

Front View

THE DENTAL MIRROR

Pregnancy & Oral Health

It is very important to visit your dentist during pregnancy. An increased incidence of dental health problems may occur during pregnancy.

- ✿ Hormonal changes lead to gum inflammation and bleeding
- ✿ Nausea and vomiting can cause erosion of the enamel
- ✿ Food cravings, especially of sweet food can result in an increase of tooth decay
- ✿ Pregnant women often eat small frequent snacks such as crackers and other decay-promoting foods to counteract nausea, thereby increasing the risk of tooth decay

While it was once believed that the worst outcome of poor oral health was tooth loss, accumulating evidence suggests that gum disease during pregnancy may be a risk factor for the delivery of pre-term babies and babies with low birth weight

By Dr. Ellen Yiu



懷孕與口腔健康

在懷孕期間看牙醫是非常重要的。在懷孕期間牙患的發病率可能會增加。

- ✿ 荷爾蒙的轉變會導致牙齦發炎和出血
- ✿ 噁心和嘔吐會造成琺瑯質被侵蝕
- ✿ 食慾大增，尤其是甜的食物會使蛀牙增加
- ✿ 孕婦經常吃零食，如餅乾和引致蛀牙的食物以抑制噁心，從而使蛀牙的風險增加

當一般人認為最差的口腔健康莫過於失去寶貴的牙齒，而越來越多的證據顯示懷孕期的牙齦疾病可能構成早產和嬰兒體重過輕的風險。

資料由姚靄安醫生提供



OFFICE UPDATE

We wish to congratulate few of our staffs this year

- ✿ Ivy Ngai and Alice Lam who tied their knots in July and November respectively. We wish them both a happy marriage
 - ✿ Artes Kong gave birth to a 7 lbs 4 ozs baby girl in April
 - ✿ Clara Fung has received a 10-year Service Award during our annual dinner
- We are also very happy to have Karen Chao, our new Administrative Assistant and Ms. He LiHua, our Office Assistant to join our team this year. We welcome them on board.

公司動向

今年我們希望向幾位同事送上祝賀：

- ✿ 危芷君和林詠儀分別在7月和11月結婚。我們祝他們新婚快樂
- ✿ 江慧儀在4月誕下7.4磅的女嬰
- ✿ 馮鈺珍在今年的週年晚宴獲頒10年服務獎

我們亦很高興行政助理周德心和辦公室助理何麗環加入我們的隊伍

Season's Greetings 2009



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Dear Friends,

The global economic crisis has affected most countries around the world this year! Fortunately Hong Kong has recovered in a much faster pace compared to most other places and China is still enjoying positive growth. Although it is too premature to say that we are completely out of the dark, it is certainly encouraging to see signs of recovery in many parts of the world.

I made a number of personal and professional trips this year. As the Continuing Education Programme Manager in Asia Pacific for the FDI World Dental Federation, I help to organize CE programs for a number of countries in this region. In June this year I visited Cambodia for the first time. It was an eye-opening experience as I witnessed the damage done to the country and its people after the Khmer Rouge regime. Over 2 million citizens were killed and many of those who survived became handicapped and still live in poverty. I am honored to be able to contribute to their dental profession in a small way to help their dentists acquire new knowledge so that they in turn can help their own people to improve their oral health.

Another highlight was the FDI World Dental Congress in Singapore in September. This is an annual event held in different cities around the world. In addition to a very comprehensive scientific program that covers the latest in all disciplines of Dentistry, it also has an exhibition that carries new materials, instruments, equipment and technology in Dentistry. These include management software as well as hardware such as the latest cone-beam CT used in diagnosis and treatment planning for dental implants, etc. I attended the Congress with 3 other colleagues in our office and we all felt enriched after the event. Some of these latest developments will be introduced in our office in the near future. The same event will be held in Brazil next September and I am honored to have been invited as one of the keynote speakers in the scientific program.

With or without the recession, we are committed to provide the best possible care to you as a team. Since our practice is built mainly on referrals, we would appreciate you telling others about us if you are satisfied with our service. On behalf of the entire team, we wish you a joyous holiday season and a healthy and prosperous New Year.

Dr. William Cheung

親愛的朋友們，

今年全球經濟危機已經影響到世界各地很多國家！幸好香港比其他大多數地方以更快的步伐復甦起來，同時中國仍享有正增長。我們完全走出谷底，此話雖未免言之尚早，現在世界各地有着復甦跡象實在令人鼓舞。

今年我多次個人外遊和出外公幹。作為世界牙科聯盟的亞太區持續教育項目經理，我協助一些國家在不同地區舉辦持續教育課程。今年6月，我首次到訪柬埔寨。這次經驗令我增廣見聞，因為我見證了紅色高棉的統治後對國家和人民的禍害。二百多萬人民被殺害，而且許多倖存者變成殘障，仍活在貧困之中。我很榮幸為促進他們的牙科專業而略盡綿力，幫助他們的牙醫學習新知識，使他們可以回饋他們的病人以改善其口腔健康。

另一個焦點是9月在新加坡舉行的世界牙科會議。這個週年項目每年於世界不同的城市舉行。它除了是一個非常全面的科學會議，涵蓋最新牙科的各個層面，同場更設有展覽會，介紹最新牙科的材料、儀器、設備和技術，包括管理軟件以及硬件，如最新用於診斷和定立植牙方案的錐形CT等。我與三位同事出席了這個會議後一致有感獲益良多。我們在不久的將來會引入其中一些最新科技。而同樣的活動將於明年九月在巴西舉行，我很榮幸能獲邀成為該活動的主題講者之一。

縱使有沒有衰退，我們整個團隊一直致力為你提供最優質的照顧。由於我們的病人主要來自轉介，如果你對我們的服務感到滿意，懇請推薦給你身邊的朋友。我謹代表整個團隊，祝大家有一個開心的節日假期和新年進步。

張偉民醫生

