

Preparing your child for the first dental Visit

為你的孩子第一次看牙醫作好準備

Parents play an important role in making a child's first (and subsequent) dental appointment a positive experience. Here are some tips:

- Tell your child about the visit. Answer any questions with simple, to-the-point answers. Let us answer the more difficult questions. We are trained to describe things to children in a nonthreatening way and in easy-to-understand language.
- Avoid the use of words like “hurt”, “shot” or “pain”. Only say positive things!
- Don't tell your child about an unpleasant dental experience that you've had in the past.
- There are many good books on this subject. It's a good idea to read one or two with your child before the visit.
- Emphasize how important it is to maintain healthy teeth and gums and that the dentist is a friendly doctor whose job is to help achieve this.

It is perfectly normal for children to be fearful or apprehensive; some are afraid of being separated from their parents while others are afraid of the unknown. A dentist who has experience treating children would know how to deal with your child's fears and anxiety and put them at ease.

by Dr. Ellen Yiu

家長扮演著一個重要的角色，令孩子第一次（以至往後）看牙醫都有一個良好的經驗。這裡有一些提示：

- 告訴你的孩子有關看牙醫的情況。回答任何問題，答案以簡單、點到即止為準。困難的問題留給我們回答吧！我們接受過訓練，知道如何用一個不會令他們害怕的方式和易於理解的語言來向小朋友描述事物。
- 避免使用一些詞語，如“傷害”，“打針”或“疼痛”。只說正面的東西！
- 不要告訴你的孩子過往你所遭遇的一個不愉快的牙科經歷。
- 坊間有很多好的書關於這個課題。在看牙醫前與你的孩子閱讀一至兩本相關書籍是一個不錯的方法。
- 強調保持健康牙齒和牙齦的重要性。牙醫是很友善的，我們的工作是幫助他們他們口腔健康的目標。

孩子覺得害怕或擔心完全是正常的。有些是害怕與父母分開；有些則是害怕陌生人。我們都有經驗，知道如何處理孩子們的恐懼和焦慮，讓他們放鬆下來。

資料由姚靄安醫生提供



OFFICE UPDATE 公司動向

We wish to congratulate two of our staff members this year. Our dental surgery assistant Alice Lam gave birth to a 7 lb 8 oz healthy baby boy in May.

The wedding bell rang for our hygienist Victoria Leung in March. We wish the couple a happy married life.

During our annual dinner this year, we were proud to give out two long-service awards. May Li, our Head Nurse, was recognized for her 20 years of service along with Cornery Lo, dental surgery assistant who has served for 10 years. We wish to thank them both for their faithful, dedicated hard work.

We are pleased to announce the launch of our new website at <http://www.dentalmirror.hk>. We hope that you will take time to explore the website and give us some comments.

今年我們希望向兩位同事送上祝賀。我們的牙科手術助理員林詠儀在5月誕下7.8磅的健康男寶。

我們的牙齒衛生員梁明慧在3月拉埋天窗了。祝他們新婚快樂！

在我們今年的週年晚宴，我們很榮幸頒贈兩個長期服務獎。李佩林是我們的護士長，表揚她服務了20年。還有盧蕊怡是我們的牙科手術助理，也服務了10年。我們感謝她們忠誠服務的態度，敬業樂業的精神。

我們很高興向大家宣佈我們的新網站已經推出了。

網址：<http://www.dentalmirror.hk>。歡迎你們瀏覽並給予意見。



Dr. William Cheung
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dental
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Dear Friends,

The Dental Mirror
Dr. William Cheung & Associates
Dental Surgeons
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2012 is a year of transition!

There were many leadership transitions in different parts of the world such as certain countries in Europe, the United States, China and Hong Kong. These transitions took place while we are still in the midst of a global economic downturn. We hope that new leaders are committed to work closely together to improve not only the economy but also other global issues like world peace, poverty, human rights, and environmental issues.

In our office, this has also been a year of transition. We expanded the physical space last year. This year we introduced new hardware and software. We added a Cone Beam Computed Tomography (CBCT) machine that is the latest technology to help us plan more accurately in surgical and other clinical procedures. We had experienced some problem with the machine when it was first installed at the end of last year but the problems have been resolved and it is now working properly. With the change from conventional X-ray imaging to digital X-ray imaging, the office is now fully computerized! Digital imaging not only eliminates hassles of film developing thus more environmentally friendly, but more importantly it reduces radiation exposure to you.

In addition, we have invited Dr. Simon Ho to join our team since February 2011; he is a specialist in Periodontology. He is trained not only to treat gum disease associated with natural teeth, but also gum conditions associated with implants, known as Peri-implantitis.

Finally, by the time this newsletter reaches you, our new website should be in operation. The address is www.dentalmirror.hk. Please take a look and give us some feedback.

On behalf of all my colleagues, I take this opportunity to wish you a blessed Christmas and a healthy New Year!

Your friend,
Dr. William Cheung

親愛的朋友們，

2012是過渡的一年！

在世界不同的地方，如歐洲某些國家、美國、中國，以至香港今年都有領導人交替。這種過渡發生的同時，我們仍然處於全球性的經濟衰退期。我們希望新的領導人彼此能緊密合作，致力改善不僅是經濟方面，還有一些全球性問題：世界和平、貧困、人權和環境等問題。

我們的醫務所 同樣經歷過渡性的一年。去年，我們擴充了辦公室的空間。今年我們則引進了新的硬件和軟件設備。我們還添置了一部電腦掃描機器(CBCT)，此乃最先進的科技，有效地幫助我們在手術和其他臨床程序上都能作出更準確的計劃。於去年底，當它首次被安裝時，我們遭遇到一些問題，現在問題已經解決，機器能正常地操作了。X射線成像方面亦由傳統的改為數碼化後，我們的醫務所便全面電腦化了！數碼成像不僅消除了顯影上的麻煩，更相當環保，最重要的是引發的輻射被人體吸收的量大大減少。

此外，我們成功邀請何錦源醫生自2011年2月加入我們的大家庭。他是一個牙周治療科專科醫生。他接受的訓練不僅可以治療牙齦疾病與天然牙齒的問題，還有種植體與牙齦的情況，被稱為種植體周圍炎。

最後，當你收到我們的年刊的同時，我們的新網站亦已經啟用了。網址是www.dentalmirror.hk。請大家看看，給我們一些意見吧！

我謹代表整個團隊，祝大家聖誕快樂和新年健康！

你的朋友，
張偉民醫生



Weighing Your Options in Toothpastes

如何選擇牙膏

The best toothpaste for a lot of people is one that contains fluoride. All fluoridated toothpastes work effectively to fight plaque and cavities when used properly. Other factors are usually related to special needs and personal preferences.

- Sensitive Teeth: If you have sensitive teeth from gum recession or tooth abrasion, you may choose a desensitizing paste with strontium chloride, potassium nitrate, novamin or arginine as an added ingredient. It may take up to four to six weeks to see improvement in sensitivity.
- Tartar Control: Some brands have the label of "tartar control". While they do not remove tartar, studies have shown that they do reduce tartar formation. Tartar can only be removed with professional cleaning.
- Whitening: Whitening toothpastes may only lighten teeth to a small degree because the minimal contact time and low concentration of active whitening ingredient decrease the effectiveness of the whitening process. Some of them contain abrasive agents that polish surface stains, but this may damage and roughen the tooth surfaces resulting in more staining and plaque retention.
- Children: Children toothpastes contain less fluoride than toothpastes for adults. Fluoride provides important protection against tooth decay; the low fluoride level in children's toothpaste helps to prevent damage caused by accidental ingestion. Children toothpastes usually contain flavors appealing to children to help them enjoy brushing regularly.

by Ms. Victoria Leung

含氟化物的牙膏對很多人來說已是最好的選擇。所有含氟化物的牙膏如使用得宜都能夠有效地對抗牙菌膜和蛀牙。而其他因素通常與特殊需要和個人喜好有關。

- 牙齒敏感：如果你有牙齦萎縮和牙齒磨損而誘發的敏感牙齒，你可選擇一些抗敏牙膏含氟化鋁、硝酸鉀、諾安命或精氨酸的添加成分。它約需要4至6週來改善敏感情況。
- 牙石控制：某些品牌標籤自己能“對抗牙石”。雖然他們不能真的把牙石除去，但研究發現，他們的確能減少牙石的形成。專業洗牙是除去牙石的唯一方法。
- 美白牙膏：美白牙膏只能某程度上令你的牙色減淡，皆因接觸時間較短，低濃度的活性美白成分使美白過程中的有效性減低。有些美白牙膏含有研磨劑，雖有助磨去表面的污漬，卻有機會令牙齒表面變得粗糙，甚至造成損壞，使更多的污跡和牙菌膜容易殘留其中。
- 兒童牙膏：兒童牙膏的氟化物含量比成年人的牙膏為低。氟提供了重要的保護以防止蛀牙。兒童牙膏中的氟含量較低，有助防止意外吞食所造成的傷害。兒童牙膏通常配有不同的口味來吸引小朋友，令他們更享受刷牙過程，培養有規律地刷牙的好習慣。

資料由梁明慧牙齒衛生員提供

To Save or to replace?

保存或更換？

Nowadays, patients are often given the choice of saving a tooth by root canal treatment (RCT) or have a tooth extracted and replaced by a dental implant. In order to make an informed decision, the patients would need to know the differences between the two options.

RCT involves cleaning and preparing the root canals in a tooth followed by filling the root canals with a biocompatible material. Depending on various factors such as tooth type, complexity of root canal anatomy etc, this treatment usually requires 1 to 3 appointments over a period of 1 to 2 weeks to complete. The procedure would require local anaesthesia, post-treatment discomfort is relatively mild. A crown is usually placed on the tooth afterwards for protection.

With dental implant therapy, the tooth is extracted and the tooth socket is usually left to heal for a number of months. Then, a small surgical operation is carried out where the dental implant is placed into the jaw bone. After healing and integration of the implant with the jaw bone, then a crown is fabricated to replace the extracted tooth. The entire treatment could last 3 to 6 months.

Both RCT and dental implant therapy have similarly high success rates but regular maintenance and reviews are required for both treatment procedures. In comparison, RCT could be completed over a short period of time but dental implant therapy has to be carried out in several stages over a longer period of time.

From a dentist's perspective, if a tooth is deemed saveable and has a good long term outlook, it is preferable to save the tooth than to consider its extraction and replacement with a dental implant. We will carefully assess the prognosis of the tooth in question so that you can make an informed decision more easily. A famous periodontist, Professor Jan Lindhe, once stated that implants should be used to replace missing teeth, but they do not replace teeth. This statement still holds true to this day.

by Dr. Robert Ng

現今，病人往往就保存或更換兩者間作出決定。保存即讓牙齒接受根管治療（RCT）；更換則把牙齒拔除換上植牙。病人需要知道兩者之間的分別，讓你了解情況後才作出取捨。

根管治療包括清潔牙齒內之根管部分，接著把生物相容性填充物注入根管內。根據牙型、根管解剖之複雜性等因素，這項治療通常需要到訪1至3次，需時1至2週來完成。治療過程中需要局部麻醉，治療後會有相對輕微的不適。牙齒隨後會套上牙冠以作保護。

至於植牙治療，首先要拔除牙齒，牙槽通常需時數月癒合。然後，要進行一個小型外科手術，把牙科植入物放置到顎骨內。顎骨與植入物一起整合和癒合後，然後套上牙冠以代替拔掉掉的牙齒。整個治療可能會持續3至6個月。

根管治療和植牙治療同樣地有高的成功率。兩者治療程序都需要定期保養和檢查。相比之下，根管治療可以在一個短的時間內完成，但植牙療法則需要一個較長的時間分幾個階段進行治療。

從牙醫的角度來看，如果牙齒看來是可保存的，並有一個良好長久的前景，保存牙齒比拔牙再套上植牙較可取。我們會仔細評估預後的牙齒問題，讓你了解情況後可更容易地作出決定。一位著名的牙周病學專家Jan Lindhe教授，他曾經說過：植牙應被用來代替缺牙，而不是取代牙齒的。這句話至今依然是真確的。

資料由吳邦彥醫生提供

Cone Beam Computed Tomography (CBCT) Imaging

錐狀電腦掃描器（CBCT）

CT scanning has been used in medicine for many years. Due to its large physical dimension and high radiation level, it had been reserved only for patients presented with major maxillofacial problems in the past.

With the advancement of technology, the new CBCT machine is more compact and therefore can easily be installed in the dental office. This new diagnostic imaging technology also produces radiation level that is much lower than conventional CT, effectively lowering the risk of radiation exposure to patients.

The images obtained are converted into 3-dimensional views that can be manipulated by sophisticated computer software for a wide variety of applications. These include assessing bone quality and quantity in treatment planning for dental implants, and assessing the position of impacted wisdom teeth and its relationship with other teeth and vital jaw structures such as nerve and blood vessels. More accurate assessment helps to minimize risks associated with surgical procedures.

by Dr. K.M. Lee

電腦掃描已在醫學上使用多年。基於掃描器體積較大，引發的輻射水平較高，在過去只提供給有明顯頰面問題的病人使用。

隨著科技的進步，新的CBCT機身變得小巧，故此易於在牙科診所內安裝。新的診斷成像技術雖然仍會產生輻射，但已遠低於傳統的掃描所放出的輻射水平，有效地減低病人暴露於輻射之風險。

它攝取的圖像可轉化為三維影像，配合尖端的電腦軟件來使用以應用在很多範疇上。包括評估骨質之質量以便計劃作植牙治療，還可評估阻生智慧齒的位置、與其他牙齒和牽連到顎骨之重要結構的關係，如神經和血管。更準確的評估有效減低外科手術程序上的連帶風險。

資料由李健民醫生提供

Periodontal disease and diabetes mellitus

牙周病與糖尿病

Periodontal disease (gum disease) and diabetes mellitus (DM) are two prevalent diseases affecting many Hong Kong people. DM is a metabolic disorder characterized by an increase in blood sugar level that can cause damages to multiple organs such as heart, kidney, eyes, etc. Studies have shown that one-tenth of local population are suffering from DM and they have approximately a three-fold increased risk in developing gum disease. Gum disease is a chronic oral infection and it is estimated that half of the Hong Kong adult population suffer from moderate to severe gum disease characterized by swollen and bleeding gums, loss of tooth-supporting structure (bone), mobile teeth and eventually loss of teeth. Research suggests a two-way relationship between DM and gum disease. Patient with poorly controlled DM have more severe gum disease. On the other hand, patients with gum disease may have a higher chance of acquiring DM. Diabetic patients with severe gum infection are more prone to diabetic complications and have a higher mortality rate compared to those with healthy gums. Effective treatment for gum disease can improve the diabetic condition. Therefore it is important to maintain good oral health as well as overall health as both are intimately related.

by Dr. Simon Ho

牙周病（牙齦疾病）和糖尿病是兩種常見的疾病，影響着許多香港人。糖尿病是一種代謝性疾病，病徵是血糖水平較高，此對多個器官造成損害，如心臟、腎臟和眼睛等。研究發現，十分之一的本地人口患有糖尿病，他們患上牙齦疾病的風險高出大約三倍。牙齦疾病是一種慢性口腔感染。據估計，香港之成年人一半都遭遇到中度至嚴重程度的牙齦問題，特徵有牙齦腫脹、出血、失去支撐牙齒的結構（牙床骨）、牙齒移動、最終甚至脫落。研究提出了糖尿病和牙齦疾病之間的雙向性關係。血糖控制不佳的糖尿病患者有較嚴重的牙齦疾病。另一方面，有牙齦疾病的患者可能有較更高的機會患有糖尿病。糖尿病患者如有嚴重的牙齦炎會更較容易出現糖尿病併發症，與那些有健康牙齦的人士相比有較高的死亡率。把牙齦疾病治理好，亦能改善糖尿病的病情。因此，保持良好的口腔健康和整體健康都很重要，兩者是息息相關的。

資料由何錦源醫生提供