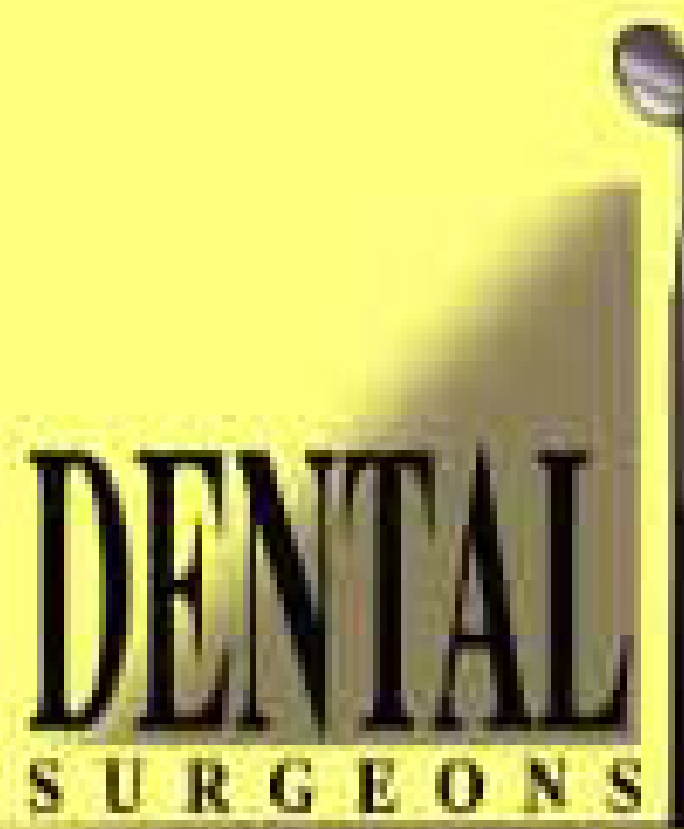




## 最新消息

醫務所在10月進行翻新工程，希望你喜歡我們的新環境。在翻新工程期間，治療室裝置了新設備，所有的房間都已經電腦及網絡化。

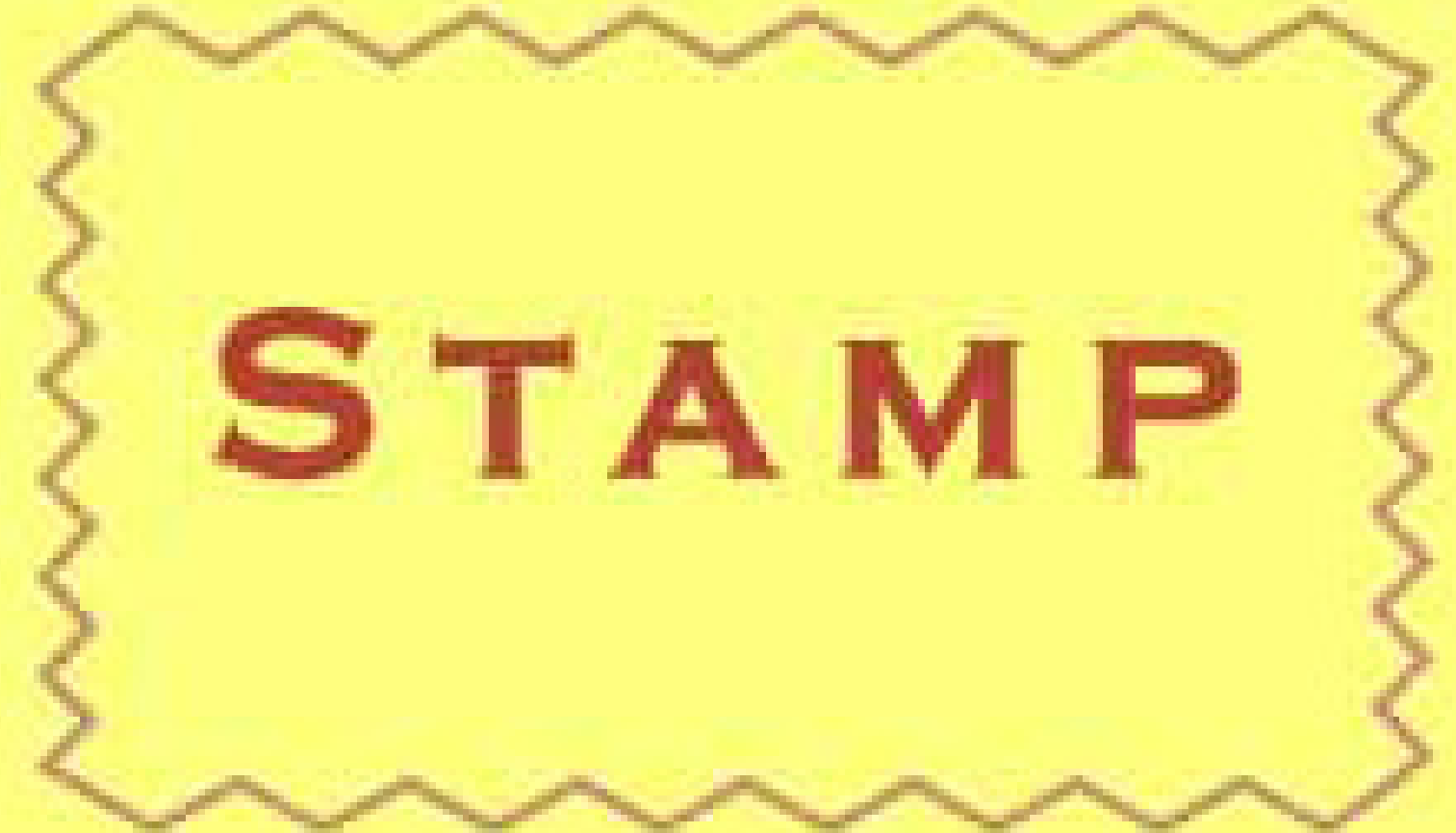
在此恭祝我們兩位在今年內結婚的同事，行政助理楊安妮小姐及牙齒衛生員羅桂蘭姑娘。我們全體職員都為她們感到高興，希望兩對夫婦一生充滿愛與幸福。



*Dr. William Cheung & Associates*

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Season's Greetings  
2005



## NEWS FLASH

By Dr. Ellen Yiu

### Raisins. Food For Oral Health?

**According** to researchers at University of Illinois, compounds found in raisins help fight bacteria in the mouth that causes cavities and gum disease. Phytochemicals found in raisins suppresses the growth of several species of oral bacteria that are associated with decay and gum disease. **But don't all rush out to buy the stuff yet!** Most commercially available raisins have added sugar and this can lead to an increase in dental decay! Further research in this area is needed before the benefits of raisins to dental health can be determined.

### Lip Piercing Can "Shrink Gums"

**Having** lip piercing is bad for the gums and can make them shrink back from the teeth, dentists warn. Researchers from Ohio State University in the U.S. found in a study of 58 young adults that the longer people wear the piercing, the worse the recession is. The British Dental Association reported in its official journal in 2003 of the same risk with tongue piercing. Oral piercing - a trend growing in popularity can cause life-threatening infections and reactions, it said. The Ohio team said that people with lip piercing were far more likely to have receding gums than those without piercing. Gum recession is associated with gum disease, which can cause the loss of teeth that are otherwise healthy. When the dental researchers examined the young people's mouths they found average recession depth to be more than double in those with piercing, compared with those without piercing.

## 消息速遞

資料由姚靄安醫生提供

### 葡萄乾：對口腔有幫助嗎？

**根**據伊利諾州大學的研究員綜合發現，葡萄乾能幫助抵抗引致蛀牙及牙周病的細菌。葡萄乾內發現的植物化學物質，能抑制多種在口腔內生長的細菌，而這些細菌是與蛀牙及牙周病有關。**但千萬不要急著去買！**大多數在市面上售賣的葡萄乾都加添了糖份，導致更多的牙齒蛀牙。葡萄乾是否對牙齒健康有益處，相信需要更多的有關研究，才能確定。

### 唇環會令牙肉收縮

**牙**醫告誡各位，唇環會令牙肉收縮，有害牙肉健康。美國俄亥俄州大學的研究顯示，接受調查的58位年青成人中，配戴唇環的時間愈長，牙肉收縮的情況愈嚴重。英國牙醫學會在2003年的官方期刊裡報導，配戴脷環(舌環)有同樣的風險。又指出日見流行的口腔首飾趨勢，可能是感染致命傳染病的起因及反應。俄亥俄州的研究隊伍，說出那些配戴唇環的人，牙肉的收縮情況，遠比沒戴唇環的人嚴重。牙肉收縮與牙周病是相關的，可能引致健康的牙齒脫落。當牙科研究員診治那些口腔有穿環的年輕人的時候，發現他們收縮的深度是比沒有穿環的人高出多於兩倍。

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## OFFICE UPDATE

**We** hope that you like our new office environment as it was closed for a makeover in October. During the renovation period, treatment rooms have been redesigned with new cabinets and equipment. All rooms are also computerized and networked.

We wish to congratulate Agnes, our front-desk Administrative Assistant and Samantha, our Hygienist as both of them got married this year. All of us are very excited for them and wish both couples a lifetime of love and happiness.



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Season's Greetings  
2005

## A WORD FROM DR. WILLIAM CHEUNG

Dear Friends,

Another year has gone by quickly and it's almost Christmas again! As we send you our greetings, we also want to take a moment to reflect on what has happened in the past year in this issue of The Dental Mirror.

U.S. President George W. Bush declared victory on the war against terrorism after the government of Iraq was overturned in 2002. Meanwhile instability has continued in Iraq, and the "terrorists" fought back with another series of tragic bombing in London and Bali this year. We fully realize that terrorism has affected all of us as we go through security points in airports around the world. It makes us wonder if the war is really over. What can we do except to pray for world peace?

On a more positive note, sentiment among the people of Hong Kong seems to have improved since Mr. Donald Tsang took over as Chief Executive in July this year and local economy continues to thrive. Not too many would expect to see such a drastic turn around of our economy since the first half of 2003 when hotel occupancy was at all time low. We hope that with the opening of the Disney theme park in Hong Kong, tourism will continue to boost our economy and unemployment rate will continue to decline.

Here in the office we just finished another round of renovation in October this year with new equipment. In addition to my own commitment to life-long learning, I also actively share my knowledge and experience with colleagues around the world through publications and presentations. I am very honored to be invited to speak at the World Dental Congress to be held in Shenzhen next September. This is certainly one of the highlights of my career as I celebrate my 25th year of practice as a dentist, a profession that I am deeply passionate about and thoroughly enjoy!

My colleagues and I have spent much time and effort in putting together this newsletter for you and I hope you enjoy reading it. Please feel free to let us know your feedback so that we can do better in the future. On behalf of all of us in the office, I wish you a blessed Christmas and a healthy New Year!

Your friend,  
Dr. William Cheung

## 張偉民醫生的話

親愛的朋友

另一一年即將成為過去，聖誕又臨近了！在此祝福您們時，亦希望藉這通訊向大家報告過去一年發生過的事。

在2002年推翻伊拉克政府之後，美國總統喬治布殊聲稱反恐怖主義戰爭已獲勝利。伊拉克的社會持續不穩定，以及今年在倫敦和巴里的炸彈悲劇，那些“恐怖份子”再一次作出連串的反擊。當我們在全世界的機場，通過機場保安的時候，就完全明白恐怖主義已經影響了我們。這些都令我們感到疑惑，究竟戰爭是否真正結束？除了祈求世界和平外，我們可以做甚麼呢？

在較正面的觀點來看，由於2003年上半年的酒店入住率極低，我們絕不期望經濟會快速地改善。但自從曾蔭權在七月接任特首職務以來，由於本土經濟持續興旺，令困擾香港人的情緒似乎已有所改善。希望香港迪士尼主題公園的開幕，會再推動我們的經濟與及減低失業率。

醫務所在今年十月進行了翻新及增建設備的工程。我除了承諾終身學習外，亦非常積極出版文章及到處講學，與世界各地的同僚分享我的智識及經驗。非常榮幸，獲世界牙醫聯盟的邀請，在明年九月在深圳舉行的會議發表演說。這次的演說肯定是慶祝我執業25年牙醫生涯的重點，到現在我仍對此業務深感熱愛。

我與我的同事，共同花了不少時間及努力完成這通訊，當你閱讀之時希望你們欣賞。如果您有任何意見或提議，請隨時聯絡我們。謹代表全體員工，恭祝各位聖誕快樂及身體健康。

你的朋友  
張偉民醫生





## About Dr. Robert Ng

Dr. Robert Ng has been a member of our clinical team for the last two years focusing mainly on providing root canal treatment. Many of you have been under his care and have given very positive feedback about his clinical skill as well as his excellent chair-side manner. Beginning January 2006, Dr. Ng will start to work full time in the office. He will continue his teaching commitment at the Faculty of Dentistry at the University of Hong Kong on a part time basis. Although he is a Specialist in Endodontics in Hong Kong, he also has many years of clinical experience as a general dentist providing a wide range of dental treatment. I am honored that he is able to increase his clinical time with us and am confident that he will continue to provide dental care in this office to the best of his ability.

## 有關吳邦彥醫生

吳邦彥醫生已在本醫務所工作了兩年，專門處理牙齦管治療。很多在他看護下的病人都對他的臨床技術及病人的友善態度有正面回響。由2006年1月開始，吳醫生將會全職在本醫務所工作。但他亦會有部分時間，在香港大學牙醫學院繼續承擔執教的職務。雖然吳醫生具備香港的牙髓治療科專科醫生資格，他亦有多年全科牙醫的臨床經驗，提供廣泛的牙科治療。我十分榮幸，吳醫生可以增加他在本診所的服務時間，亦有信心，他會竭盡所能，為大家提供優質的牙科護理。



## IMMEDIATE REPLACEMENT OF THE UPPER ANTERIOR TEETH WITH DENTAL IMPLANT

By Dr. K. M. Lee

Dental implant is now a predictable treatment option for patients who lost their teeth. The standard for today's dental implant treatment is to have minimal surgery with minimal trauma and immediate function of the installed implant.

Replacement of missing anterior teeth is a challenge to every dentist due to the requirement of esthetics. The common causes for the loss of upper front teeth include trauma, gum disease and failure of root canal treatment. In the past, when an anterior tooth is damaged beyond repair, the dentist would extract the tooth and fit a temporary acrylic denture for a period of 8 to 10 weeks before any permanent replacement can be fabricated. Many patients have difficulty in adapting to a temporary removable denture, especially those who have never worn one before. Furthermore when a tooth is gone, the bone and gum at the extraction site will slowly resorb. A thinning or a depression may appear at the extraction site thus making a good looking restoration of the missing tooth even more difficult. This kind of unwanted situation can now be minimized or prevented with immediate dental implant placement after extraction.

Dental implant is the treatment of choice not only because it does not involve the teeth adjacent to the missing tooth, it also helps to maintain the shape of the bone and gum. The implant is placed directly into the extraction socket, as there is no need to cut open the gum, thus the surgical trauma is minimum. A provisional crown usually can be connected to the implant immediately to replace the missing tooth.

## 植牙：即時更換上顎的門牙

資料由李健民醫生提供

對於牙齒脫落的病人來說，植牙治療是現今最好的選擇。現時植牙的治療，以減少手術引致之創傷的外科手術為標準，從而得到即時的植牙裝置。

因為有美觀的要求，所以取代脫落的門牙，對每位牙醫來說都是一種挑戰。門牙脫落最常見的原因包括意外、牙周病及牙齦管治療失敗等等。以往，當門牙損壞至不能修補的時候，牙醫會將牙齒拔掉而安裝一副臨時活動假牙，大約要等到8至10個星期後已脫了牙的傷口痊癒後，才可以安裝新的假牙。大多數的病人，對於臨時活動假牙都難於適應，尤其是從未配帶過活動假牙的病人。此外，當失去牙齒的時候，牙床及牙骨會慢慢向顎骨的部位陷入。在拔牙的部位可能出現凹位，而造成假牙修復的困難。假如拔牙後即時進行植牙，就能防止這種不理想的情況出現。

選擇植牙治療不但不牽連失去牙齒的毗鄰牙齒，亦能幫助保養牙骨及牙床的結構。植牙是直接種在拔出牙齒的牙槽裡，因此而無需割開牙床，減少因外科手術引致的創傷。通常一個臨時的牙冠就能夠即時與植入的牙樁連在一起，立刻修復失去的牙齒。



## MAGNIFICATION IN DENTISTRY

By Dr. Robert Ng

On seeing a dentist wearing a pair of loupes or using an operating microscope for the first time, most patients usually have two questions in their mind. Firstly, they wonder what is that particular piece of equipment, and secondly, they worry whether the dentist's eyesight is failing!!

With the advances in all aspects of dentistry, dentists nowadays are becoming more aware of the necessity to visualize teeth and other oral tissues more clearly. Therefore in order to achieve this without adopting a poor posture, the dentist can treat patients with the help of dental loupes or an operating microscope.

Most dental procedures would benefit from magnification provided by a pair of dental loupes. When treating tooth decay, working with magnification will enhance the thoroughness of decay removal and improve the quality of the final filling. When preparing teeth for crowns and bridges, the margins of the tooth preparations would be clearer when viewed through a pair of dental loupes. When the crowns and bridges are being fitted, it will be easier to check the margins for precision of fit under magnification.

The operating microscope comes into its own when root canal treatment is carried out. The higher power of magnification together with bright lighting will illuminate the inside of the tooth clearly. Therefore, the dentist will be able to carry out the various stages of root canal treatment with a higher degree of ease and precision. Ultimately, it will lead to a more predictable long-term result.

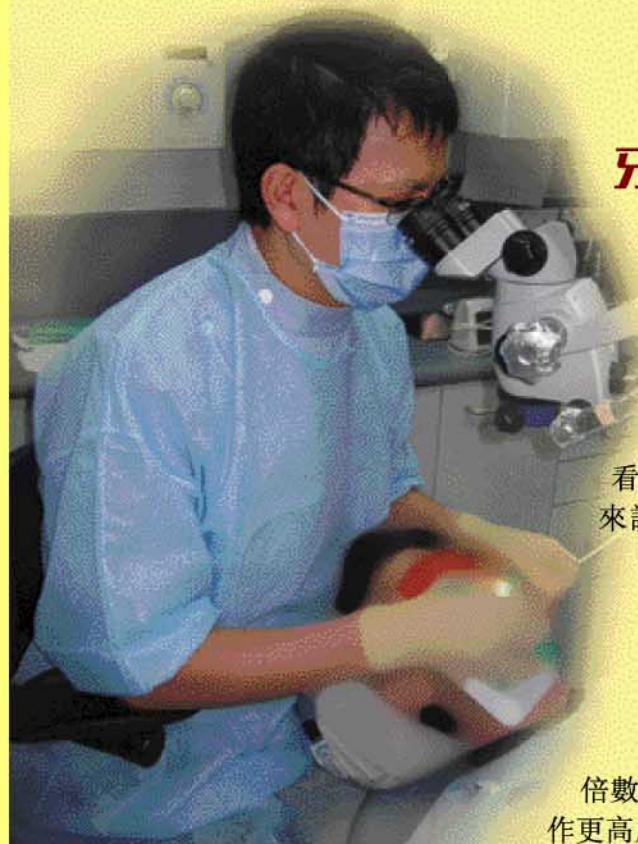
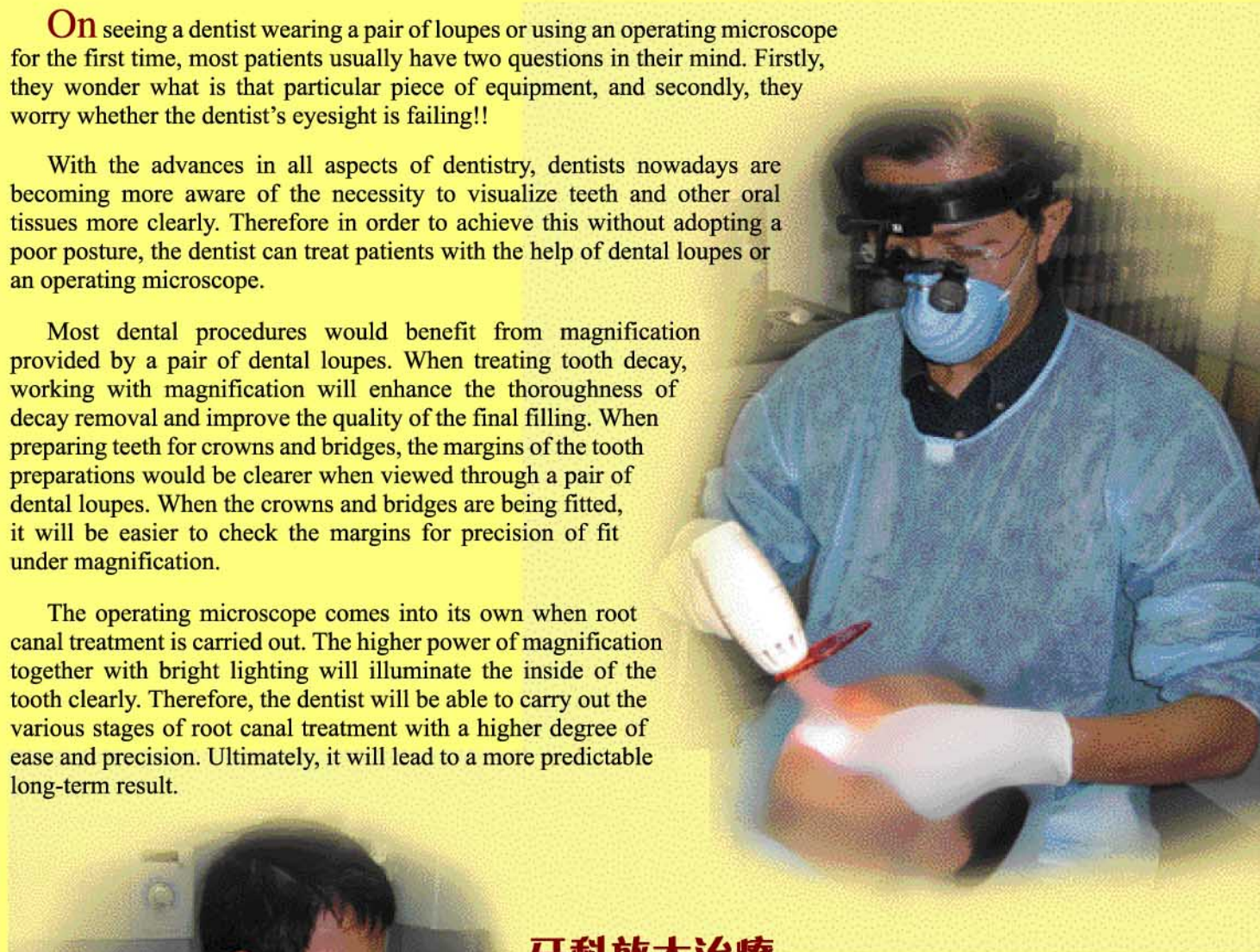
## 牙科放大治療

資料由吳邦彥醫生提供

有些病人可能會認為，當一個牙醫需要帶放大眼鏡或利用手術顯微鏡工作的話，他/她的視力或許有問題；又或者曾懷疑那些特別的儀器究竟有什麼作用。

現今的牙齒治療科技發展一日千里，牙醫亦越來越注重清楚地看到牙齒及口腔組織的重要性。除此之外，正確的工作姿勢對牙醫來說亦非常重要。所以，愈來愈多牙醫採用放大眼鏡及手術顯微鏡作為治療牙患的輔助儀器。放大眼鏡對於牙齒治療有很多幫助。例如，牙醫可以把蛀牙組織清除得更徹底，修補的質素會更理想。又例如做牙冠及牙橋治療時，放大眼鏡可以令牙醫車牙預備得更準確，從而令之後安裝的牙冠及牙橋更加合適和美觀。

在根管治療的過程中，手術顯微鏡更形重要。因為有較高的放大倍數及燈光配合，牙齒裡面的根管能看得更加清晰，牙醫便很容易操作更高度精確的治療，成效當然亦會更有把握了。



## DENTAL SEALANTS

By Ms. Samantha Law

Some teeth are formed with many grooves, bumps and pits which enable us to chew our foods more efficiently. However, some grooves maybe deeper and harder to clean than others and thus increase the chance of trapping food and bacteria. When such problems are identified, a simple preventive procedure called "Dental Sealants" will be recommended.

Dental sealants are a thin plastic coating applied mainly in the grooves and pits on the biting surface of the back teeth. Research has shown that they are highly effective in the prevention of tooth decay because they act as a physical barrier between the tooth and bacteria. Dental sealants are easily placed and the procedure is fast and painless. It involves a thorough cleansing and drying of the tooth before the liquid sealant material is painted on and then hardened with a high intensity light. Eating is permissible immediately after the procedure is complete.

Candidates for dental sealants include adults and children who like sweets, have inadequate oral hygiene and are highly susceptible to tooth decay. We will recommend this to you when we feel you can benefit from it.

## 牙紋防蛀劑

資料由羅桂蘭姑娘提供

能夠咀嚼食物是因為牙齒上的牙面有很多牙縫、牙坑及牙溝。不過，有些牙坑可能比較深及位置較難清理，引致殘留的食物有機會滋生細菌。當這個問題被證實時，我們可能會建議一個簡單的保護治療：牙紋防蛀劑。

牙紋防蛀劑其實是用一層塑膠粘著密封了牙齒咬合表面的深坑中。據研究顯示，這方法非常有效地防止蛀牙，因為這個防蛀劑為牙齒與細菌間提供了一個屏障。塗加牙紋防蛀劑是一個非常簡單、快捷又無痛的程序。在注入防蛀劑前牙齒是需要徹底清潔及弄乾，加上高密度的光令防蛀劑變硬。當整個過程完成後亦可以即時進食。

有需要這治療的人多數是嗜甜、沒有正確處理口腔衛生及容易蛀牙的成人及小童。為他們設想，我們都會建議他們接受牙紋防蛀劑。

