

Why do people get gum disease and how can I prevent it? 為什麼會有牙齦疾病及如何預防呢?

Dr. Simon Ho 何錦源醫生

Periodontal disease (gum disease) is a common oral disease affecting the supporting structures of our teeth. Symptoms may include bleeding gums, recession, bad breath, and severe bone loss that leads to tooth mobility and tooth loss. 80% of Hong Kong adults experience bleeding gums and around 10% have severe gum disease.

Bacteria are the primary cause of gum disease. They form a sticky layer on tooth surfaces and release toxins which cause damage to the adjacent gum tissues and supporting bone. Various factors may predispose a person to higher risk of developing gum disease. Tobacco smoking puts a person at a three-fold increase of risk of developing gum disease. Smokers also respond unfavorably towards treatment of gum disease and they have a higher chance of recurrence after treatment. People who suffer from poorly-controlled diabetes are more likely to experience gum infection resulting in tooth loss. Finally, some people are genetically more susceptible to gum disease.

We recommend the following to minimize the risk of gum disease:

1. Maintain good oral hygiene through proper tooth brushing and interdental cleaning daily.
2. Maintain a healthy lifestyle and stop smoking.
3. Attend regular dental check up and teeth cleaning appointments.
4. Minimize potential complications of gum disease through early diagnosis and treatment.

牙周病（牙齦疾病）是一種常見的口腔疾病，影響著我們牙齒的支撐結構。症狀包括牙齦出血和衰退、口臭及嚴重的骨質流失，導致牙齒鬆動，甚至脫落。八成香港成年人有牙齦出血；一成左右有嚴重的牙齦疾病。

細菌是牙導致齦疾病的主要原因。它們在牙齒表面形成黏性層並釋放毒素，以損害鄰近的牙齦組織和支撐的牙骨。許多因素可使人們發展牙齦疾病的風險較高。吸煙人士患上牙齦疾病的風險增加三倍。吸煙者，雖則接受了牙齦治療，他們復發的機會也較高。不善控制糖尿病患者亦較容易出現牙齦感染，導致牙齒脫落。最後是一些人受到遺傳的影響都較易患上牙齦疾病。

我們推薦以下方法以減少牙齦疾病的風險：

1. 每天正確刷牙及清潔牙縫以保持良好的口腔衛生
2. 保持健康的生活方式和戒煙
3. 定期接受口腔檢查和洗牙
4. 及早接受診斷和治療以減少潛在的牙齦問題

2015 OFFICE UPDATE 公司動向

✦ We welcome Fanny Cheung, Cally Fung, and Chan Yuk Bing to join our team this year.

✦ Fanny is our Dental Hygienist who comes to us with more than 10 years of experience. She is thorough but gentle, and is looking forward to meeting your hygiene needs with her skillful technique. She complements Victoria Leung, our existing Dental Hygienist.

✦ Cally, our Administrative Officer, received her Bachelor's degree from The University of British Columbia Canada. Cally assists May with scheduling appointments and other administrative duties. She is courteous and helpful, and her sunny personality makes her a great fit for the office.

✦ Bing is our Office Assistant. She helps us to maintain a clean and pleasant environment and she does so with a smile!

✦ We offer our sincere congratulations to our Dental Hygienist Victoria Leung. She gave birth to her third child, Abigail, this April. Victoria still manages to maintain her cheerful personality while taking care of three toddlers and working at the same time!

✦ 我們歡迎張小燕、馮梓華和陳玉冰三位新同事今年加入了我們的團隊。

✦ 張小燕是我們的牙齒衛生員。她具備超過十年的經驗，是一位既周全又溫柔的人。她期待著運用熟練的技巧來幫助你們解決牙齒衛生上的需要。她與我們另一位牙齒衛生員梁明慧一起合作無間。

✦ 馮梓華是我們的行政主任。她在加拿大溫哥華大學獲取了學士學位。梓華協助李護士長安排預約和其他行政職務。她為人有禮且樂於助人。她陽光般開朗的性格也感染著我們。

✦ 陳玉冰是我們的辦公室助理。她專責幫助我們維持一個清潔又舒適的環境。她是一個敬業樂業的人。

✦ 我們真切地祝賀我們的牙齒衛生員梁明慧。明慧於今年四月誕下她第三個孩子，爾靖。她雖然要照顧三個寶寶又要兼顧工作，但仍能保持著開朗的性格！



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The Dental Mirror Dr. William Cheung & Associates Dental Surgeons

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Dear Friends,

This past year has proven to be another year of uncertainty and even turbulence economically and politically.

We've witnessed the rise and fall of the stock markets around the world due to economic uncertainties. The exodus of Syrian refugees was a tragedy as so many innocent lives were lost. In Hong Kong, we are also facing some uncertainties as we anticipate a slowdown of our economy moving into the New Year.

I do, however, have some exciting news to share! My elder daughter Stefani has officially joined our practice since November this year. She attended the University of Pennsylvania for both her undergraduate education in Biology (Bachelor of Arts) and Dentistry (Doctor of Dental Medicine). She then received another 4 years of post-graduate training from both the University of Hong Kong and the University of Pennsylvania until September this year. I firmly believe that she has received an excellent education and extensive clinical experience so that she is ready to offer an excellent service to you in our practice. I look forward to introducing her to you personally in the near future.

On the technological front, we are in the process of incorporating the latest intraoral digital scanner into our practice for digital impression taking. The scan can then be sent for prostheses to be made using CAD/CAM technology - fully designed and manufactured by computer. At the moment, this is being used on selected cases only, but as the technology improves, we hope to do more and more cases digitally.

I take this opportunity to wish you a blessed holiday season and a healthy & prosperous New Year!

Your friend,
Dr. William Cheung



親愛的朋友們，

過去的一年在經濟及政治上繼續不穩。我們見證經濟動盪，引發環球股市波動。而敘利亞難民的「出埃及記」是一個悲劇，許多人因此無辜枉送性命。至於香港我們也面臨著一些不明朗因素，所以我們預計香港的經濟在來年將會逐步放緩。

另一方面，我想跟大家分享一些令人興奮的消息！我的大女兒張力琳今年十一月正式加入了我們的團隊。她在賓夕凡尼亞大學畢業，並獲取兩個學位，生物學（文學學士）和牙科（口腔醫學博士）。接著的四年她分別在香港大學和美國賓夕凡尼亞大學接受研究生培訓。我深信她已經接受了優良的教育和具備豐富的臨床經驗準備好在我們的診所為大家提供優質的服務。我期待著在不久的將來親自為大家介紹她給你們認識！

在技術方面，我們開始應用最新的口腔內數碼掃描器幫助我們取得數碼影像，然後把所得的影像配合電腦輔助(CAD/CAM)技術，經由電腦製造出修復的牙冠和牙橋。目前，這種技術只能應用於個別的個案上。

我藉此機會祝願大家佳節樂也融融，新年事事如意！

你的朋友
張偉民醫生

Interdental Cleaning 牙縫的清潔

Ms. Fanny Cheung and Ms. Victoria Leung
張小燕小姐和梁明慧小姐



The interdental area refers to the spaces between teeth. Effective removal of bacterial plaque between teeth cannot be achieved by brushing because access is limited. Lack of interdental cleaning allows plaque to settle and bacteria to grow, enhancing the development of gum disease, tooth decay, and bad breath. Proper removal of plaque between teeth requires specific dental hygiene aids.

Dental floss is the most widely recommended method. With the right technique, flossing is very effective in plaque removal. However, it may be challenging to use as it requires a high level of dexterity.

Interdental brushes serve as an alternative to flossing. They are available in different sizes and shapes allowing for access to different sites within the mouth. Interdental brushes may be easier to use for people with compromised manual dexterity. They also can be used along with antimicrobial substances to prevent tooth decay or gum inflammation.

Wooden sticks or toothpicks may be used between teeth for patients with wide interdental spaces. However, they must be used with care because incorrect use may cause bleeding and gum recession.

Soft-Picks are a new addition to the range of interdental cleaning tools available today. The soft flexible rubber bristles have a tapered design to fit between teeth.

The market is flooded with a variety of oral hygiene devices with each one claiming superiority over the other. Not all interdental hygiene aids are suitable for all patients or all types of teeth. Please consult your dentist or your dental hygienist so he/she can help you choose the most appropriate tool(s) for you.

牙縫位置是指齒與齒之間的空隙。要有效去除牙齒之間的牙菌膜不能單靠刷牙，皆因牙刷的接觸面有局限性。缺乏清潔牙縫便有利牙菌膜形成和滋長，增強患上牙齦疾病，蛀牙和口臭的風險。要正確地去除牙縫間的牙菌膜，便需要使用特定的口腔衛生工具了！

牙線是最廣泛被推薦的方法。配合正確的技巧，正確使用牙線是非常有效去除牙菌膜的。但是使用牙線卻可能有一定難度，因為需要純熟的技巧。

牙縫刷的使用可當作牙線的替代品。它們有不同大小和形狀以配合接觸口腔內的不同位置。牙縫刷較容易使用，所以適合不是太純熟運用牙線的人士使用。它們也可與抗菌物質一併使用，以防止蛀牙或牙齦發炎。

小木籤或牙籤適合齒與齒之間牙縫較寬的人士使用。可是，大家必須小心使用，因為不正確使用可能引致出血和牙齦萎縮。

柔軟牙縫棒是現時今較新的牙縫清潔工具。它們具有柔軟彈性橡膠刷毛，再加上特別的設計便能深入牙齒之間的空隙。

市面上充斥著林林總總的口腔清潔產品，彼此都聲稱自己較其他的產品優勝。不是所有清潔牙縫的工具都適合所有患者或所有類型的牙齒需要。請諮詢你的牙醫或牙齒衛生員，讓他/她可以幫助你選擇最合適的工具。

Use of Cone Beam Computed Tomography (CBCT) in Root Canal Treatment 錐形X線機(CBCT) 於根管治療上的應用

Dr. Robert Ng 吳邦彥醫生

Dental radiographs were introduced in the late 19th century and have been indispensable to dentistry since. Radiographic images allow the operator to visualize the teeth and associated structures that are hidden under the tooth and gum surfaces.

Traditional radiography has one big limitation: it can only show a 2-dimensional picture of a 3-dimensional object. Therefore, sometimes problems such as areas of inflammation in the bone or next to the root of a tooth may remain hidden due to overlapping with normal structures. With CBCT, the computer reconstructs a 3-dimensional object from data obtained from scanning the target area. Therefore, it is possible for the dentist to assess the area of interest from different angles and perspectives. In teeth requiring root canal treatment, CBCT may be used to determine the number, location and shape of the root canals. Furthermore, CBCT may be of benefit for the planning of any surgery as well as assessment of treatment outcomes. In root canal treatment, usually the smallest field of view (FOV) is used, meaning the patient will receive a smaller dose of radiation.



在19世紀末，牙科X光片被引入以來一直在牙科上是不可或缺的。X光片的影像容許操作者把牙齒及其相關結構，包括牙齒和牙齦表面下隱藏的情況呈現出來。

傳統X光片有一個很大的限制。它只能顯示三維物體的二維圖像。故此，有時當遇到一些炎症於牙骨或牙齦旁邊位置，由於有問題情況與正常結構的影像重疊或因此而被隱藏起來。有了錐形X線機的幫助，電腦可根據有問題地方的掃描數據重構出一個三維影像。因此，牙醫便能夠從不同角度了解到被關注的地方的情況。當牙齒需要接受根管治療的時候，可採用錐形X線機來釐定根管的數量、位置和形狀。此外錐形X線機也可被利用作任何手術的規劃，以及治療結果的評估。接受根管治療的過程中，一般只需要最小的視野範圍(FOV)，這意味著病人只要接受很小的輻射劑量。

“Case of a swelling that won't go away...” 「病例 — 不會消失的腫脹...」

Dr. Philip Lee 李健民醫生

An eight year old girl complained of a recurring swelling at the right floor of the mouth. The swelling changes in size but is persistent, and the patient felt no symptoms except mild disturbance of tongue movement.

Diagnosis: A ranula represents a mucous extravasation or mucous retention cyst, and occurs specifically in the floor of the mouth. Typically it has a bluish appearance that has been compared to a frog's belly. When it is significantly large, it can produce deviation of the tongue, as in this case.

Obstruction of salivary ducts due to salivary stones is a common cause of ranula formation. Ranulas can also occur as a result of trauma to the floor of the mouth.

The recommended treatment is surgical excision of the lesion together with the sublingual gland. Excision of the lesion without removing the involved gland often leads to recurrence.

一位8歲女童抱怨著嘴裡的右下方舌下經常出現腫脹的情況。腫脹的大小雖有變化，卻一直未見消退。除了舌頭的運動被受輕微的阻礙之外，病人沒有感到其他徵狀。

診斷：舌下囊腫代表分泌黏液的外滲作用或黏液的滯留性囊腫，在舌下出現最為常見。通常它的表面呈現藍色，而因此比喻為青蛙的肚子。當它顯著地腫大起來，在這種情況下舌頭亦產生了偏差。舌下囊腫形成的常見原因源於唾液腺結石，導致唾液腺導管阻塞所致。它也可構成舌下有創傷性的結果。

建議的治療方法：接受手術把病變的舌下腺切除。倘若未能完全切除病變腺體組織便使復發的機會大增。

Fissure Sealants 牙紋防蛀劑

Dr. Ellen Yiu 姚靄安醫生

The chewing surface and sometimes the sides of a molar contains natural pits and grooves (fissures) where dental decay occurs most often. The bristles of a toothbrush are too large to reach into these areas.

The bacteria in plaque live in these grooves and make acid which causes tooth decay. Dental sealants fill these grooves, preventing the build up of plaque acids on the enamel surface of teeth, and therefore preventing tooth decay.

A dental sealant is a tooth-coloured plastic material that is applied to the pits and fissures on molars in liquid form. The liquid is then hardened using a light. The pits and fissures are now sealed and the tooth surface is smooth and easy to keep clean. As long as they remain intact, sealants are extremely effective in reducing tooth decay.

白齒的咀嚼面和兩側有時隱藏著一些天然小窩和凹溝（牙紋縫），在這些位置發現蛀牙最為常見。牙刷的刷毛太大卻未能深入其中。

牙菌膜的細菌存活在牙紋縫中，製造酸性而導致蛀牙。防蛀劑恰好填補了這些裂隙，以防止牙菌膜的酸性在牙齒表面的琺瑯質積聚，達致預防蛀牙的效用。

防蛀劑是一種白齒色的液體狀塑膠材料，被應用覆蓋在小窩和牙紋縫當中，然後運用藍光使其硬化過來。當凹坑和牙紋被密封後，牙齒表面因此變得光滑更易於清潔。只要封劑保持得完完整整，它便是最有效地減少蛀牙的方法。