



## 張偉民醫生的話

經過2003年非典型肺炎役症及中東戰爭後，好感謝，今年是顯著好轉的一年。經過更緊密經貿關係幫助帶動興旺了旅遊業，由去年下半年起香港經濟開始回彈，直至今年第二季，香港的生產值達到雙位數字的增長，而失業率亦明顯下降。這些正正是香港需要的好消息。

在以往的通訊中，我已向各位介紹了植牙學用料及技術上的發展。現時如果謹慎地評估病症及定出治療的計劃，更準確地執行手術及修復術，植牙的成功率是非常之高。因此，我於去年底邀請了李健民醫生加盟為各位提供這方的專業服務。李醫生是一位口腔及頷骨專科醫生，具有15年常規及複雜的口腔手術經驗，包括拔除智慧齒及植牙等。姚靄安醫生和我均是普通修復牙科醫生，我們聯同李醫生會為每個病人研究治療計劃的工作，自從我們承擔起植牙後修復術的責任，証明了整體合作的成功。我有信心，在我們與不同專科的合作下，這裡就能提供最好的全面牙科醫療服務。

事實上，這個合作概念早在往年當吳邦彥醫生，一位受訓牙根管治療專科的醫生，加入我們的隊伍後已開始。當牙醫學不斷發現更多及更新的智識時，我相信像醫學一樣會更專門化，令牙醫學科向前邁進。正如我們承諾終生學習，單靠一個人的力量是很難無所不知的。

籍此機會與大家分享我家裡的一個好消息。我的大女兒 張力琳 (見圖) 今年九月開始在美國我的母校賓沙溫尼亞大學就讀。她於今年六月高中畢業後被收收取攻讀一個為期七年的生物學與牙醫學組合的加快課程。作為父親，是很難用言語向各位表達我的興奮及驕傲！

今年的其中一項盛事，要算是夏季奧運會。奧運精神是積極、勤奮、耐力及公平競爭。非常興奮見到我國，透過勤奮及犧牲培育出那麼多達世界水準的運動員。同樣地，我們的願望也是希望透過多年來的勤奮及努力，為你提供最好的牙科護理。

謹代表醫務所各同工，祝願大家有一個愉快的聖誕及一個健康的 2005 新年！



## SELF-INTRODUCTION FROM DR. PHILIP KM LEE

Hello everyone! My name is Dr. Philip KM Lee, a Specialist in Oral Maxillofacial Surgery. I may have met some of you already as I have been a visiting consultant at this office since November 2003. My interests in this field include dental implant surgery and atrophic jaw reconstruction. I have also been engaged in various clinical teaching and research activities.

To many people, “Oral Maxillofacial Surgery” is a long and strange terminology. It is a special field in dentistry that deals with surgical treatment of the oral cavity, the jawbones and the facial region. One of the most common procedures carried out is the removal of impacted wisdom teeth.

2005 will be a special year, as this will mark the 40<sup>th</sup> Anniversary of dental implant technology pioneered by Professor P.I. Brånemark, a Swedish surgeon who is the father of dental implantology. With the advance of technological skills, dental implant is now a predictable treatment of choice in alternative to conventional dental treatment. With the use of modern conscious sedation and anaesthetic, dental implant surgery and other oral surgical procedures can be performed safely in the clinic with maximum patient comfort.

Wishing you all another prosperous year.



## CRACKED TOOTH - WHAT YOU NEED TO KNOW

Even though a tooth is regarded as the strongest element in a human being, it could still suffer mechanical damage from various causes. It has been postulated that factors such as heavy forces due to chewing on hard food, habitual tooth grinding or clenching, and congenital defects might contribute to the development of cracks in teeth.

The signs and symptoms of a cracked tooth are variable and include pain on chewing and biting, sensitive to temperature changes and gum swelling. They could easily be confused with other dental diseases such as tooth decay or an abscess. Therefore, making a diagnosis for a cracked tooth could be challenging. Fortunately, with the help of some extra materials and equipment, such as dye, bite stick, fibre-optic light and operating microscope, they have made correct diagnosis a slightly easier task.

The prognosis and treatment of a cracked tooth totally depend on the extent of the crack. Once a crack has extended into the root(s) of a tooth, extraction of the said tooth is usually the only solution. With the current technology at our disposal, it is not possible to bond and eliminate a crack permanently. When a cracked tooth has been identified and deemed savable, any treatment is aimed at protecting the tooth from developing other cracks and to stop or delay the propagation of the crack itself. This is usually achieved by provision of a crown. If the path of the crack runs close to the nerve tissues, then root canal treatment is usually advisable prior to placement of a crown. Finally, the long-term prognosis of a cracked tooth is usually guarded, especially if the factors contributing to its development have not been addressed.

## 牙齒裂文的需知

雖然牙齒乃是人體最堅固的部份，它仍然可能由於各種原因導致磨擦性的損傷。其中用力咬堅硬的食物、習慣性的磨牙及先天性的缺陷亦可能導致有牙齒裂紋。

牙齒若有裂紋會有以下跡象，包括咀嚼食物時會疼痛，牙齒對溫度變化的敏感及牙床腫脹。這些病徵都很容易被誤為蛀牙或牙齦炎。因此，做出一個牙齒裂紋的診斷是一項挑戰。幸運地，在染料、咬合條、纖維光學燈及手術顯微鏡的協助下，我們對牙齒破裂紋有更容易及準確的診斷。

治療一隻有裂紋的牙齒，完全取決於裂縫的深度。當裂縫伸延至牙腳底部時，唯有將牙齒拔掉。現今的科技仍未到可以令裂縫永久黏合或還原的地步。當有裂紋的牙齒被確定及視為可救的情況下，通常我們建議套上牙冠。而如果牙裂太接近神經線時，我們先會處理根管治療然後再套上牙冠。治療的目的，主要是保護牙齒，避免產生新的裂紋或延遲裂縫的蔓延。

長遠來說，一隻有裂紋的牙齒的前景通常是不明朗的，特別是當我們還未準確地知道它的成因。

## 李健民醫生：自我介紹

各位好！我是李健民醫生，一位口腔頷面手術專科醫生。自 2003 年 11 月起，以客席顧問加入本診所，可能已與你們見過面。我的興趣包括植牙外科及顎骨萎縮重建手術。亦積極參與各種臨床教學及研究等活動。

對於一般人來說口腔頷面外科專科確實是一個既長且怪的術語。它是牙醫學上特別專門的科目，用手術治療口腔齶洞，顎骨及面部。其中一個最常見的手術是脫除智慧齒。

2005年會是特別的一年，它紀念著一位瑞典籍植牙學外科白年茂教授，開設植牙學科技40周年。承於現今先進的科學智識，植牙現在可以是另一種牙科治療。由於使用先進的鎮定劑及麻醉藥，植牙外科手術及其他口腔外科手術步驟都能安全地在診所進行，令病人舒舒服服。

祝你們各位有更繁榮昌盛的一年。



## DENTAL TRAUMA

Traumatic injury to teeth and other oral structures is very common, especially among children. These injuries classified as: Fracture, Luxation, Intrusion and Avulsion.

### Fracture

Tooth fractures may involve the crown, the root, or both, with or without exposure of the nerve. Fractures limited to enamel and small amounts of dentine and are not causing sensitive may not require immediate treatment but should be checked by a dentist.

Fractures resulting in nerve exposure are often painful, and patients with this condition require timely referral to a dentist. Definitive treatment may involve root canal therapy or extraction.

Fractures of the root usually require X-ray examination for detection. Depending on the exact nature of the root fracture, treatment may involve root canal therapy, splinting, or extraction.

## 牙齒的碰傷

牙齒及其他口腔結構的創傷受損是非常普遍的，特別是對於兒童而言。這些損傷會被分類為：崩裂、移位、下陷及脫落。

### 崩裂

牙齒崩裂可能是牽涉到牙冠、牙根或兩者皆有，或牙齒內部神經有沒有外露。崩裂如果只限於在法瑯質表面及牙質的小小部份並且又未引起敏感，可能不需要立刻治療但應該要讓牙醫檢查。

崩裂的情況如引致牙齒神經外露而痛楚，則必需要即時向牙醫求助，讓牙醫決定是否需要牙根管治療、甚至拔牙。

通常崩裂到牙根時，就必需先照 X 光去偵測崩裂的位置。才可以決定治療方法例如：牙根管治療、縫合牙齒或拔掉。

by Dr. Ellen Yiu

### Luxation & Intrusion

Luxation is loosening and displacement of the tooth. Intrusion is displacement of the tooth vertically into jaw bone. Teeth subjected to luxation and intrusion have been displaced and may be loose. Traumatized baby teeth which are so loose or if they interfere with normal bite will usually need to be extracted by the dentist.

Luxated permanent teeth may be repositioned and splinted, with or without root canal therapy. Any luxated tooth that interferes with normal bite requires immediate evaluation and treatment to avoid pain and further complications.

### Avulsion

Avulsion is a complete displacement of the tooth out of its socket. Avulsed teeth are a true dental emergency. Baby teeth are never replanted. In the case of permanent teeth, time is of the essence. Immediate on-scene replantation is the preferred method

of treatment. If the tooth is visibly contaminated, it should be gently rinsed in cold running tap water and then replanted. Care should be taken not to touch, rub, or clean the root, which will reduce the chance of successful replantation. The tooth should be held by the crown and firmly inserted into the socket. The patient should then see a dentist IMMEDIATELY for splinting and treatment with antibiotics.

If immediate on-scene replantation is not possible, the tooth should be transported in the patient's mouth (in the cheek area) if possible, or a jar of milk to the dentist for splinting and further treatment.

All patients with traumatized teeth ultimately need follow-up by a dentist for complete diagnosis and long-term care. Remember to tell the dentist the mechanism of injury and timeline, as these are particularly important; they may define the risk of associated injuries and available treatment options.

資料由姚靄安醫生提供

### 移位及下陷

移位是指牙齒鬆脫而搖動。而下陷則是牙齒垂直陷入牙床骨裡。更換或拔掉牙齒是取決於移位及下陷的程度而決定。如果乳齒的外傷令到牙齒搖動而影響正常的咀嚼，通常牙醫會將牙齒拔掉。

恆齒崩裂則可能需要復位術或縫合牙齒，或是否需要牙根管治療。任何崩裂的牙齒如有影響正常的咀嚼是需要立刻被評估及治療以避免痛楚，更要避免任何併發症。

### 脫落

脫落是指牙齒完全移位以致離開牙槽。牙齒脫落是牙科真正的急症。乳齒是不會重新植入的，但如果是恆齒，時間是最重要的。即時



## ORAL HYGIENE TIP OF THE YEAR!

### TOOTHPASTE

by Miss Samantha Law

**Toothpaste** and a correct brushing technique help to remove plaque, a sticky and harmful layer of bacteria that grows on your teeth causing tooth decay and gum disease. Many ingredients go in to make up toothpaste; fluoride is one of the most important components as it makes the entire tooth structure more resistant to decay.

Children's toothpaste containing a much lower level of fluoride is recommended for children under the age of 6 since they tend to swallow rather than spit out their toothpaste whilst brushing. Ingesting excessive amounts of fluoride can discolor their adult teeth.

Those of you who suffer from sensitive teeth may consider trying toothpaste designed for sensitive teeth. They have added chemical agents that work at reducing the discomfort. Desensitizing toothpastes need to be used over a period of time before you see the benefits.

Whitening toothpaste can help to remove light stains and make teeth brighter and shinier; but for any product to be effective at truly whitening teeth, a high concentration of the bleaching agent hydrogen peroxide is required. That higher level of bleaching agent can only be prescribed by a dentist or administered during professional whitening treatment.

Each time we brush a small pea-sized amount of toothpaste is all that is required to give us the full benefits. Happy brushing!



## 口腔健康貼士 - 牙膏

資料由羅桂蘭姑娘提供

**牙**膏加上正確的刷牙方法是會幫助清除牙垢膜，它是一種在牙齒表面黏性稀薄的細菌，積聚後會引致蛀牙及牙周病。牙膏由多種成份組成，其中最重要的成份是氟化物，能令牙齒全面抗菌，減低蛀牙的機會。

為避免兒童刷牙時吞下過量的牙膏，未滿六歲的小孩應用含有較低份量的氟化物的兒童牙膏。因為過量的氟會令他們的恆齒變色。

假如你有敏感性的牙齒，你可嘗試使用為敏感性的牙齒而設的牙膏。這種牙膏加添了能減輕敏感的化學成份。防敏感牙膏是需要使用一段時間後才見效用的。

漂白牙膏能夠減少牙漬亦能令牙齒更亮白，但是真正能夠有效漂白，只有高濃度漂白劑過氧化氫。這種高濃度的漂白劑，只能在牙醫診所或專業的漂白療程下進行。

每次刷牙時，使用豌豆般份量的牙膏已足夠。祝刷牙愉快！

### STAFF UPDATE

**Dr. Lee Kin Man**, a Specialist in Oral and Maxillofacial Surgery has joined our office in November 2003. Dr. Lee is available by appointment on Wednesday morning and Friday afternoon.

We are sad to announce that after seven years of service, Ms. Carman Leung resigned from our office in September 2004. Her son Barney started toddler's school this year and in order to spend more time with him, she decided to become a full-time mother. She was an excellent assistant and we definitely miss her in the office.

After Carman's resignation, we have recruited Ms. Ivy Ngai, a Dental Surgery Assistant who has had eight years of chair-side experience in private dental practice. She has a wonderful personality and is very willing to help; all of us enjoy working with her.



## 員工動態

口腔頰面外科專科的李健民醫生已於2003年11月加盟本診所。李醫生目前是每星期三早上及星期五下午接受預約。

很可惜地通知各位，服務了本診所七年的梁嘉雯姑娘在2004年9月已經離職。她為了騰出多點時間陪伴已入學的幼兒，所以決定做一個全職的家庭主婦。她是一位好的牙醫助護，我們將會掛念她。

梁嘉雯姑娘離職後，我們聘任危芷君姑娘，一位具有8年經驗的牙醫助護。她性格開朗、樂於助人，我們都很高興與她共事。



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Season's Greetings



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December 2004

## A WORD FROM DR. WILLIAM CHEUNG

After a disastrous year of war and SARS in 2003, I am thankful that this has been a significantly better year. With the help of CEPA and booming tourism, Hong Kong began to make an economic rebound since the second half of last year. By the second quarter of this year, our GDP reached a double-digit growth and unemployment declined significantly. This is indeed good news for Hong Kong!

In a previous issue of our newsletter we explained about dental implantology which has made significant progress in terms of material and technique over the last two decades. It is now a very predictable procedure provided that diagnosis and treatment plan are carefully made and surgery and restoration are properly carried out. Therefore since the end of last year, I have invited Dr. Philip Kin Man Lee to join our team to provide his expertise in this area. Dr. Lee is a specialist in Oral and Maxillofacial Surgery with 15 years of experience in routine and complicated oral surgery procedures including wisdom teeth removal and implant placement. Since Dr. Ellen Yiu and I are general restorative dentists, we work with Dr. Lee in treatment planning cases together and assume the responsibility of restoration after implants are placed and proven to be successfully integrated. I am confident that this team approach in the same office will offer you the best of both worlds in surgery and restoration.

As a matter of fact, we started this team concept early last year when Dr. Robert Ng, who has received specialty training in root canal treatment, joined our team. I believe more specialization is how Dentistry, like Medicine, will move forward as we discover more and more new knowledge continuously. As much as we are committed to life-long learning, it is becoming more and more difficult for one person to know it all.

I would like to share with you a piece of good news in my family. The older of my two daughters Stefani (See picture) began her pursuit of a profession in Dentistry at my alma mater, the University of Pennsylvania in September this year. She completed high school this June and was accepted to enroll in a 7-year accelerated and combined program in Biology and Dentistry. I can't express how excited and proud I am as a father!!

One of the highlights this year is the summer Olympics. The spirit of the Olympics is the spirit of motivation, hard work, endurance and fair competition. It is exciting to see how our own country is producing so many world-class athletes through their hard work and dedication. Likewise, it is our desire to provide you the best in dental care in the years to come through hard work and dedication!

On behalf of our entire dental team, I wish you a blessed Christmas and a healthy New Year 2005!

