

THE BRITESMILE DIFFERENCE

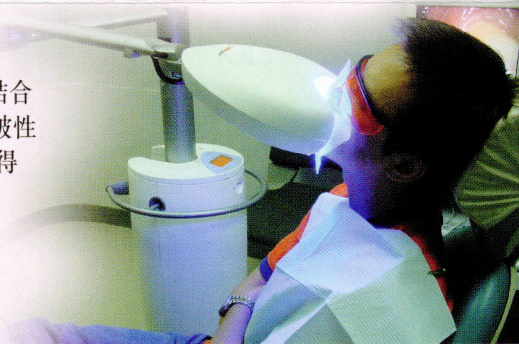
(Written by Dr. Benjamin Ho)

Our office has implemented the new BriteSmile professional teeth whitening system (see picture) that offers the latest, state-of-the-art technology to whiten teeth. Combining a 15% hydrogen-peroxide whitening gel with a break-through new “blue light”, BriteSmile is able to effectively whiten teeth in just one hour in our office. It is faster and much more effective than the home-bleaching method. The procedure has been proven safe and effective in clinical studies conducted by independent researchers. Please ask us for more information at your next visit if you want whiter teeth.

“優美白”(BRITESMILE)的優點

(資料由何鴻基醫生提供)

我們醫務所有了新的專業牙齒美白系統“優美白”(BRITESMILE)(見圖)，可以進行最新、最完美的牙齒美白。由於結合了15%的溫性的二氧化氫美白膠和一種突破性的“藍光”，只要僅僅用一個小時就可以得到有效的美白牙齒。它比在家進行的漂白方法要更為迅速、有效。由研究學者進行的各獨立臨床研究證明它是安全、有效的。如果你想擁有更美白的牙齒，你可以在下次檢查時向我們諮詢。



WORDS FROM DR. BENJAMIN HO

A dental practitioner who lacks the ability to identify, set and achieve his goals is like a ship sailing without a compass and rudder. This same practitioner must also develop excellent communication skills. My goal is to provide patients with quality dental care in a warm, friendly, professional and empathetic manner. Aiming to relieve pain, restore normal function of teeth, improve smiles, and to make a positive improvement in the lives of our patients.



I have joined this office since February this year and I am delighted to be part of a team which strive for excellence in dentistry. But I know that without the assistance of a team of highly trained and efficient staff, I would not be able to serve our patients to the best of my abilities. It is my pleasure to meet all of you and wishing you and your families the best in 2002.

何鴻基醫生的話

沒有識別、設定及達到自己目標能力的牙科醫生就像沒有指南針與方向盤的船。牙科醫生必須還要具備優秀的能力。我的目標是為病人提供熱情、友好、富有人情味和專業的牙科服務，使病人的口腔得到積極的改善。

我很高興今年二月能成為這個專業牙科隊伍的成員。但是我知道，如果沒有一個經過嚴格培訓具有高效率的隊伍，我是不能以最好的能力去為病人服務。能認識你們是我的榮幸，並祝願新的一年你們以及你們的家庭健康、快樂。

STERILIZATION

(Written by Dr. William Cheung)

Proper sterilization of instruments is extremely important when we are faced with the danger of many transmissible diseases like AIDS and Hepatitis. Our office uses a lot of disposable items whenever possible. For the reusable items, however, we clean them prior to sterilization and package them before putting them in a machine for sterilization (see picture) using steam under pressure at 121°C for a minimum of fifteen minutes. This is known as autoclaving, the standard sterilization procedure adopted in hospitals. For non-disposable items that cannot be autoclaved, we place disposable wraps on them (see picture) and the wraps get changed after each treatment. The reason we follow strict sterilization procedure is because we want you to have the peace of mind when you come to our office for treatment.



消毒

(資料由張偉民醫生提供)

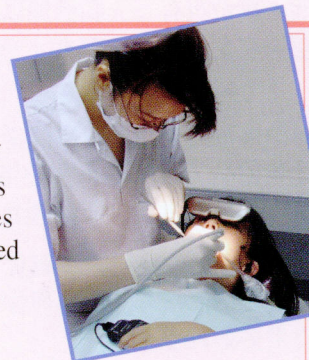
儀器的正確消毒是非常重要的，因為我們經常會面臨許多傳染病的威脅如愛滋病和肝炎。我們這裡只要有可能的地方都使用即棄的物品和儀器。對於可重複使用的儀器，在消毒前我們先進行清洗，然後送入消毒爐消毒(見圖)，在攝氏一百二十一度熱度下消毒至少十五分鐘。這種消毒法叫高壓蒸氣消毒，是醫院裡的標準消毒方法。對於不能進行高壓蒸氣消毒的物品和儀器，我們會用儀器保護膠(見圖)，每一個病人我們都會

EYE-TREK

Last year we introduced the ‘Eye-trek’, our in-house entertainment system with a variety of shows...cartoon, comedy, music, nature and sports. This system is very popular amongst our patients as it relieves the sight and sound of dental treatment. If you have not tried it out yet, please ask for it on your next visit.

奧林巴仙視像眼鏡

上年介紹了新的視像眼鏡十分受歡迎，因為可讓病人在接受診療間欣



Dec. 2001

WORDS FROM DR. WILLIAM CHEUNG

Dear Friends

In August this year I attended the annual Academy of General Dentistry meeting in New York where I participated in several continuing education courses in various disciplines. I learned about the latest breakthrough in laser technology as applied to Dentistry. I feel, however, that its current applications are still limited and the technology is being modified and improved continuously. I assure you that at present there is nothing that laser can do that conventional technique cannot. I look forward to the time when we can have wide applications of laser at a reasonable cost to us and in turn to you. I also presented a case at this year's convention and I have been invited by the Academy to give a 90-minute lecture on Practice Management next summer in Honolulu. I am excited about the opportunity!



In the beginning of the year I invited another dentist, Dr Benjamin Ho to join my practice. Dr Ho was born and raised in Hong Kong but received the degree of Doctor of Dental Medicine from Tufts University School of Dental Medicine in Boston in 1996. He then completed one-year hospital residency training in New Jersey and practiced general dentistry there for two years before returning to Hong Kong. He also received one year of advanced training in Children Dentistry at the University of Hong Kong Faculty of Dentistry last year. In addition to the excellent basic and advanced training as well as clinical experience that he has had in the past, he is also a gentle and conscientious individual. Therefore I am confident that he is able to deliver a high standard of care. We welcome Dr Ho to join our office.

In this issue of the Dental Mirror we will give you an update of what's new in the office in terms of staff, equipment and the delivery of dental care. We hope that you enjoy reading it and let us know how we can improve our effort of communication to you. My staff and I wish to express our deepest appreciation for your continued trust, support and friendship in the past and we look forward to providing dental service of the highest quality to you in the coming year.

A month after my family and I visited Washington D.C. and New York in August this year, the two cities were tragically attacked by international terrorism. It was heart breaking to see the extent of damage and so many lives were taken so helplessly and innocently. As our thoughts and prayers go to the victims and their families, we are once again reminded that life is so temporal and full of unexpected! The only thing that is eternal is our trust in the Almighty God. As we prepare to celebrate the birth of Jesus Christ during this Christmas season, may you experience His peace and joy in a special way. My staff, my family & I wish you all a Merry Christmas and a healthy New Year!

張偉民醫生的話

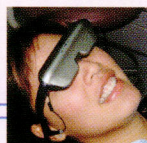
親愛的朋友：

今年八月我在紐約參加了美國牙醫學會年會，並在那裡參加了幾個不同學科的課程。我瞭解到激光用於牙科的最新進展。但是，我覺得目前的應用還是有限，而且這種技術正在不斷修正和改進。就目前來說，現在的治療技術，就是沒有激光也能做到。我希望有一天我們能以合理的成本使激光得到廣泛的應用。在這次年會上我還講解了一個病例，並受該學會之邀請將於明年夏天在夏威夷做一個九十分鐘的臨床醫療管理的演講。

今年年初，我邀請了另一位牙科醫生何鴻基醫生加入我們的行列。何醫生出生於香港，並在香港長大，一九九六年在波士頓的德福斯大學牙醫學院獲得了牙醫博士學位。然後他在新澤西州接受了一年的註院醫師培訓，回香港前在那裡做了兩年的普通牙科醫生。去年他也在香港大學的牙醫系接受了一年的兒童牙科高級培訓。除了他優秀的基礎，所受過的高級培訓以及臨床經驗，他還非常的文雅及極負責任。因此我相信，他一定能提供高水準的醫療服務。我們歡迎何醫生加入我們的行列。

在這份通訊裡，我會告訴你醫務所的最新動態，包括同工、設備以及提供牙科醫療服務方面。希望你們會喜歡閱讀，並請告訴我們怎樣才能改善與你們的交流。我的同工及我在你們一貫的信任、支持和友誼下表示最深切的感謝，並希望將來能為你們提供更好的服務。

我和我的家庭成員八月份到華盛頓及紐約旅遊之後的一個月，這兩個城市就非常不幸地遭受了恐怖份子的襲擊。其破壞程



DIABETES AND YOUR DENTAL HEALTH

(Written by Dr. Ellen Yiu)

If you have diabetes, you know the disease can harm your eyes, nerves, kidneys, heart and other important systems in the body if left uncontrolled. Did you know it could also cause problems in your mouth? People with diabetes have a higher risk of periodontal disease.

Periodontal disease is the infection of the gum and bone that hold the teeth in place. In advanced stages, they lead to painful chewing problems and tooth loss.

Like other complications of diabetes, gum disease is linked to blood sugar control. People with poor blood sugar control get gum disease more often and more severely, and they lose more teeth than do persons with good sugar control: Therefore patients who are diabetic must have their blood sugar monitored regularly. In addition, they must have good oral hygiene and must get teeth cleaning on a regular basis.

糖尿病與牙齒健康

(資料由姚靄安醫生提供)

如果你患有糖尿病，而沒有採取治療的話，會對你的眼睛、神經、腎臟、心臟及其它重要的系統造成損害。你知不知道它還會引起口腔疾病呢？糖尿病人更容易染上牙周病。

牙周病的起因是肉及牙槽骨發炎，隨著病情的發展，它們會導致咀嚼疼痛甚至失去牙齒。血糖不正常的人更容易患上牙周病，如果處理不當，後果更嚴重。因此患有糖尿病的病人必須定期檢查血糖濃度，而且還要經常保持口腔衛生，並要定期洗牙。



ORAL HYGIENE TIP OF THE YEAR!

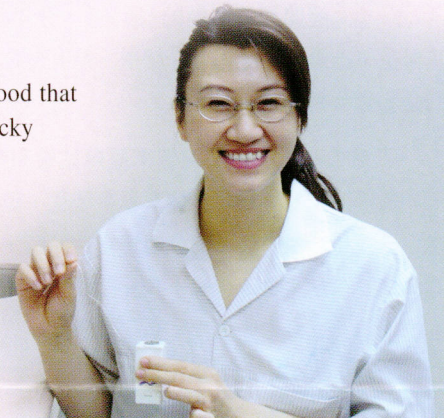
(Written by Miss Samantha Law)

Is flossing necessary?

Yes!!! Only flossing removes plaque and food that adhere to the area in-between teeth. Plaque is the sticky layer of material containing germs that are normally present in our mouth. Tooth brushing is effective for the top and sides of teeth but the bristles will miss out on important areas that can only be reached with dental floss. Leaving these germs undisturbed may increase your chances of developing gum disease.

Dental floss comes in many forms:

waxed and non-waxed, flavored and unflavored, tape, ribbon and regular, fluoride containing etc.. If used correctly, they all clean and remove plaque. Choosing a suitable one will depend on a few factors: how tight or wide the spaces are; what kind of restorative work you may have had done and whether braces are present. Flossing is recommended once a day, try not to rush – a good time would be last thing at night before brushing your teeth. The most important thing is that the floss is passed into every space. There are some products designed to help you called floss holders, handy for those with limited dexterity or those who are just starting to floss and finding it tricky. For larger spaces, the super floss or special brushes may be recommended. If you are not sure what to use or how it is done, ask us to show you at your next appointment. There is no doubt that flossing can help put you on the road to a healthier smile!



口腔健康貼士

(羅桂蘭姑娘提供)

有需要用牙線嗎？

有需要的!!! 只有用牙線才能清除牙齒之間的牙垢膜和附著的食物。牙垢膜是粘在牙齒上的一層物質，是在我們口腔中存在的細菌。刷牙只可以清理頂部及側面，但有些重要部位是牙刷刷不到的，只有用牙線才可以達到。如果對這些細菌不予以處理，它們會增加牙周病和蛀牙的危險。

牙線有很多種類：有蠟的，沒有蠟的，有香味的，無香味的，有氟素的等等。正確使用可以清除牙垢膜。選擇合適的牙線要根據以下幾種因素：牙齒間的空隙有多緊或多寬；你有沒有做過牙齒修復，或者有沒有戴牙齒矯正器。建議每天最少使用牙線一次，用的時候不要太急，一定在晚上刷牙前進行，並且保證牙線不要錯過每一個牙縫隙。還有一些稱為牙線固定器的產品可以幫助你們，對於那些動作不是很靈敏的人，或者是剛剛開始用牙線時還有點困難的人是很方便的。對於那些比較大的空隙，建議使用特制牙刷。如果你們不是很確定需要使用什麼工具或是不知道如何去使用，可在下次檢查時要求我們給你示範。有一點是勿容置疑的，那就是，用牙線肯定會使你的笑容更為燦爛！

UPDATE ON STAFF...

Welcome to the second edition of the Dental Mirror. This year, we have recruited three new staffs to join our team. Dr Benjamin Ho whom Dr Cheung has already introduced earlier and two nurses, Cornery and Connie who works chair-side assisting Dr Cheung.

Apart from this, we would like to congratulate May and Carman. May, our head nurse gave birth to a baby boy on June 9 weighing 3 1lb. Although the baby was premature but with the tender loving care showered by May and her family, he is now





員工最新消息

歡迎閱讀第二期的《通訊》。今年，我們有三名新同事加入隊伍。何鴻基醫生，已由張醫生先前介紹過。還有兩位護士：盧秀雯姑娘和黃燕霞姑娘，她們是張醫生的臨床助手。

另外，我們還要祝賀李佩琳姑娘和梁嘉雯姑娘。李姑娘在六月九日生下了一個重三磅的男嬰。雖然是早產嬰兒，但在李姑娘和她的家人悉心照料下，他現在已經是一個快樂、健康的寶寶。同時，梁姑娘由於懷孕也請了假在家休養。我們都很想念她，希望她不久就能回來。今年確實是相當的忙，希望你們能喜歡這份通訊。如果你們想知道其他資料，請告訴我們，我們會在下一期予以發表。



*Wishing You Joy And Happiness
For The Festive Season!*



Drs. Chan, Cheung & Associates

Dental Surgeons

Address: 503 Aon China Building, 29 Queen's Road, Central, Hong Kong SAR.

Tel: 2522-5752, 2522-5979 Fax: 2530-5618 Email: dentists@hongkong.com

STAMP