum to complete our spooky trail and colouring activities!

Scariest Halloween costume will win a prize!

[Buy tickets here.](#)





# THE IMPORTANCE OF EARLY ORTHODONTIC TREATMENT FOR CHILDREN

As parents, we all want the best for our children, and their dental health is no exception. Orthodontic treatment isn't just about giving your child a straighter smile; it can have long-lasting benefits that impact their oral health and overall well-being. In this article, we'll explore why early orthodontic treatment is essential when it should be considered, and how it can benefit your child in the long run.

## When should you consider orthodontic treatment for your child?

According to the British Orthodontic Society, children should have their first orthodontic evaluation by the age of 7. This might sound early, especially when many children still have baby teeth, but there's a good reason for it. At this stage, a dentist or orthodontist can detect potential issues with jaw growth, tooth alignment, and bite that may not yet be obvious. Early intervention doesn't always mean immediate treatment, but it allows your orthodontist to monitor development and take action at the right time.



## What problems can early treatment address?

Early orthodontic treatment can tackle a variety of dental issues that may become more complicated as a child grows. These include:

- **Crowded or Misaligned Teeth:** Early intervention can guide the growth of the jaw to create the necessary space as permanent teeth come in.
- **Overbites and Underbites:** Correcting these early can help avoid future dental problems, such as wear on the teeth or difficulty chewing.
- **Crossbites:** Addressing this early can help prevent jaw misalignment and affect facial development.
- **Thumb-Sucking or Prolonged Dummy Use:** Early treatment can help prevent permanent damage to the alignment of the teeth.

## Why is early treatment important?

Early orthodontic intervention can prevent more serious dental problems from developing in the future. Here are some key reasons why early treatment can make a big difference:

- Prevents More Complex Treatment Later On
- Improves Confidence and Self-Esteem
- Promotes Better Oral Health
- Guides the Growth of Jaw and Teeth

## What does early orthodontic treatment involve?

Early orthodontic treatment doesn't always mean braces right away. It may involve the use of removable appliances, spacers, or other devices designed to guide the teeth and jaw as they grow. In some cases, treatment may be delayed until the child is older, with regular monitoring by the orthodontist in the meantime.



## How to know if your child needs orthodontic treatment?

While some dental issues are obvious, others may be harder to detect without professional evaluation. Signs that your child may benefit from an orthodontic assessment include:

- Difficulty biting or chewing
- Mouth breathing
- Crowded or misplaced teeth
- Early or late loss of baby teeth
- Thumb-sucking beyond the age of 4-5
- Clicking or popping noises when opening and closing the mouth

Early orthodontic treatment is a proactive step towards ensuring your child's long-term dental health and happiness. By addressing problems at an early stage, you can prevent more serious issues down the road, helping your child achieve a healthy, beautiful smile that lasts a lifetime.

If you have concerns about your child's dental development, don't hesitate to contact us at Ewan Bramley Dental Care. We offer comprehensive orthodontic assessments and will guide you through the best options for your child's needs.

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