

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



A message from Ewan and Richard Bramley

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Dear Valued Patients,

After many wonderful years serving our community, we are writing to share some important news about Ewan Bramley Dental Care. On January 24th, the business will officially be transitioning to new ownership.

First and foremost, we want to express our deepest gratitude to all of you—patients old and new—who have supported us throughout the years. Your trust and loyalty have been the foundation of everything we've built, and it has been a privilege to be a part of your oral health journeys.

The decision to sell the practice was not an easy one, but it comes with the confidence that this change will bring exciting opportunities for both the practice and our patients. We would like to wish the new owners, Jamie and Jarlath, every success as they take the reins, and we are assured that the exceptional level of care you've come to expect will not only continue but grow even better with this transition.

One of the key reasons for this confidence is the team here at Ewan Bramley Dental Care. The people you know and trust—the dentists, hygienists, nurses, and receptionists who have cared for you over the years—will remain in place. They are, and will continue to be, the heart of the practice, ensuring that your experience is welcoming, professional, and compassionate.

We understand that change can sometimes feel uncertain, and we ask for your patience as the practice evolves. However, we truly believe that these changes will bring about a more modern, efficient, and innovative approach, all while maintaining the friendly and empathetic care that has always been at the core of our philosophy.

As we step away from our roles as owner and manager, we do so with immense pride in what we've achieved together and with the utmost gratitude for your trust and support. Thank you for allowing us to be a part of your lives—it has been an honour.

With warm regards and best wishes for the future,
Ewan and Richard Bramley

TRANSFORMING SMILES AND LIVES WITH MODERN ORTHODONTICS

At Ewan Bramley Dental Care, we believe that orthodontics is more than just straightening teeth—it's about improving oral health, boosting confidence, and enhancing quality of life. We sat down with one of our experienced dentists to discuss the importance of orthodontics, how modern technology like Smile Wide is revolutionising treatment and advice for those considering their orthodontic journey.

Can you explain the importance of orthodontics in overall dental health and how it contributes to a patient's well-being?

Orthodontics is essential for both oral health and overall well-being. Straight teeth are easier to clean, reducing the risk of cavities and gum disease. Proper alignment improves chewing, speaking, and jaw function, preventing issues like TMJ disorders. Orthodontic care also helps distribute bite forces evenly, protecting patient's teeth and gums. Beyond health, it boosts confidence with a great smile, improving your quality of life.

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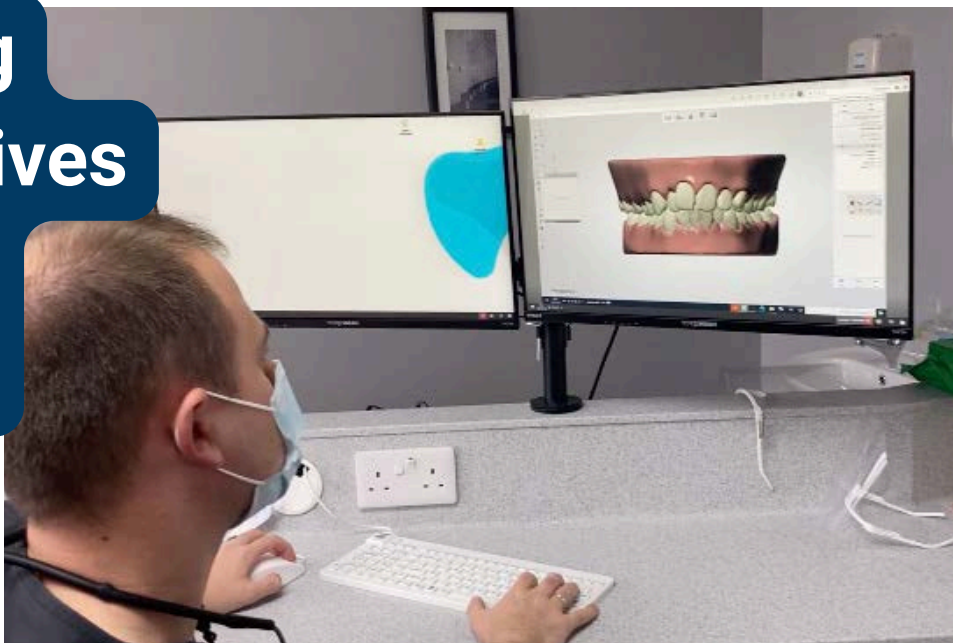
Transforming Smiles and Lives with Modern Orthodontics

What are some of the most common orthodontic issues you see in your patients, and how do modern treatments address them?

Orthodontic issues are common, and modern treatments make fixing them easier than ever. Here are a few examples:

1. **Crowded Teeth:** When teeth don't have enough room, they overlap and are harder to clean. Braces or clear aligners straighten them out for a healthier smile.
2. **Overbite or Underbite:** If your top or bottom teeth don't line up properly, it can affect your bite. Braces, elastics, or special appliances help correct this.
3. **Spacing:** Gaps between teeth can make you self-conscious and affect function. Aligners or braces can close those spaces beautifully.
4. **Crossbite:** When upper and lower teeth don't align, it can cause uneven wear. Expanders or braces can fix this comfortably.
5. **Open Bite:** If your teeth don't meet in the front, it can make chewing difficult. Braces or appliances help bring them together.

With today's advanced options like clear aligners, discreet braces, and faster treatments, getting a healthier, more confident smile is simpler and more comfortable than ever.



How has partnering with Smile Wide transformed the way we approach orthodontic treatment planning in our clinic?

Partnering with Smile Wide has transformed how we plan orthodontic treatments, making the process faster, more accurate, and patient-friendly. Using advanced digital tools, we can create highly precise treatment plans in a short amount of time, show you a preview of your results, and ensure your care is tailored to your needs. This means more efficient appointments, better results, and a smoother, more confident journey to a beautiful smile.

What advantages does Smile Wide's digital design technology offer compared to traditional methods of treatment planning?

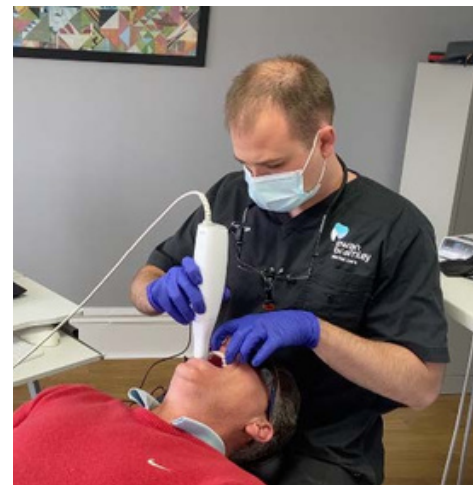
Smile Wide's digital design technology brings a new level of precision and convenience to orthodontic treatment planning, offering clear advantages over traditional methods:

1. **Unmatched Accuracy:** Advanced 3D models ensure appliances fit perfectly, leading to more predictable and effective results.

2. **Faster Turnaround:** Treatment plans are ready in just a few working days, so you can begin your journey to a better smile sooner.
3. **Clear Visualisation:** See a digital preview of your future smile, giving you confidence and clarity about your treatment.
4. **Greater Comfort:** Say goodbye to messy molds—quick and easy digital scans make the process hassle-free.
5. **Personalised Care:** Every plan is tailored to your unique needs, ensuring the best possible outcome.

This cutting-edge technology simplifies the process and delivers precise, customised results, creating a smoother and more satisfying experience for our patients.

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Transforming Smiles and Lives with Modern Orthodontics

How does Smile Wide enhance the patient experience, from the initial consultation to the final result?

Smile Wide enhances the patient experience at every stage of treatment:

1. **Seamless Consultations:** Digital scans replace traditional molds, making the process faster, more comfortable, and stress-free.
2. **Clear Treatment Plans:** Patients can see a 3D preview of their future smile, helping them understand their journey and feel confident in the results.
3. **Faster Start:** With treatment plans ready in a few days, there's minimal waiting time before beginning care.
4. **Tailored Care:** Smile Wide's precise digital designs ensure every step is customized to fit the patient's needs.
5. **Smoother Journey:** Advanced technology reduces adjustments, chair time, and discomfort, making treatments more efficient and enjoyable.
6. **Beautiful Results:** The accuracy of their technology delivers predictable, high-quality outcomes, giving patients the smile they've always wanted.

Smile Wide's innovative approach ensures a comfortable, transparent, and satisfying experience from start to finish.

Are there any success stories or notable cases where Smile Wide played a pivotal role in achieving exceptional results?

To see some of the amazing cases we've worked on, check out Smile Wide's, George Dandanov's, and Ewan Bramley Dental Care's Instagram accounts. You'll find inspiring success stories and transformations that showcase the power of advanced digital orthodontics.

Follow us here:

- [Smile Wide Lab Instagram](#)
- [George Dandanov Instagram](#)
- [Ewan Bramley Dental Care Instagram](#)

Stay updated and see how these innovative approaches are making a difference for patients every day!



In your opinion, how is technology like Smile Wide shaping the future of orthodontics, and what can patients look forward to in the coming years?

Technology like Smile Wide is revolutionising orthodontics, making treatments faster, more precise, and more patient-focused. Here's how it's shaping the future:

1. **Personalised Care:** Advanced digital tools ensure every treatment is tailored to each patient's unique needs, leading to better results.
2. **Faster Treatments:** Streamlined workflows and precise designs mean shorter treatment times and fewer adjustments.
3. **Improved Comfort:** Digital scans replace traditional moulds, making the process more comfortable from start to finish.
4. **Enhanced Visualisation:** Patients can see 3D previews of their results, helping them feel confident and engaged in their care.
5. **Predictable Outcomes:** Technology reduces guesswork, leading to more consistent and high-quality results.

In the coming years, patients can look forward to even faster treatments, more discreet options like invisible aligners, and advanced tools that make orthodontics more accessible and affordable for everyone. Technology is turning the dream of a perfect smile into an easier and more enjoyable reality.

Contact us today for a consultation and let us help you achieve the smile you deserve!



BUSINESS OF THE MONTH

CUSTER
PRINT & EMBROIDERY

Custer is a family-run print and embroidery business based in Monkseaton specialising in uniform, workwear, bespoke garment printing and embroidery as well as poster, canvas, office supplies and much more!

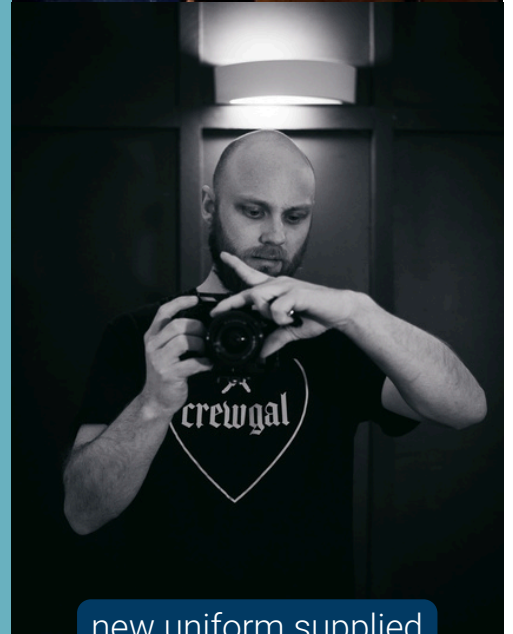
Founded in 2016 Custer aims to serve their local community and beyond, working with their customers to create prints and clothing of the highest quality. Whether you are looking to refresh your company workwear, a school looking for uniform or annual leavers hoodies, or a start up looking to produce flyers, banners and promotional material, we will be there with you with our unrivalled personal service from start to finish of any project.

Our base in the lovely coastal town of Monkseaton offers the opportunity for customers to come into the store and see the products we provide before making informed choices to progress your ideas to a finished product that you desire.

As well as embroidery we offer top class logo design and vinyl and full colour transfer printing.

Please come give us a visit in-store or use our website to ask for a quote for all your printing and embroidery needs

www.custerdesign.co.uk hello@custerdesign.co.uk



new uniform supplied for local training company, Crew Gal



WELCOME 2025!

The latest events and news from the North East.

CHINESE NEW YEAR PARADE & MARKET!

Celebrate the Year of the Snake this Sunday. The Parade will start from Greys Monument at 11.30am and makes it's way through Blakett street and Gallowgate towards the Chinese arch in Stowell Street.

Food vendors, stalls , fairground rounds and arts & craft tent will be at Bath Lane from 11am.



* FREE FITNESS EVENT *



FEBRUARY
SUNDAY

12.00 | **BOOTCAMP**
HIGH IMPACT CLASS

13.00 | **PILATES**
LOW IMPACT CLASS

14.00 | **COFFEE**
HOT DRINKS & DONUTS
AT DEEP NORTH

 KING EDWARDS BAY,
TYNEMOUTH

FREE FITNESS EVENT!

Come and try a free taster session! Tide are running two midday classes designed for everyone—whether you're a complete beginner, a fitness enthusiast, or somewhere in between.

Stick around afterward for a post-workout coffee and doughnut at Deep North Tynemouth. Expect fresh air, lush views, and a commitment to boosting your fitness and athleticism, no matter your current level.

King Edwards Bay | Sunday 2nd February
No booking required.

FREE ANTIQUES ROADSHOW VALUATION DAY

Our friendly and highly experienced team can appraise a wide variety of antiques, silver, jewellery, watches, works of art, musical instruments and collectables. Consign now with the leading auctioneers in the North East and Scottish Borders.



Tynemouth Linskill Centre | Thursday 20th February

THE IMPORTANCE OF ORAL HEALTH: MORE THAN JUST A GREAT SMILE



Simple Steps to Maintain Good Oral Health

1. Brush Twice a Day – Use fluoride toothpaste and brush for at least two minutes, covering all surfaces of your teeth.

2. Floss Daily – Flossing helps remove food particles and plaque from between your teeth, where brushing alone can't reach.

3. Attend Regular Dental Check-Ups – Routine visits allow your dentist to catch potential issues early before they become major problems.

4. Limit Sugary Foods and Drinks – Sugar feeds the bacteria that cause tooth decay, so reducing intake can help protect your enamel.

5. Stay Hydrated – Drinking water helps wash away food particles and keeps your mouth fresh and healthy.

Why Oral Health Matters

Poor oral hygiene can lead to a range of dental problems, including:

- Tooth Decay – Plaque build-up can erode tooth enamel, leading to cavities and potential tooth loss.
- Gum Disease – Gingivitis and periodontitis are serious conditions that can result in gum recession, infection, and even tooth loss.
- Bad Breath – Persistent bad breath (halitosis) is often caused by bacteria in the mouth and can indicate deeper oral health issues.

Beyond these dental concerns, research has linked poor oral health to systemic diseases such as heart disease, diabetes, and even Alzheimer's. Bacteria from the mouth can enter the bloodstream, contributing to inflammation and increasing the risk of other health complications.



Good oral health is essential for maintaining a healthy, confident smile and preventing serious health issues. By sticking to a solid oral care routine and seeing your dentist regularly, you're investing in both your dental and overall health. Don't wait for pain or discomfort—schedule a check-up today and keep your smile in top shape for years to come!

