

December 2002

WORDS FROM DR. WILLIAM CHEUNG

Dear Friends,

It felt like yesterday when I wrote to you in the last issue of our newsletter but the year 2002 is almost over! We sincerely appreciate many of you who have complimented our newsletter aimed to keep you informed of the latest in Dentistry and about our office. Such production takes a team effort and I wish to take this opportunity to thank everyone who has contributed to this issue in the office.

This year marks my 20th year in the practice of Dentistry which is still very much my passion. In addition to practicing full-time, I have also been writing for publication and lecturing in the area of Dental Practice Management. One of the articles I have written was published in Dental Asia in March this year, another article has been submitted for publication and hopefully will appear in a journal next year. This year I have been invited to lecture in Singapore in April at an international dental meeting, in Manila to the Philippine Dental Association in May, in Honolulu at the Academy of General Dentistry in July and to the Hong Kong Dental Association in September. These are wonderful opportunities to meet dentists from other parts of the world and share our knowledge and expertise in different areas. After all there's so much new knowledge in Dentistry today and we really need to practice life-long learning in order to bring you the latest and hopefully the best in materials, instruments, equipment, techniques and overall treatment.

In this issue we will give you an update on Cosmetic Dentistry and Implant Dentistry, which are the most talk-about issues in Dentistry today. I have been keeping a close watch on the use of laser in Dentistry but to date, laser still has its limitations and the cost is extremely high. I am confident, however, that more research in this area will increase its application and lower the cost to the point that we can use it on a routine basis in our office one day.

As you all know, this has been a difficult year for many throughout the world. Following the September 11 incident in the U. S. last year, the War on Terrorism began and ultimately affected world economy. It is my prayer that we will experience world peace and faster economic recovery in the year 2003! We are grateful that we are still keeping busy in the office, all thanks to your continued support and encouragement. On behalf of everyone in the office, I wish all of you a joyful Christmas and New Year holiday!

張偉民醫生的話

親愛的朋友：

去年撰寫通訊就像是昨天的事，想不到2002年已接近尾聲！各位對於這通訊的讚賞，我們深表謝意，其實通訊的目的是為了讓您更了解我們及介紹最新的牙科消息。這成果其實有賴各人的努力，籍此機會，我要感謝曾為此作出貢獻的每一位同事。

今年是我執業第20年，但我對牙醫這專業的熱誠仍未減退。除了日常醫務外，我亦曾就"牙醫業務管理"為題而寫作及教學。其中一篇文章於今年三月的一份給牙醫閱讀的刊物中刊登，另一篇已呈交的文章亦可望於明年刊出。今年我分別獲邀講學的包括四月在新加坡的國際牙醫會議；五月在馬尼拉的菲律賓牙醫聯會的會議；七月在夏威夷的美國普通科牙醫學院會議；九月的香港牙醫學會月會等。這些會議提供非常好的機會，使我能與世界各地的牙醫分享在牙醫學上的智識和技術。得知這麼多的牙醫學最新智識後，令我感受到確實需要終生積極學習，才可帶給您最新和最好的材料、醫療器具、設備及技術以作全面的治療。

這次的通訊，我們會提供最新的美容牙科及植牙資料，這些都是現今牙醫學的談論議題。我會繼續密切留意鐳射激光用於牙科的進程，但至目前為止，使用鐳射激光依然有它的限制性及成本極為高昂。只要牙醫學界在這方面繼續研究，我有信心終有一天，我們能以低成本應用這新的方法為您服務。

眾所週知，今年全球經歷了最艱難的一年。去年在美國發生911意外之後，恐怖主義衝突全面打擊世界經濟。在此祈求世界和平，亦祝願2003年經濟盡快復甦！感到恩惠的是，我們的業務依然非常繁忙，這點必需多謝您對我們不斷的支持和鼓勵。最後謹代表全體同工，祝您有一個愉快的聖誕及新年假期！





資料由姚靄安醫生提供

COSMETIC DENTISTRY

by Dr. Ellen Yiu

Are you happy with the appearance of your teeth?
Here are some common procedures that can help improve your smile!

WHITE FILLINGS

Fillings that look like natural tooth were created as an alternative to traditional metal fillings. Conspicuous amalgam fillings can be removed and replaced with tooth-coloured fillings.

TEETH BLEACHING

Bleaching is a process used to lighten the natural colour of your teeth.

IN-OFFICE BLEACHING

Using a special light with a whitening gel, this is an in-office bleaching system. It is often followed up with a home-bleaching maintenance procedure.

HOME-BLEACHING

Bleaching gel is placed in the custom fitted trays worn over your teeth for a couple of hours each day. It usually takes two weeks to complete.

BONDING

Bonding is used for restoring decayed teeth and making cosmetic improvements. It can be used to close up minor gaps and correct crooked teeth. It can also cover any natural flaws on the front surface of your teeth.

RESHAPING AND CONTOURING

Tooth reshaping is a safe and conservative way to improve your smile. Tooth reshaping should be limited to minor changes or combined with veneers or bonding for the best result.

VENEERS

Porcelain Veneers are very thin pieces of tooth-shaped porcelain that are bonded onto the front surface of your teeth. They are suitable for teeth that are severely discolored, chipped, having small holes or pits, too large or too small, poorly shape or crooked, or for the correction of unwanted or uneven spaces.

CROWNS

When a tooth is no longer structurally sound but the root system is intact, a crown would be required to strengthen the tooth. Crowns can also improve the appearance of front teeth that are too misalign to be corrected by shaping, contouring, or veneers.

DENTAL BRIDGE

A dental bridge is used to replace a missing tooth by fusing a false tooth between two porcelain crowns. The two crowns are fixed onto your teeth on each side of the missing tooth with permanent cement. Variations of bridge designs are available to suit different situations.

牙齒美容

您對您牙齒的外觀滿意嗎?

以下簡單介紹一些能改善您笑容的做法。

補牙

補牙有兩種選擇；接近牙齒原色補牙(瓷粉)或傳統銀粉補牙。大部份病人都要求使用顏色自然的瓷粉代替銀粉補牙。

漂牙

漂牙是令牙齒原有的顏色更美白。

專業漂牙

這方法在診所內進行，會利用一種特別的光配合漂白凝膠；為保養功效，通常會配備一套家用漂白套裝，在家中自行漂牙。

家用漂牙

每天將牙齒浸在盛有漂白凝膠的牙齒模型裡數小時。整個程序大概需要連續做兩個星期。

牙齒黏合

黏合法是令到較淺的蛀牙復完而又保持美觀的方法。它可以填平小隙縫及糾正彎曲的牙齒，也可以掩飾牙齒表面的裂痕。

矯形及塑造輪廓

要令您的笑容更燦爛，牙齒矯形是一種既傳統又安全的方法。牙齒矯形應該是限於細微改變並且配合瓷片或黏合令其達至最佳效果。

瓷片

瓷片是將一片特別鑄造的瓷薄片黏在牙齒的表面。適用於牙齒褪色、崩裂、有小洞或坑紋，牙齒過大或過小，太弱的或已歪曲的牙齒上。亦可改變那些不理想或不均勻的空隙。

牙冠

當牙面變得脆弱，而牙腳部份沒問題時，鑲牙冠就能加強牙齒結構。鑲牙冠亦可令前排的牙齒美觀，配合矯形、塑造輪廓及鑲瓷片而糾正牙齒排列參差不齊的情況。

牙橋

牙橋是左右兩旁健康的牙齒用牙冠套和義齒相連，以作填補拔掉牙齒的空位。有多種牙橋設計選擇以配合不同的情況。



LIFE SAVING

In May this year, all our staff attended a Cardio-Pulmonary Resuscitation (CPR) course, a basic life support training in case of heart and lung failure. This type of skill that can help save a person's life is as precious as life itself. We believe that it is important for us to be prepared for a medical emergency should it arise within our office. Our staff are trained and certified to the standard of the Hong Kong St John Ambulance Association.

救生課程

全體員工在今年五月參加了由香港聖約翰救傷機構舉辦的"成人心肺復甦訓練課程"，此課程旨在教授當心肺功能衰竭時的基本維持生命的方法。這種能拯救別人寶貴性命的技巧是非常有價值的，就相當於生命本身一樣寶貴。特別在牙醫診所裡，我們相信應當具備醫療應急智識，以防意外可能隨時發生。而我們的員工已受訓完畢並持有香港聖約翰救傷機構頒發的標準證書。





DENTAL IMPLANT

by Dr. Benjamin Ho

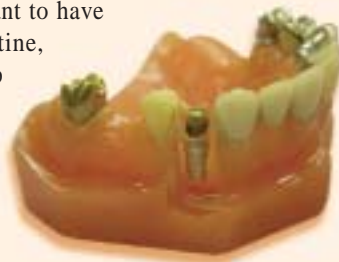
Dental implant is an advance medical technology for the replacement of tooth loss due to disease or accident. Dental implants are titanium posts that are surgically placed in jawbone under your gums. During a healing period, bone grows around the implant. Then a replacement tooth, or crown is attached to the post, giving you a restoration that is a lot like your natural tooth. Implants function not only as the support for crowns but also for fixed bridges and removable dentures when more than one tooth is missing. In many cases, implant-supported teeth may look and feel just like natural teeth.

Implant is not for everyone! Overall health and healthy gums and bone are necessary to support dental implants. Patients who want to have implants must commit to a meticulous oral hygiene routine, including flossing, brushing and regular dental visits to help protect the supporting tissues from any oral diseases. Because dental implant placement is a surgical procedure, candidates must be in good overall health. Therefore, excellent oral hygiene is necessary and vital to the long-term success of implants and regular visits to your dentist are important part of your commitment for implant treatment to be successful.

植牙

植牙是一種先進的醫療技術用以取代因牙周病或意外而脫落的牙齒。植牙是通過手術，在牙床下的牙槽骨內植入鈦金屬的樁。癒合期間，牙骨在植樁旁生長，再在樁上做個假牙冠。就這樣，一隻修復好而外觀上與真牙沒有分別的植牙就成功移植！植牙的功能不單止支撐假牙冠，當失掉多過一隻牙的時候，它亦可以支撐牙橋及牙托。很多時，植牙的效果與真牙一樣漂亮！

不過，不是每個人都適合植牙！首先個人整體和牙床及牙骨必需要健康，牙床、牙骨夠健康才可以支撐植樁。病人如果想植牙的話，必需承諾嚴謹地每天進行口腔護理程序，包括使用牙線、牙刷，更要定期到牙醫診所檢查，以確保口腔內的組織健康。由於植牙是外科手術的一種，使用者必需有健康良好的體魄。成功的植牙療程，最重要是定期接受牙醫檢查，加上特別的口腔護理是令植牙耐用的主要因素。



資料由何鴻基醫生提供



STAFF UPDATE

We wish a hearty congratulations to three of our staff members this year. Carman gave birth to a healthy baby boy in the beginning of the year. Both mom and baby are healthy and Carman is back working in the office again. The wedding bell rang for Clara who got married this summer. Finally, May received a Long Service Award from Dr Cheung during our annual dinner after serving in the office for 10 years. It was a happy yet moving moment for everyone.



Agnes joined our office as an Administrative Assistant in November 2001. She shares the front office with May and Vivian and focuses on office administration. Agnes is a friendly and cheerful individual who is also very helpful and we are glad to have her to be part of our team.

We have installed an internet connection in our waiting room so for those who enjoy surfing on the net, you can have the opportunity to do so at your next visit to our office while you wait for your turn.

We value your opinions and suggestions and if there are any changes we should make to provide a better service for you, please let us know.



HOW DO I CHOOSE A TOOTHBRUSH ?

by Miss Samantha Law

Choosing a toothbrush can be difficult with so many brands and fancy designs, and all of their manufacturers claiming superiority of their own brand over its competitors. At the end of the day, keep in mind that a good toothbrush should have a small, compact head and soft nylon bristles. A curve in the handle is helpful to reach the back. Bulky larger sized brushes can hinder access to the back teeth and a medium or hard textured brush can increase the chances of traumatizing the gums or wearing down enamel along the gum margin leading to tooth sensitivity. A toothbrush should be changed every two to three months or when the bristles begin to splay outwards. If the bristles look worn after just a few weeks it could be a sign that you are brushing too hard and incorrectly.

Electric toothbrushes have become readily available and are useful and effective at plaque removal especially for the less motivated individuals or those with limited manual dexterity, for example, individuals who suffer from rheumatoid arthritis. Tips to remember when using this appliance is never press the brush hard up against the gum and try not to move the brush with the same scrubbing action as you would a manual toothbrush, all these can damage the area that you are trying to clean. Always read the instruction included with the appliance before you use it.

應該如何選擇牙刷？

資料由羅桂蘭姑娘提供

挑選一支牙刷可能是一件傷腦筋的事，市面上牙刷的牌子琳瑯滿目，設計精緻，加上每個製造商都聲稱自己的產品比其他的牌子優良。當選擇牙刷時，緊記一支好的牙刷應該有細小、結實的刷頭，兼有短而柔軟的尼龍刷毛。弧形手柄有助到達口腔較後的位置。笨重的大號牙刷可能妨礙伸展到後面的牙齒，而較硬的牙刷則會增加對牙肉的傷害，甚至沿牙肉的邊緣磨薄琺瑯質而引致牙齒敏感。每兩至三個月就應該更換牙刷，特別是當您發現刷毛開始呈八字形張開的時候。如果在使用幾星期內即發現刷毛有損壞的現象，顯示您的刷牙方法不正確或者太過用力。

電子牙刷已迅速成為一種有效清潔牙齒的方法，尤其適合一些欠積極或不良於用手操作的病人。當你使用電子牙刷時，切忌將電子牙刷壓向牙肉，亦避免使用普通牙刷時擦牙的動作，因為這些動作都會損壞您本來想要清潔的牙齒。每次使用電子牙刷前應先參考使用說明書。





員工最新消息

我們在此為三位員工祝賀：首先恭喜梁嘉雯姑娘，她在年初生了一個健康的小男嬰，而馮鈺珍姑娘在今年夏天已經結婚了，最後是已經替我們服務了十年的李佩琳姑娘。周年晚會上，張偉民醫生頒贈長期服務獎給李姑娘的時候，真是一個令人感動的時刻。

楊安妮小姐在去年十一月加入我們公司擔任行政助理一職。她除了履行主要的辦公室行政職務外，更與李姑娘及黃明敏小姐分擔前台的工作。楊小姐為人友善活潑、樂意助人，我們十分歡迎她加入我們的工作隊伍。

下次有機會到診所，歡迎使用我們新加設在候診室的互聯網服務，讓您在等候期間可以網上瀏覽。

為能令我們提供更優質的服務，要是您有任何寶貴的意見及提議，請隨時通知我們。



Drs. Chan, Cheung & Associates

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