

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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5 - 5 oral health mistakes that you are definitely doing!

## MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Just to let you all know we will be operating an 'emergencies only' process over the Christmas period. With limited opening hours as follows.

24th - 27th December: Closed

28th, 29th, 30th: 10am - 2pm emergencies only

31st, 1st, 2nd: Closed

3rd January: Open as usual

A dental emergency is classed as bleeding, pain that can't be eased with pain killers and facial swelling. Should you require an emergency appointment, please call 0191 259 6506.

If you require emergency care outside of these hours, please call 111.

Any questions, feel free to contact our reception team.



# THE LINK BETWEEN GUM DISEASE AND DIABETES

*It's not commonly known but there is a link between gum disease and diabetes. People with diabetes have an increased risk of gum disease, it can make it more difficult to treat and can make your diabetes harder to control. Here is more information:*

## **What is gum disease?**

Gum disease (periodontitis) is a very common disease, without treatment it can damage the soft tissue and lead to bone loss, eventually causing your teeth to fall out. Periodontitis affects about half of all adults and as many as 85% of people over 65-years of age. It's typically caused by poor brushing and flossing habits.

## **What is diabetes?**

Diabetes is a very common health problem that, if not well controlled, can have many serious health effects. In type 2 diabetes (the most common form of diabetes), sugar (glucose) levels in the bloodstream are higher than normal. This may be because the body is not making enough of the hormone insulin, which is needed to help cells take up

sugar from the blood to use for energy or energy storage, or because the body is not responding to its insulin as well as it should, or for both of these reasons.

You're more at risk of developing type 2 diabetes if you are over 40 or have a close relative with diabetes, it is often linked to being overweight and having a sedentary lifestyle, but it is becoming very common in younger people and even children.

Diabetes can lead to a number of health conditions like heart disease, stroke, nerve damage, blindness, kidney problems and much more. You need to have regular check-ups and control your blood sugar level to lower your risk of complications.

## **Is there a link between the two?**

Although diabetes and gum disease are different diseases, we have known for a long time that people with diabetes are more likely to get gum disease. Also, their gum disease may be worse and harder to treat, compared with people who do not have diabetes. However, If a person's blood sugar levels are under good control, gum disease treatment is more likely to be successful.

Scientists are now finding that gum disease may also have an effect on diabetes, making blood sugar control more difficult. It is clear that keeping the gums healthy is an important part of looking after the overall health of a person with diabetes.

### **How gum disease can affect diabetes?**

Top experts in dental and diabetes research have looked closely at all the latest research to find a new understanding of how these two diseases might affect one another.

They have found that:

- In people with diabetes, those who have severe gum disease have higher blood sugar levels (measured by a test called HbA1c), compared to those with healthier gums
- Even if you don't have diabetes, when you have severe gum disease your body's control of blood sugar levels is not as good as it should be
- The worse the gum disease is, the more likely a person is to go on to suffer damage to other organs in their body because of their diabetes – for example, heart or kidney disease
- Having severe gum disease might actually increase your chance of getting type 2 diabetes.

### **Why does gum disease affect diabetes?**

We aren't completely sure why gum disease has an effect on diabetes, but we think it is because some of the germs that infect your gums when we get gum disease can escape into the bloodstream. This triggers a reaction from our body's defence system, which can lead to the release of powerful molecules that have harmful effects on other parts of the body, resulting in worsened blood sugar control.

### **Can gum treatment help control your diabetes?**

We have seen cases where professional cleaning and regular care by your dentist or hygienist can lead to a fall in blood sugar levels in people with diabetes. The effect is about the same if you took a second dose of your usual diabetes medication, this shows that improving your gum health can really help you control your diabetes and lower any risk of diabetes complications.

If you don't have diabetes but are susceptible to it, keeping your teeth and gums healthy as well as regular exercise and a good diet can lower your risk of getting diabetes. But please consult your doctor if you do think you are showing signs of diabetes.

This research into gum disease and diabetes shows the importance of keeping your body healthy and how diseases are connected. Regular dental check-ups and a thorough at-home teeth cleaning schedule means gum disease can be picked up early and treated. Healthy teeth and gums are one step closer to better health.

*If you are showing signs of gum disease, book an appointment with us and we will provide a treatment plan to get your gums back to full health.*

*Call us on 0191 259 6506.*



# BEFORE & AFTER PHOTOS!

*Here are some of our favourite before & after photos from this month. This month we wanted to share some side views as they show even more of the transformation!*



This patient had a pretty short treatment with ourselves, around 3 months of clear aligners finished with whitening and edge bonding to give a straight natural smile.



A very nervous patient came to us wanting a new natural smile. We went with a course of whitening and veneers on the top teeth which has completely changed their smile

## A notice for our Patients

*We would like to take this time to remind you of the price increase from 1st January 2023.*

*We have kept our plan prices at an affordable and accessible price for everyone and as a token of appreciation for your support our existing plan patients have been kept on the old pricing structure until 1st January 2023. New customers joining in 2023 have had to pay the new pricing structure from the start of this year.*

*We have kept the price increase to an absolute minimum. As of 1st January 2023, your plan price will increase by the following:*

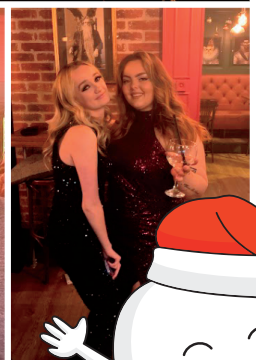
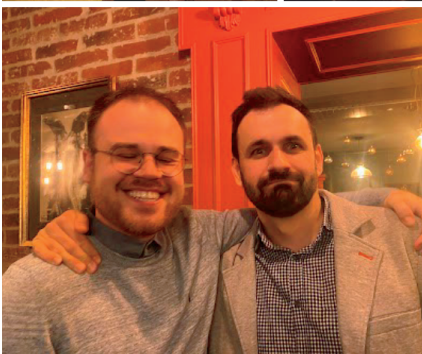
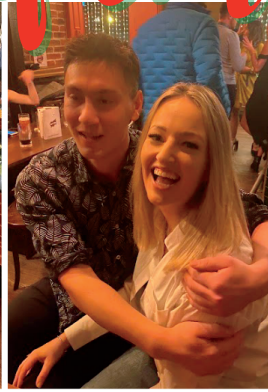
- Plan 1 - £1 increase
- Plan 2 - £1.02 increase
- Plan 3 - £1 increase
- Smile for Life - £1 increase

*We greatly appreciate your continued business and support through this time of growth and change. If you have any further questions or concerns regarding this price increase, please do not hesitate to reach out. Our team is more than happy to discuss this situation with you.*

*Kind Regards, Ewan Bramley Dental Care*



# Merry Christmas!





# Mother and daughter's first Christmas on-call together at Cullercoats RNLI!

The Royal National Lifeboat Institution (RNLI) is launching its Christmas appeal today (Monday 12 December), as the charity asks for help to continue its lifesaving work at sea.



This Christmas many will leave their loved ones behind to answer the call, each time hoping to reunite another family and see those in trouble at sea safely returned. Over the past decade, RNLI lifeboats have launched over 1,200 times during the festive period.

In the past five years in the North and East specifically, RNLI lifeboats have launched over 80 times and aided 36 people during the festive season.

At Cullercoats RNLI it will be Anna and Kay Heslop's first Christmas on-call together. Anna joined the lifeboat station over a decade ago and is now a helm on the inshore lifeboat.

Kay always supported her daughter's volunteering and regularly helped out with fundraising at the station. This year she joined the operational team when she took on the role of volunteer Lifeboat Operations Manager.

Kay explained: 'Before I became Lifeboat Operations Manager at Cullercoats RNLI, I'd sometimes drive Anna to call-outs and one year she got paged around 4.40am on Christmas morning. I dropped her off at the lifeboat station and distinctly remember standing outside in the moonlight in my pyjamas!

'We'll both have pagers this Christmas, so we could end up being at the station together again over the festive season. A call can come at any time and our volunteers will drop whatever they are doing, be that tucking into their Christmas dinner or opening their presents. At this time of year, the weather's at its worst and lives are on the line.

'There's no feeling quite like bringing someone home safe to their families – especially at Christmas. I'm immensely proud of all the lifeboat crew at Cullercoats but the team couldn't rescue people without kind donations from the public which fund their kit, training, and equipment that they need to save others and get home safely to their families.'

The RNLI is launching its Christmas appeal, as the charity asks for help to continue its lifesaving work at sea.

To make a donation to the RNLI's Christmas Appeal please visit: [RNLI.org/Xmas](https://rnli.org/Xmas)



# LS ELECTRICAL

DOMESTIC & COMMERCIAL ELECTRICAL SERVICES  
07904 444 438  
LSELECTRICAL2016@HOTMAIL.COM

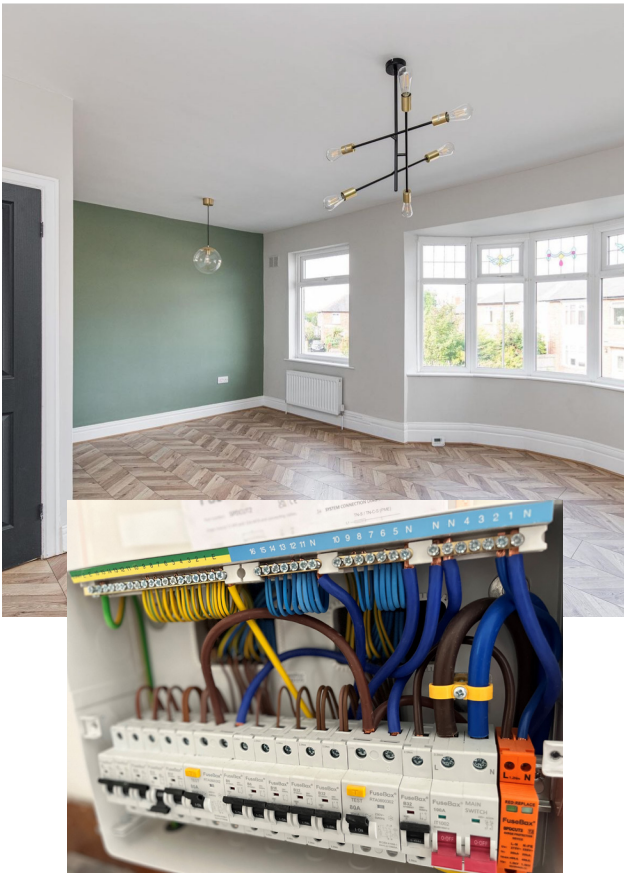
## BUSINESS OF THE MONTH

*Looking for an electrician? LS Electrical covers Domestic to Industrial.*

LS Electrical started 4 years ago and now have a team of 4 people with more to come, they cover all aspects of electrical work from Domestic, Commercial and Industrial. They also have a team that can carry out full refurbishments to homes and shop fitting.

They also carry out EICR's for the Private renting sector, install EV Car Charging Points along with all other electrical work such as full rewires, upgrades and the smaller jobs like changing light fixtures!

So whatever your needs are, contact them and they will be happy to help.



If you would like a quote on any electrical work, contact Lewis on [lselectrical2016@hotmail.com](mailto:lselectrical2016@hotmail.com) or call him on 07904 444 438.





# 5 ORAL HEALTH MISTAKES THAT YOU ARE DOING!

*Cleaning your teeth and keeping a healthy smile is easier said than done. There is a lot of misleading advice out there and so many products to choose from how do you know what's best?! We have plenty of articles to help you maintain your oral hygiene but here are some common things people do but are a big no-no when it comes to brushing your teeth!*

## 1. Spit Don't Rinse

Fluoride is the most important ingredient of your toothpaste, it prevents tooth decay and helps remineralisation. To give the fluoride the best chance of doing it's job and keeping your teeth healthy, spit don't rinse! Let the fluoride sit as a layer on your teeth to give the full benefit of brushing your teeth.

## 2. Stay away from the toilet!

This may be surprising but I have seen people keep their toothbrushes very close to their toilet, even sometimes on the top basin! Keeping your toothbrushes close to the toilet means every time you or someone else flushes, little spray particles will be flying from the toilet onto your toothbrush. Your toothbrush will never be completely germ free but it will definitely help moving it away from the toilet, you know just to be on the safe side.

## 3. Sharing is a no-go

Sharing really isn't caring when it comes to toothbrushes. It doesn't matter how close you are, or if you're related, whether it was accidental

or intentional, using someone's toothbrush or them using yours, can expose your mouth to infection. Toothbrushes can be a harbour for diseases, including blood-borne diseases and illnesses. When people brush their teeth and their gums bleed, that bacteria or virus can be passed onto the toothbrush and onto the other person who uses it. So please do not share your toothbrush with anyone.

## 4. Brushing is NOT a quick fix

This probably sounds crazy but brushing your teeth straight after eating something is not good for your teeth. After eating or drinking anything bad for your teeth the acids make them weaker and if you brush right after you will be rubbing away the enamel. This could lead to toothache and sensitivity. Wait at least an hour before brushing your teeth to let your mouth recover.

## 5. 'Brushing too much' is actually a thing

Twice a day is the recommended amount of times you should brush your teeth, anymore and you could be brushing away the enamel of your teeth. You might think brushing hard gives it the most thorough clean but it can be harmful. Two minutes twice a day is enough to keep your teeth healthy.

**Maintaining good oral health directly affects your overall health so make you are keeping away from these 5 faux pas'. If you want some advice on how to keep your smile looking amazing, book an appointment with one of our hygiene team. Call our reception team on 0191 259 6506.**