

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

**Bring a
smile back
into your life
with Dental
Implants!**



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FEEL LIKE YOU AGAIN WITH DENTAL IMPLANTS

As women age, they may begin to experience changes in their bodies that can affect their self-esteem and confidence. One common concern for women over 50 is the loss of teeth due to gum disease or decay. This can have a significant impact on their appearance, speech, and ability to eat comfortably. Fortunately, dental implants offer a safe and effective solution for restoring missing teeth and improving quality of life.

Dental implants are artificial tooth roots that are placed into the jawbone to support replacement teeth. They are made of titanium, a biocompatible material that fuses with the bone to provide a sturdy and long-lasting foundation for new teeth. Dental implants can be used to replace a single tooth, multiple teeth, or a full set of dentures.

There are several benefits to Dental Implants, you can find out more in our [latest blog article here](#).



Dear Patients,

It is with a heavy heart we are sharing the news that last week our father has sadly passed away peacefully after a short period of illness.

Many of our patients were treated by him and have continued with the practice after his retirement and we thank you for your ongoing support.

For those who wish to attend, his funeral will be on 14th April 2023, 3pm at Tynemouth Crematorium.

*Many Thanks
Ewan and Richard Bramley.*

Well done to all our amazing staff for achieving such outstanding feedback, our main goal is to make all our patients feel valued and having them walking out the door with a gleaming smile!

WorkingFeedback★



CERTIFICATE OF ACHIEVEMENT

THIS CERTIFICATE IS PRESENTED TO

Ewan Bramley Dental Care



FOR ACHIEVING A 97% RECOMMENDATION RATING FROM FEEDBACK

This rating has been recorded and independently verified by Working Feedback, a third party review service.

ACHIEVED FOR THE MONTH OF

February 2023



BEFORE & AFTER PHOTOS!

Our favourite treatment photos from the past month.



These photos are from the same patient. We focused on the upper jaw where the front teeth were overlapping each other. The patient wanted a new discreet smile so we opted for clear aligners and composite bonding to straighten the edges.

We offer FREE consultations so contact reception team to get booked in!



OUR DENTAL SERVICES

**Click this link to view our
interactive treatment brochure!**



WHAT'S GOING ON?

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

Spanish City Easter Funfair

With all your favourite family rides from dodgems to waltzers, family roller coasters, ghost train, twister, jumping frogs and much more. Plus hook a duck stalls, giant bungee trampolines and all the children's favourite rides- too many to mention. Get yourself down for a great family day out.

Easter Sunday they have extra special fun for the kids!

The Links, Whitley Bay. NE26 1PS

From Good Friday 7 - Thursday 13 April.

Open 11am - 6pm Daily



New Bakery on the Block! Welcome to Pia's Artisan Bakery

The latest addition to North Shields, Pia's Artisan Bakery has opened on Saville Street. They are serving breads, bakes, pastries, and @baristocracy coffee and adding new items to the menu like sandwiches, bagels and healthy juices/smoothies!

They are closed monday and tuesday but open every other day so pop in to get your baked goods fix.



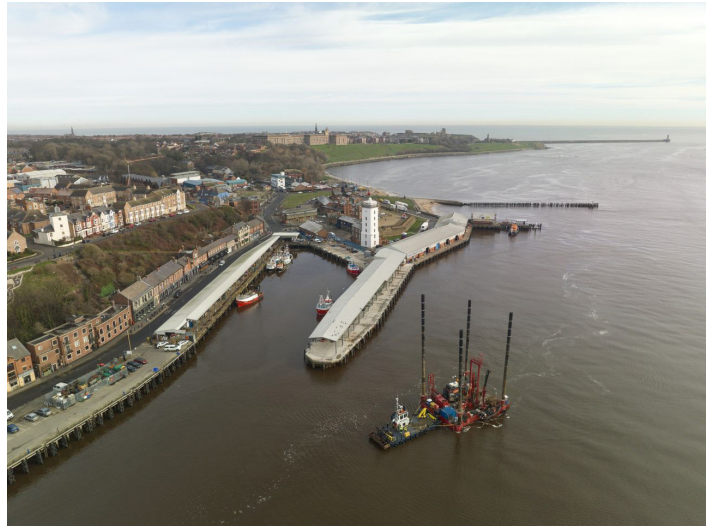
NORTH SHIELDS FISH QUAY

Photos from the ages and latest developments in the regeneration

A survey is being carried out on the bed of the River Tyne as part of the preparations to create a new Shields Ferry landing at the regenerated North Shields Fish Quay.

The Shields Ferry have commissioned the ground investigation to check how a construction project can proceed.

A giant 100ft high drilling platform will be used at the western end of the Fish Quay. The rig was floated into the site using a river barge earlier this week. It will drill six large boreholes into the riverbed to allow for the geological survey to be undertaken.



The drilling will test ground conditions below the river at the point where they intend to locate the new landing. The project is still yet to get official funding but Nexus are confident this will happen, residents and locals have mixed opinions on the new landing but unfortunately a new landing does need to be built as in a few years the original will be unsafe to use.

If you would like to see the proposed planning documents, [you can view them on the North Tyneside Council Planning Portal here.](#)

Tynemouth Road - 1908.



Grand Hotel c1900





BUSINESS OF THE MONTH

Jeff Campbell established his painting and decorating business in 1987. His son Tony left school in 2001 and began an apprenticeship with his father. The family business achieved a high level of success, with the majority of their business coming from repeat customers and word of mouth recommendations.

Having built up an excellent reputation over 35 years, Jeff retired in September 2022 and Tony and his wife Cherry took over the business. They have continued to provide consistently high quality work for long standing customers as well as new clients gained via advertising on social media and customer recommendations.


Tony prides himself on offering a professional and friendly approach to all aspects of his work. He undertakes exterior and interior decorating contracts

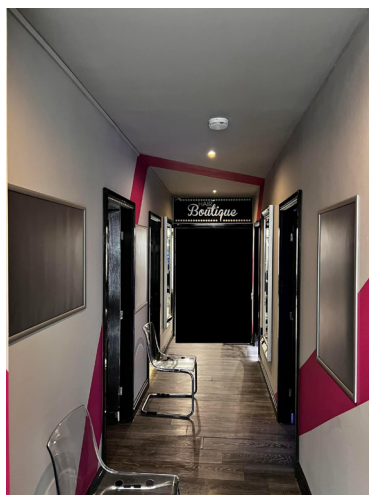
from commercial and domestic customers. He provides the same degree of care and attention to detail to every individual job and has received numerous 5 star reviews, commenting not only on the quality of the work but also his professionalism and care towards the customer.

Having been in the industry for over 20 years Tony has expert knowledge and is happy to provide friendly advice regarding colour schemes and products as well as free quotations. He can guarantee that all work is carried out to the highest standard and is proud of working for repeat customers over many years.

Tony can be contacted on 07903 058 930

E-mail: tonythedecorator@hotmail.com

 Jeff Campbell & Son



SHOULD I BE USING MOUTHWASH?

Well actually, the best mouthwash is none at all! Did you know that mouthwash can actually be bad for your oral health?

Don't be sucked in by the fun adverts on the telly for mouthwash brands, it's a myth that mouthwash cures bad breath!

Why does mouthwash dry out your mouth?

Mouthwash usually contains alcohol that dries out your mouth, some even contain more alcohol than wine or beer! Ethyl Alcohol or acetaldehyde are the ingredients in alcohol to be aware of, these can damage your salivary glands if used excessively. The damage to your glands is what causes dry mouth.

There is another myth about mouthwash, using it right after brushing your teeth is a no-no. This is because mouthwash contains compounds that neutralise the effect created by toothpaste, it actually eliminates any of the positive impact toothpaste has on your teeth. If you suffer from bad breath or mouth ulcers, it may be mouthwash that is causing this.

Why does a dry mouth cause bad breath?

Saliva is a very important substance your body produces, it maintains a healthy pH in your mouth and gets rid of any harmful bacteria. If you're not producing enough saliva and getting a dry mouth, then the harmful bacteria will be gathering and causing bad breath.

Is there any mouthwashes that I could use?

We do not recommend the use of mouthwash every day, however if you need a bit of a freshen up there are some natural mouthwashes you can get. Find a mouthwash that contains pH balancing ingredients, The Breath Co. Fresh Breath Oral Rinse which you can get from Boots is an all natural oral rinse.

Why can't mouthwash get rid of plaque and bad breath?

Plaque that causes bad breath can only be removed by brushing or flossing, you cannot remove plaque with mouthwash or any other liquid.

Sticking to a regular brushing and flossing routine and drinking plenty of water to keep saliva topped up will keep away bad breath and plaque. However if it does persist, please book an appointment with one of our dentists or your doctor.

What can help with bad breath is scraping your tongue, this removes bacteria that sticks to your tongue. Tongue scrapers can be bought from most pharmacies or some toothbrushes have a ridge on the back of the brush head that is similar, however we do recommend a tongue scraper as they work better!

To roundup, throw away your mouthwash, brush and floss twice a day and drink lots and lots of water!

If you still experience bad breath, book an appointment with us and we can give your mouth and teeth a health check.

