



By Dr. K.M. Lee

A big MAC for you!!

MAC stands for Monitored Anaesthetic Care. Although most minor oral surgery can be performed under local anaesthetic, MAC is another option available to our patients. MAC is carried out by a specialist anesthesiologist who administers sedatives and/or analgesics to the patient intravenously. The anesthesiologist also monitors the vital signs such as blood pressure, heart rate, blood oxygen saturation and even EKG throughout the surgical procedure. Basically the patient sleeps through the procedure without even noticing injections and wakes up immediately after surgery.

The main difference between general anesthesia (GA) and MAC is that during MAC the patient is still able to maintain his own breathing and reflexes, which are protective. Injection of local anaesthetic to the surgical site is still necessary, but without patient's knowledge. MAC is much safer than GA.

Most patients are suitable for MAC, the risk to individual patient will depend on whether there are other underlying medical conditions and personal factors such as smoking or overweight. This should be assessed fully by the surgeon and anesthesiologist before surgery. We would discuss various options of anesesthesia with you before a minor oral surgical procedure.



資料由李健民醫生提供

給你一個巨無霸!!

MAC 代表受監測的麻醉護理。雖然很多口腔外科小手術可在麻醉下進行，MAC 是另一種給病人的選擇。MAC 是由專業麻醉師執行的，他為病人提供靜脈注射的鎮靜劑和止痛劑。麻醉師在手術過程中亦會監測生命跡象，如血壓、心率、血液氧氣飽和度和心電圖。基本上病人在手術中會進入睡眠狀態，他們甚至連打針也不自覺，但手術後便會即時蘇醒。

全身麻醉(GA)和MAC 的主要分別在於使用MAC 的情況下病人仍能維持自己的呼吸和有保護性反射。在手術部位注射麻醉劑仍是必須的，但病人卻不會察覺得到。MAC 會較GA 安全些。

MAC 對很多病人都合用。個別病人的風險則取決於是否有其他潛在的健康狀況和個人因素，如吸煙或超重。在口腔小手術前，牙醫和麻醉師會作出充分的評估，並與你商討不同的麻醉方式的選擇。



THE DENTAL MIRROR

Office Update

This year we're very happy to have Agnes Yeung and Ivy Ngai to re-join our team. Agnes is our Administrative Manager and the Executive Assistant to Dr. William Cheung. Ivy is our dental nurse assisting Dr. Robert Ng. We also have a new dental hygienist, Victoria Leung who is a cheerful and friendly person. We welcome them to join our team.

公司動向

今年我們十分高興楊安妮和危芷君回歸我們的隊伍。楊安妮是我們的行政經理，亦是張偉民醫生的行政助理。危芷君是我們的牙科護士，她協助吳邦彥醫生。我們也新聘了一位牙齒衛生員梁明慧，她為人開朗又友善。我們歡迎她們加入我們的大家庭。



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THE DENTAL MIRROR

Dr. William Cheung & Associates

Dental Surgeons



Dec 2008

Dear Friends,

As we reflect on the important events of this past year, the Beijing 2008 Olympic Games probably ranks one of the highest in many people's mind. It was indeed a highly successful event in terms of its organization, participation and outcome of the various athletic competitions. The spirit of "One World, One Dream" was clearly embraced as we witnessed the spirit of friendship and unity throughout the event and particularly at the closing ceremony. I hope that such spirit will continue to live among the nations of the world so that we would not see another outbreak of war for a long time!

There have been some changes in office personnel this year. Earlier this year, our Office Manager Vivian Wong resigned from her post that she had held for the past 8 years due to family reason. While we miss her dearly we also are fortunate to have recruited back one of our previous staff Agnes Yeung to become our new Administrative Manager and my Executive Assistant. We are grateful to have Agnes back in our office because she is not only highly qualified for the position, but also possesses wonderful people skill and a cheerful personality.

Our Hygienist Samantha Law submitted her resignation earlier this year also for family reason. Many of you as well as myself are sad to see her leave. However, we are fortunate to have recruited Victoria Leung to fill that position. Victoria received her university degree in Dental Hygiene in Canada and has just completed her Master's in Public Health from the University of Hong Kong recently. She has had a number of years of experience in the practice of dental hygiene prior to joining us. Many of you have given excellent feedback on her clinical skill as well as her warm and friendly personality.

It's been quite a turbulent year nationally and internationally. We saw a severe snowstorm and earthquake affecting various parts of China in the first half of the year. The crisis facing the financial industry during the latter part of the year has shaken the confidence of many. It is a global problem that affects the economy worldwide. We hope that things will turn around quickly in the coming year and it will not have any serious impact of our economy. We continue to strive for excellence in our professional services to you and on behalf of my colleagues in the office. I wish you a year of good health and prosperity in 2009. Have a blessed Christmas!

Dr. William Cheung

親愛的朋友們：

當我們對過去一年作大事回顧時，北京2008 奧林匹克運動會大約在很多人的心目中都位列榜首。從它的組織性、參與性及在不同運動競賽上的成績而言，它的而且確是一個極之成功的盛事。透過這項目，它清晰地表現出“同一個世界·同一個夢想”的精神，尤其是在閉幕禮上，我們見證了友誼和團結精神。我希望此精神能長存於世，令我們不會見到另一場戰爭的爆發。

今年我們公司有些人事變動。黃明敏是我們八年的辦公室經理，她於今年年初因家庭原因而請辭。我們深深掛念她的同時亦慶幸地聘回一位前員工楊安妮為我們新任的行政經理兼我的行政助理。我們很感激她回到我們公司，因為她不單絕對勝任這個職位，她更擁有很好的入際技巧及開朗的性格。

我們的牙齒衛生員羅桂蘭同樣由於家庭的原故在今年年初請辭。很多人和我一樣不捨得她，但是我們幸運地聘請到梁明慧填補空缺，她在加拿大取得牙科衛生大學學位，並剛於香港大學完成公共健康碩士學位。她加入我們公司之前，已有數年經驗從事牙齒衛生員的工作，很多人對於她的臨床技巧讚口不絕，且為人格親切。

今年不論國內和國外都是相當動盪的一年。在上半年，我們見到暴風雪和地震影響着中國不同的地區。在下半年金融危機動搖了不少人的信心。這是全球性的問題影響着世界的經濟。我們希望事件在來年有迅速的逆轉，並且將不會對經濟有嚴重的衝擊。我們會繼續在專業服務上為你們做到最好。本人謹代表所有同事祝大家有一個健康而豐盛的2009年。聖誕快樂！

張偉民醫生

By Ms Victoria Leung

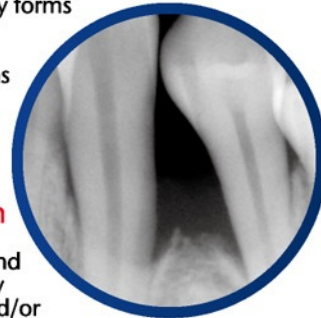
What is gum disease?

Gum disease is characterized by ongoing inflammation in the gums which may involve the destruction of soft tissue and bone surrounding teeth. A mild form of gum disease may be reversible. However, untreated gum disease can cause loosening of teeth and subsequent loss of teeth.

What causes gum disease?

Plaque is the major cause of gum disease. It is a sticky film of bacteria that constantly forms on your teeth

- Poor nutrition
- Underlying medical conditions such as diabetes
- Smoking
- Hereditary



What are some signs of gum disease?

- Gums bleed when brushing and flossing or even spontaneously
- Gums are red and swollen and/or tender
- Gums are receding away from your teeth, leaving part of the roots exposed
- Teeth may experience sensitivity or discomfort
- Teeth that appear to be loose
- Bad breath
- Gum disease may present without any pain in its early stage. So, don't just assume that painless bleeding is not significant!

How can one prevent gum disease?

- While mouthrinses may leave you with a clean, fresh taste, however, it is not effective against plaque removal. Proper brushing (at least morning and night) and daily flossing are very important in preventing gum disease
- Regular dental check-ups and professional teeth cleaning for tartar removal as advised by your dentist
- Avoid smoking
- Eat healthy foods, stay healthy! •

甚麼是牙周病？

牙周病的病徵為持續性的牙肉發炎。這包括牙齒周邊的軟性組織和骨絡受到破壞。輕微的牙周病是可以治癒的。但是，未有接受適當治療的牙周病可能使牙齒鬆脫，最終導致脫落。

甚麼會導致牙周病？

- 牙菌膜是牙周病的主要原因。牙菌膜是黏性的細菌薄膜，它會不斷在牙齒表面上形成
- 營養不良
- 潛在的健康問題，如糖尿病
- 吸煙
- 遺傳病

牙周病之病徵是甚麼？

- 刷牙和用牙線時牙肉出血
- 牙肉紅腫和/或疼痛
- 包圍牙齒的牙肉收縮，使部份牙腳外露
- 牙齒可能有敏感或不適
- 牙齒有鬆脫的現象
- 有口氣
- 初期的牙周問題不一定會痛的，請不要對無痛的牙肉出血掉以輕心！

怎樣預防牙周病？

- 漱口水可能帶給你乾淨、清新的感受，但它不能有效地消除牙菌膜。正確的刷牙方法(至少早晚一次)再配合每日用牙線才能最有效預防牙周病。
- 依照牙醫建議作定期口腔檢查和洗牙以清除牙石
- 不吸煙
- 進食有益的食物以保持健康！•



By Dr. Ellen Yiu

TO CHEW OR NOT TO CHEW...

Chewing gum can stimulate production of saliva and increase salivary flow.

Saliva is a natural buffering agent which washes the teeth and neutralises some of the acid produced by bacteria. It is the acid which erodes enamel causes cavities.

Chewing gum should be sugar free or better still "tooth friendly". However, not all "sugar-free" products are tooth friendly. Some sugar free products contain fermentable ingredients or erosive acids.

The **Happy Tooth** logo guarantees tooth friendly products.



Don't over do it!

If you experience muscle fatigue, jaw joint pain, or headaches from chewing gum, perhaps infrequent chewing or excluding gum altogether may be the best solution.

While chewing sugar free gum may be beneficial, this can by no means replace good oral hygiene by brushing twice and flossing daily! •



資料由姚麗安醫生提供

嚼/不嚼？

香口膠能刺激口水分泌和增加口水流動。

口水是天然緩衝劑，以清潔牙齒和中和細菌所產生之酸性，而這種酸性會侵蝕琺瑯質引致蛀牙。

嚼香口膠應選擇無糖，因這會對牙齒較好。然而，不是所有"無糖"的產品都對牙齒無害。一些無糖的產品有可發酵的成份或腐蝕酸性物質。有開心牙齒商標的產品保證是對牙齒無害！

不要過份咀嚼！

如果你因嚼香口膠而覺得肌肉勞累、下顎關節痛或頭疼，可能要減少咀嚼甚至不嚼香口膠為佳。

嚼香口膠雖然有利，但決不能代替每日早晚刷牙和用牙線這良好的口腔衛生習慣！•

By Dr. Robert Ng

Why does the colour of a tooth change?

It is not uncommon to spot an upper central incisor that looks different in colour to its next door neighbor in someone's mouth. The discolouration could vary from a barely discernible darker yellowish hue to reddish tone and to a dark brown/ gray/black colour.

The discolouration could be caused by many reasons. Yellow discolouration could be due to thinning of the enamel layer of a tooth. That could be caused by normal wear and tear sustained over a long period of time or by more rapid processes such as erosion, abrasion or attrition brought on by certain habits. Alternatively, a tooth could become more yellow when the dental nerve were stimulated and became calcified excessively. This could be brought on by trauma or deep fillings close to the nerve.

Some dental materials used in filling cavities or in root canal procedures could leave a stain in the tooth. Metallic molecules from silver amalgam could cause black areas around the filling. New areas of dental decay could create a dark shadow in a tooth. Certain solutions used to irrigate root canals or materials used to fill root canals could stain the tooth in a variety of colour ranging from red to brown. Furthermore, a dead nerve sitting inside a tooth could turn it into different shades of black or gray over time.

Depending on the cause(s) of tooth discolouration, the tooth could either be bleached, have an old filling replaced, provided with a veneer, crown, or root canal treatment. It is best to consult your dentist to determine the best course of treatment. •

資料由吳邦彥醫生提供

為何牙的顏色會改變呢？

上顎中間的門牙與旁邊的牙齒顏色不一樣是十分普遍的。色素的轉變由僅僅可識別的暗淡黃色變化為淡紅色後再轉為深褐色/灰色/黑色。

色變的產生可能基於很多因素。黃色的色變可能歸究於牙齒的琺瑯質變薄而致。那亦可能是由於長時間的磨損或因為某些壞習慣加速了侵蝕、磨蝕或損耗所導致。亦可能是牙神經被刺激，而形成鈣化，牙齒會變得更黃，或之前牙齒意外碰傷及修補的物料很接近神經線的位置所引致。

一些牙科材料用於補牙和根管治療會在牙齒表面上形成色斑。銀色混合物中的金屬分子會圍繞填充物產生黑色。新蛀蝕的地方會在牙齒上呈現黑影。某些用以灌洗根管之溶液或用以注入根管之物料可能使牙齒變色，顏色變化由紅色到褐色。此外，牙內的壞死神經可能隨著時間令牙齒帶少許黑色或灰色。

根據牙齒色變的起因，牙齒可進行漂白，更換填充物，鑲牙、套牙冠或者接受根管治療。最好是諮詢你的牙醫以達到最理想的治療方案。•

