

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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## THE CURRENT STATE OF DENTISTRY IN THE UK: CHALLENGES AND TRIUMPHS

The landscape of dentistry in the UK has seen significant challenges in recent years, marked by access issues for NHS patients and staff shortages. These challenges have been intensified by the ongoing impact of the COVID-19 pandemic, regulatory changes, and evolving patient needs. Despite these obstacles, private dental practices like ours, Ewan Bramley Dental Care, continue to thrive, offering high-quality care and innovative solutions to meet the community's dental health needs.

In recent years, the UK government has been working to address the challenges that the dental industry is facing. Initiatives have been launched to improve access to NHS dental services, and steps are being taken to address the shortage of dental professionals. However, these efforts will take time to bear fruit. In the meantime, private dental practices like us are stepping up to fill the gap.

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### **Access to Dental Care: An Ongoing Challenge**

One of the most pressing issues in UK dentistry today is patients' difficulty accessing NHS dental services. With an increasing number of practices unable to accept new NHS patients, many individuals are left without the essential dental care they need. The root causes of this access crisis are multifaceted, including funding constraints, bureaucratic hurdles, and the residual effects of the pandemic on healthcare services. These factors have contributed to a situation where only a fraction of the population can secure timely and affordable dental care under the NHS.

### **Staff Shortages and the Impact on Dental Practices**

Compounding the issue of patient access is the significant shortage of dental professionals nationwide. Many practices have been forced to reduce their service offerings or, in the worst cases, close their doors permanently. This shortage is attributed to a combination of factors, such as the departure of dental professionals from the UK, retirement rates outpacing new entrants into the field, and the physical and mental toll of working in an increasingly strained healthcare system. These staff shortages not only affect the availability of dental care but also put additional pressure on the remaining dental professionals to meet patient demand.

### **Ewan Bramley Dental Care: A Model of Success Amidst Challenges**

In contrast to the broader trends affecting the industry, Ewan Bramley Dental Care stands out as a beacon of resilience and innovation. Despite the challenges facing UK dentistry, our private dental practice has managed not only to survive but to thrive. Our success can be attributed to several key factors:

- **Personalised Care:** By focusing on each patient's individual needs and preferences, we create a welcoming and reassuring environment that fosters trust and long-term

relationships.

- **Investment in Technology:** We leverage the latest dental technologies to improve treatment outcomes, enhance patient comfort, and streamline operations. This commitment to innovation has allowed us to maintain a competitive edge and deliver exceptional care.
- **Flexible Services:** Understanding the diverse needs of our patients, we offer a wide range of dental services, from routine check-ups to advanced cosmetic and restorative treatments. This flexibility ensures that we can provide comprehensive care under one roof.
- **Dedicated Team:** Our team of dental professionals is our greatest asset. Their dedication, expertise, and compassionate approach to patient care are central to our practice's success.



*Dr George creating a 3D smile design*

### **Looking Ahead: The Future of Dentistry in the UK**

While the challenges facing UK dentistry are significant, the success of practices like Ewan Bramley Dental Care offers hope for the future. By adapting to the changing landscape, investing in our teams and technologies, and maintaining a patient-centred approach, we can continue to provide high-quality dental care despite the obstacles.

As we look to the future, it's clear that collaboration, innovation, and a commitment to excellence will be vital in overcoming the current challenges and ensuring that all individuals have access to the dental care they need and deserve.

**To book a FREE consultation with one of our dentists, contact reception on 0191 259 6506 or [reception@ewanbramley.com](mailto:reception@ewanbramley.com)**

# MENOPAUSE

## NAVIGATING MENOPAUSE: UNDERSTANDING ITS IMPACT ON DENTAL HEALTH

*Menopause marks a significant phase in a woman's life, characterised by the end of menstrual cycles and significant hormonal changes. While many are aware of the common symptoms like hot flashes and mood swings, the impact of menopause on dental health often goes unnoticed. As your dental health partners, we're here to shed light on this important topic, helping you navigate through these changes without compromising your smile.*

### **The Connection Between Menopause and Dental Health**

The hormonal changes during menopause, particularly the decrease in estrogen, have far-reaching effects on various aspects of health, including your dental well-being. These hormonal shifts can affect the blood supply to the gum tissue, altering the mouth's natural ability to repair itself and fend off harmful bacteria. Consequently, women going through menopause may notice increased sensitivity, discomfort, and a higher risk for dental health issues.

One of the most significant concerns is the increased risk of osteoporosis—a condition that weakens bones and can significantly affect the jawbone supporting your teeth. Dry mouth becomes more common due to reduced saliva production, leaving your teeth more vulnerable to decay. Gum disease, too, finds a fertile ground during

this period, with symptoms such as bleeding, swelling, and tenderness becoming more prevalent.

### **Common Dental Health Issues During Menopause**

Due to the body's hormonal adjustments, menopause can usher in a series of dental health concerns. Being aware of these can empower you to take proactive steps in collaboration with your dental care provider.

#### **Osteoporosis and Jawbone Health:**

Osteoporosis is a notable condition that tends to increase during menopause and is characterized by the weakening of bones, including the jawbone. This can lead to a loss of support for your teeth, potentially causing looseness and even tooth loss. Regular dental check-ups can help monitor these changes, ensuring early intervention if needed.

#### **Dry Mouth: Causes and Effects:**

Saliva plays a crucial role in maintaining oral health, neutralising acids and aiding in digestion. During menopause, reduced saliva production can lead to dry mouth, making people more susceptible to tooth decay and infections. Identifying dry mouth early and seeking solutions can mitigate these risks significantly.

#### **Gum Disease: A Heightened Risk:**

The hormonal changes during menopause also affect the gums, making them more sensitive and susceptible to inflammation and disease. Symptoms like bleeding, swelling, and tenderness should not

be overlooked, as they can indicate the onset of gum disease, which, if left untreated, can lead to more serious dental and health issues.

### **Recommendations for Dental Health During Menopause**

Addressing dental health during menopause involves a comprehensive approach that includes regular professional care and self-care strategies:

- **Regular Dental Checkups:** Essential for early detection and management of potential dental issues. Your dentist can also offer specialized advice tailored to your needs during menopause.
- **Oral Hygiene:** Maintaining a diligent routine of brushing twice daily and flossing can help prevent many dental problems. Consider products designed for sensitive teeth if you experience discomfort.
- **Dietary Recommendations:** A balanced diet rich in calcium and vitamin D is crucial for bone health, including your jawbone. Incorporate foods that stimulate saliva production to combat dry mouth.
- **Hydration and Saliva Substitutes:** Stay well-hydrated to support overall health and consider using saliva substitutes or sugar-free gum to help keep your mouth moist.

**Contact us to book a checkup with one of our dentists. Call us on 0191 259 6506 or email us at [reception@ewanbramley.com](mailto:reception@ewanbramley.com)**

# BUSINESS OF THE MONTH

***Are your eyebrows non-existent due to a medical condition? Over plucked? Sparse? Book an appointment with Lynn Brooks to transform your face!***

Uneven or misshapen? Then semi permanent eyebrows or Microblading could be the ideal treatment for you.

Having eyebrows is so important for us all. It can give us our confidence back; Eyebrows "frame" your eyes and face, it can also give the illusion of a lift. Beautiful looking eyebrows have also been known to take some years off the face.

*This treatment can be life changing for some - I know it was for me.*

Semi permanent eyebrows & Microblading can give you back the eyebrows you once had or the eyebrows you have always wanted. This is done by implanting pigment into the upper layer of the skin, usually to give you natural hair strokes that mimic your own eyebrow hair, however other options are available, perhaps a more powdered look is what you would like, or something in between (often called "combination" brows). It is for you to decide on which technique would be best for you based on your desired goal.

Treatments are carried out over 2 appointments, 6 weeks apart. The second follow-up treatment is used for adjustments, fine tuning to ensure the longevity and symmetry of the eyebrows.

The pigment will remain under the skin for a number of years. To maintain the shape and colour of the eyebrows, colour boosts are recommended 1 to 3 years after initial treatment, although this varies from person to person depending on life style and the skin's ability to retain the pigment.

This treatment is of course suitable for all genders as hair loss affects us all, as well as those of any age group. I have clients ranging between 20 and 80 years old.

Having helped many clients over the years feel confident again about their eyebrows and themselves has been so rewarding for me.

If you feel you could benefit from this treatment, please get in touch with myself via calling, text message or email.

07554917536 [www.lynnbrooks.online](http://www.lynnbrooks.online)

## **Treatment Costs - Consultation Free**

Microblading - £295

Combination - £300

Ombre - £300

Powder - £300



**Lynn Brooks**  
SEMI PERMANENT MAKE UP  
& MICROBLADING ARTIST





# WHAT'S GOING ON?

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



***Spotted the Dolphins at Cullercoats yet? Drop in at Cullercoats Watch House to catch a glimpse.***

The Cullercoats Dolphin Watch team would like to welcome you to their Family Drop in Day at the Cullercoats Watch House.

We will be there to chat about what the group does and details of how often we see dolphins. There will be refreshments and cake available to purchase and activities for young children to get involved with, including a face painter and nail artist, temporary tattoos, dolphin gifts, pirate treasure chest and Name Dolphin competition.

The team will be there from 10am-3pm so please pop in and say hello!

***This is a free event, except for payment for teas/coffees/cakes and any art/craft/gifts purchased. All profits being donated to the Watch House renovation charity fund.***



***Create a gorgeous silver ring with silversmith Kate Hunter-Parker!***

In this ring making workshop you will produce a sterling silver ring and learn the traditional silversmithing processes from measuring and cutting your silver, to annealing, forming, soldering and texturing, you will then clean up and polish your unique design.

All materials and tools are provided. If you want a different shape or weight of silver there will be some available, there may be a small additional cost for this.

This is a 2.5 hour course suitable for all learners but some dexterity would be a benefit.

***Tickets are £39 each which includes all tools and material. There is a small additional charge for different shapes or weights. [BUY TICKETS HERE.](#)***



***Why not try sailing! Tynemouth Sailing Club run an adult open day to come and try it out and learn to sail!***

The open day is Saturday 27th April with timed slots to book. For around two hours, see the club, chat to members and be sailed around in the Tyne estuary by experienced sailors to see if you would enjoy joining as a member or learning to sail with us. ***[You can book your place here.](#)***

# DRY MOUTH: UNDERSTANDING AND MANAGING A COMMON DENTAL CONCERN

*Dry mouth, or xerostomia, affects many individuals, leading to discomfort and impacting oral health. Understanding its causes and management strategies can help mitigate its effects. This article explores dry mouth, emphasising its significance in dental health and offering practical tips for relief.*

## Understanding Dry Mouth

Dry mouth occurs when the salivary glands in your mouth don't produce enough saliva. This condition can result from various factors, including medication side effects, ageing, or medical conditions such as diabetes and Sjögren's syndrome. Saliva plays a crucial role in maintaining oral health; it helps digest food, protects teeth from decay, prevents infection by controlling bacteria, and makes it possible to chew and swallow. Hence, a lack of saliva can lead to a host



of dental issues, including increased plaque, mouth sores, and tooth decay.

## Implications for Dental Health

The absence of adequate saliva in the mouth creates an environment conducive to oral health problems. Dry mouth can lead to difficulties in tasting, chewing, swallowing, and speaking. Moreover, it significantly increases the risk of dental decay and gum disease because saliva is essential for neutralising acids produced by bacteria and for washing away food particles. Additionally, dry mouth may cause bad breath, a condition medically known as halitosis, further affecting individuals' social interactions and quality of life.

## Managing Dry Mouth

Managing dry mouth focuses on stimulating saliva production and alleviating discomfort. Here are some practical tips:

- Stay hydrated by drinking plenty of water throughout the day.
- Chew sugar-free gum or suck on sugar-free candies to stimulate saliva flow.
- Use a humidifier at night to keep the air moist.
- Avoid mouthwashes containing alcohol and caffeine, as they can dry out the mouth.
- Practice good oral hygiene,



including brushing with fluoride toothpaste and flossing daily, to protect your teeth and gums.

- Consider over-the-counter saliva substitutes or consult your dentist for a prescription saliva stimulant if necessary.

Visiting your dentist regularly is crucial for managing dry mouth effectively. They can recommend specific treatments tailored to your needs and monitor your oral health to prevent complications.

Dry mouth is more than just an inconvenience; it's a condition that can significantly impact oral health. Individuals can alleviate discomfort and safeguard their dental wellbeing by understanding its causes and implementing effective management strategies.

*If you're worried about Dry Mouth, contact our reception team to book a check up with one of our dentists.*

*Call us on 0191 259 6506 or [reception@ewanbramley.com](mailto:reception@ewanbramley.com)*