

To Floss or Not to Floss? That is the Question. 用牙線還是不用牙線? 就是一個問題。

Ms. Victoria Leung 梁明慧小姐

Recently, flossing has become a controversial issue due to the lack of scientific evidence that proves its effectiveness. Even though the existing research on flossing is limited, it doesn't mean that it is not effective. Flossing is an important means of cleaning between your teeth, especially for people who have narrow spaces. You can prevent gum disease and tooth decay by removing debris and bacterial plaque between teeth. However, improper flossing technique may result in traumatized gums. Come for your regular dental visits, and we will make sure that you are flossing properly to achieve the best results.

最近,由於缺乏科學理據支持,使用牙線的有效性因而成為一個具爭議性的問題。儘管現時有關 這方面的研究有限,但並不意味著牙線沒有效用。它是清潔牙縫隙的重要工具,特別是對牙縫隙 狹窄的人士便更有幫助。它藉著清除牙齒之間的碎屑和牙菌膜來預防牙齦疾病和蛀牙。然而,不 恰當使用牙線可能會導致創傷性牙齦。定期作牙科檢查,我們便能確保你正確地使用牙線,並達 至最佳效果。

Dr. Ben Chow 周烱昌醫生

I am honored to be a member of the team of Dr. William Cheung & Associates as a Specialist in Oral & Maxillofacial Surgery since March 2016. As a newcomer, let me introduce myself. I graduated from the University of Hong Kong in 1985, with a Bachelor of Science degree and a degree in Bachelor of Dental Surgery. I finished my specialist training in 1993 at the University of Hong Kong. I served in the public sector and transitioned to private practice in 2007. My special interest is the application of digital workflow in implant & orthognathic surgery.

In my free time, I enjoy hiking and sailing. The countryside and the sea help me to release stress from my daily work. Recently, I combined marathon running with travelling, participating in races in various cities around the world. This new hobby has become my unique way of exploring the world. My wife fully supports me as she can also participate in her global shopping "marathon".



我很榮幸自 2016 年 3 月成為張偉民醫生牙科醫務所的團隊成員,擔任口腔及領面外科醫生。作 為新成員,讓我自我介紹一下吧! 我於 1985 年畢業於香港大學,獲得科學學士學位及牙科學士學 位。在 1993 年,我在香港大學完成了專科培訓。之後我便服務於公營機構,並於 2007 年轉為私 人執業。我有一個特別的興趣是在植齒與正顎手術中作數據工作流程的分析和應用。

空閒時,我喜歡行山和航海。郊外和海洋幫助我釋放日常工作的壓力。最近,我把馬拉松(跑步) 和旅行結合起來,遊歷世界各地不同的城市。這個新的嗜好已經成為我探索世界的獨特方式。我 的太太亦全力支持我,因為她也可參加她在世界不同地方的購物「馬拉松」呢!

2016 OFFICE UPDATE 公司動向

We would like to introduce you to the new members who have joined our team in 現在為你介紹 2016 年加入我們團隊的新成員:

- ♣ Dr. Ben Chow, a specialist in Oral & Maxillofacial Surgery, is available by appointment on Wednesday mornings and Friday afternoons. Want to find out more about him? Please see his self-introduction article.
- → Cindy Yu arrived in May to assume the role of Administrative Officer. Cindy is → a very cheerful and friendly person, who has been helping with appointment scheduling and other tasks. Don't be fooled by her demure appearance -Cindy enjoys Muay Thai Boxing and riding motorcycles in her free time!
- → Wink Poon, our new Account Officer, has actually been maintaining our office accounting records on a part-time basis for over 4 years. This year we are pleased to announce her transition to a full-time position. Wink loves spicy food so much she makes her own chilli sauce; ask her for her recipe if you would like to set your tongue on fire!



- ◆ 周烱昌醫生是口腔和領面外科醫生,逢星期 三上午和星期五下午應診,歡迎預約。想 了解更多關於他?請參閱他的自我介紹文章
- 余文苑於 5 月到來任職行政幹事。文苑是一 個非常開朗和友善的人,她一直為大家安排 預約及協助其他事務。大家不要著眼於她斯 文的外表,文苑閒暇時喜歡打泰拳和騎摩托
- 職身分為我們醫務所處理會計帳務。今年我 們很高興地宣布她轉為全職工作。燕萍很喜 歡吃辣,更會製作自家辣椒醬。如果你都是 無辣不歡,不妨叫她分享一下秘製食譜吧!



Dr, William Cheung © associates

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dental surgeons

Dr. William Cheung & Associates

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As we approach the end of 2016, we can safely say that this has been a year of change in politics around the globe. I refer to the presidential elections of Taiwan and the United States, the decision for the United Kingdom to leave the European Union, and locally the election of our Legislative Council. Whether these changes are



positive or not depends on individual perspectives. In our office, however, we also have some changes that I feel are all very positive!

Since November last year, my daughter Dr. Stefani Cheung has joined our team of doctors, and many of you have had the opportunity to meet her. Many of you commented to me how cheerful and positive she is as an individual, how thorough she is in explaining each procedure, and how good she is with her hand skill. I look forward to introducing her to you in the coming year if you haven't met her yet. She has received postgraduate training in Implant Dentistry but delivers comprehensive care with a good number of years of experience. She is also teaching part-time at the University of Hong Kong Faculty of Dentistry.

In the beginning of this year, we also welcomed on board with us Dr. Ben Chow, a very experienced Oral & Maxillofacial Surgeon on a part time basis. Dr. Chow specializes in procedures such as surgical removal of teeth, surgical placement of implants, biopsies, as well as resection of tumors in the jaws, and other complicated oral surgical procedures. We also have expanded our workforce with three additional supporting staff members.

On the equipment front, we have introduced a laser device that can be used in certain soft tissue procedures to improve treatment outcomes (see article on 'Laser in Dentistry'). For simple restorations, we have been moving away from amalgam fillings for years now because of the concern that they contain mercury. With the advancement of technology, we are using more all-ceramic restorations employing the latest technology of computer-aided design (CAD) and computer-aided manufacturing (CAM) to accommodate the demand for metal-free restorations with highly esthetic outcome.

In closing, we look forward to serving you with our continued mission of excellent clinical care and attentive service in the coming year. On behalf of our entire team, I wish all of you a very happy holiday season and a healthy year to come!

> Your friend, Dr. William Cheung

親愛的朋友們

當我們邁向 2016 年年底,我們可以肯定地説,這是全球政治變化的一年。我所指的是台灣、美國的總統選舉和英國離開歐 盟的決定,以及本地的立法會選舉。這些種種變化正面與否都取決於每個人的看法。在我們的醫務所卻為了精益求精而改 變,是正面積極的。

自從去年十一月,我的女兒張力琳醫生加入我們的醫生團隊,有很多朋友都有機會遇見她。你們都稱讚她積極、樂觀、治 療講解多詳盡、手術技巧多純熟。如果你還沒有見過她,我期待來年給你介紹她吧!她接受了植齒科的研究生培訓,並具有 多年提供全面護理的經驗。她也於香港大學牙科學院兼職任教。

今年年初,我們歡迎資深口腔及領面外科醫生周烱昌兼職來幫忙,他專長於外科拔牙手術、手術性植牙、切除化驗、以及

在設備方面,我們曾為大家介紹一種激光儀器,它能運用於某些軟組織手術,以改善治療效果(參見《牙科激光》一文)。 無金屬修復體的可塑性和美觀性的需求。

我們貫徹以提供最優質的臨床護理和貼心的服務為宗旨來繼續為你服務 我謹代表我們整個團隊,祝大家佳節滿載,新一年健康常樂

張偉民醫生



Night guards 夜用護齒牙箍

Dr. Ellen Yiu 姚靄安醫生

In the high-stress city of Hong Kong, many people habitually grind their teeth during sleep. Frequent night grinding/clenching will inflict damage to the teeth and jaw joint.

Common problems associated with this include excessive wear of the biting surfaces of teeth, cracks and even tooth fracture, resulting in pain and sensitivity. Some people may even develop Temporomandibular Dysfunction (TMD) Syndrome, which can cause pain and/or stiffness over the jaw joint area, limited mouth opening and headaches.

Everyone benefits from wearing a night guard but people already displaying symptoms from grinding should have one made to improve existing problems and avoid further injuries.

Our office offers various types of night guards, and we would be happy to discuss the different options with you!

在香港這個生活壓力大的城市,許多人在睡覺時習慣性地磨牙。頻繁的夜間磨牙/緊咬都會對牙齒和牙骹造成損傷。

常見的引申相關問題包括牙齒的咬合表面過度 磨損、牙齒有裂紋、甚至斷裂,導致疼痛和牙 齒敏感。有些人更可能因磨牙而衍生出顳下頜 關節功能障礙(TMD)綜合症,引起牙骹部分 出現疼痛和/或僵硬,只能有限度地把口張開 和頭痛。

配戴夜用護齒牙箍令很多人受惠,尤其對於已出現磨牙症狀的人來說,不單可以改善現有問題之餘,更可避免進一步的損害。

我們的醫務所提供各種款式的護齒牙箍,我們很樂意為你製造適合你的夜用護齒牙箍!

Why Root Canal Treatment? 為何要進行根管治療?

Dr. Robert Ng 吳邦彥醫生

Root canal treatment is usually required in order to save a tooth when its dental pulp (containing nerves and blood vessels) has become badly inflamed, infected or dead. The most common cause of this situation is tooth decay; there are other causes such as severe gum disease, dental trauma, or cracked teeth. If the root canal treatment in a tooth fails, the tooth could become painful or uncomfortable. In those situations, root canal retreatment is usually performed in order to save the tooth from being extracted. There are many instances where a deep cavity or multiple deep cracks are found to be close to the dental pulp in a tooth. It is possible that the condition of the dental pulp has been affected adversely for a period of time without showing any symptoms. There is a risk that symptoms, such as pain, could arise after further corrective dental treatment, even if it were carefully performed. Therefore, on such occasions, the dentist and the patient would probably need to discuss whether elective root canal treatment beforehand is desirable.

健康的牙髓(含有神經和血管),當發炎,受 細菌感染,甚至壞死時,那一些都需要接受根 管治療來保救牙齒。通常引致以上症狀最常見 的原因是蛀牙。除此之外,還有其他因素導致 以上症狀,例如嚴重的牙齦疾病,牙齒創傷或牙 齒破裂。如果牙齒接受了第一次的根管治療失 敗,牙齒可能會導致疼痛或不適。就以上情況, 病人通常需要接受重做根管治療,牙齒便無須 被拔掉。有許多原因會引致根管治療,例如出 現嚴重的蛀牙或有多條較深的裂紋靠近牙齒中 的牙髓部分,可能是牙髓本身已經受感染一段 時間,之前卻沒有徵狀顯露出來。所以當牙齒 接受進一步的矯正性牙科治療後,即使治療是 仔細地進行,亦有可能出現疼痛的症狀。基於 存在這樣的風險,牙醫和病人需要預先商議一 下接受根管治療是否合適和理想。

Laser in Dentistry 牙科激光

Dr. Stefani Cheung 張力琳醫生

Does the word "laser" conjure up images in your mind of James Bond, strapped to a table at the mercy of the henchmen in "Goldfinger"?

In fact, dental lasers have been approved for use on gums since the mid-1990s, and, contrary to the frightening depictions seen in movies, they are completely safe when used in a closely monitored environment. A laser beam is essentially a concentrated and precise beam of light energy.

Our office recently acquired a diode laser, which is specifically suited for soft tissue treatment. There are several major benefits to laser therapy over conventional therapy:

- 1) Reduced pain sensation: Procedures performed using a laser can usually be done with minimal anesthesia, which means you may not even need an injection in some cases!
- 2) Minimally invasive: Lasers allow for a reduced surgical area with removal of less healthy tissues, creating a smaller wound for faster healing.
- 3) Improved clotting: Laser energy can coagulate blood by sealing off blood vessels, resulting in a cleaner field during surgery, and minimal post-operative bleeding. This may be particularly beneficial for patients who are taking blood thinners.
- 4) Better wound healing: Patients tend to report more positive post-operative experiences after laser-assisted surgeries when compared to traditional surgical methods. Most patients do not require any pain medication following treatment, and wound healing tends to occur in a very predictable fashion.

We always strive to keep up-to-date on technology so that we can provide our patients with the safest and most comfortable dental experience possible!



「激光」一詞會否令你聯想起在《金手指》一戲中,占士邦被縛在桌子上的一幕呢?

事實上,自90年代中期以來,牙科激光已被廣泛使用在牙齦治療上,這與在電影中看到的可怕描述相反,在密切監視的環境中使用,便可確保其安全性。激光速基本上是集中而精確的光速能。

我們的醫務所最近購入了一個二極管激光儀器,特別 適合於軟組織治療。與常規治療相比,激光治療有幾 個主要優點:

-) 減少疼痛:在治療過程中使用激光通常可以用最少的麻醉進行。在某些情況下,甚至可以無需注射麻醉藥!
- 2) 微創:透過使用激光的技術來構建一個較細的傷口,以切除不良的牙肉組織,基於縮減了手術的範圍,便能加快癒合的進程。
- 3) 改善凝血:激光的能量可以通過密封血管以凝結血液,促使在手術期間更潔淨和手術後出血的情況大大減少。這特別對於正在服用薄血藥的病人來說尤其得益。
- 4) 傷口癒合更好:與傳統手術方法相比,接受有激光輔助的手術後之患者有較正面的手術後經歷。大多數患者在治療後不需要服用任何止痛藥物,並且傷口癒合的過程傾更加可以預計。

我們一直與時並進力求嶄新的科技,使我們能夠為我們的病人提供最安全、最舒適的牙科體驗!

Treatment of Gum Disease 牙齦疾病的治療

Dr. Simon Ho 何錦源醫生

Periodontal disease (gum disease) is a common oral disease affecting most adults to varying degrees of severity. Symptoms

may include bleeding gums and recession, bad breath, and severe bone loss that leads to tooth mobility and eventual tooth loss. It is important to maintain good oral hygiene, and receive regular dental checkups and professional teeth cleanings. As with most oral diseases, prevention is key. Once diagnosed with gum disease, immediate treatment is essential in order to limit the irreversible damage to your gums and jaw bone. Bacteria are the primary cause of gum disease and they exist as a sticky plaque on your teeth, causing damage to adjacent gums and underlying bone. Non-surgical periodontal treatment (scaling and root planing) cleans the diseased root surfaces to remove plaque and tartar, and to smooth the tooth root. In some patients, non-surgical treatment needs to be followed by adjunctive therapy, such as the use of antimicrobials or systemic antibiotics. This treatment is the least invasive and the most cost-effective. Together with proper tooth brushing and interdental cleaning daily, gum condition can be stabilized in most patients. Therefore, non-surgical periodontal treatment is regarded as the most common and "first line" treatment for gum disease. However, non-surgical periodontal treatment does have its limitations, especially in those teeth having severe damage of surrounding jaw bone and gum tissue. In cases where stability cannot be achieved from non-surgical therapy, surgery may be indicated. Once the gum condition is under control, patients will require regular maintenance and monitoring to prevent disease recurrence.

牙周病(牙齦疾病)是一種常見的口腔疾病,不同程度地影響著大多數的成年人。其徵狀可能包括牙齦出血、牙肉萎縮、口臭、嚴重的更會出現牙床骨萎縮,引致牙齒鬆動,最終甚至脱落。保持良好的口腔衛生是重要的,定期接受牙科檢查和專業洗牙。與大多數口腔疾病一樣,預防勝於治療。一旦確診有牙齦疾病,立即接受治療是必要的,以限制對你的牙齦和顎骨不可修復的損傷。細菌是牙齦疾病的元兇,牙菌膜通常在牙齒表面形成,繼而損害鄰近的牙齦和下面的牙床骨。非手術牙周治療(牙石清除術)是清潔患者的牙根表面以去除牙斑和牙垢,並使牙根回復平滑。有一些患者,接受了非手術治療後仍需要進行輔助治療,例如使用抗微生物劑或系統性抗生素。這種治療是最少入侵性和最具成本效益的。加上每天使用適當的牙刷刷牙並清潔牙縫,大多數病人的牙齦情況便會穩定下來。因此,非手術牙周治療被認為是治療牙齦疾病的最常見的「一線」方案。然而,非手術牙周治療亦有其局限性,特別是在牙齒周圍已出現嚴重的牙床骨和牙齦組織損傷。倘若無法從非手術治療把病情穩定下來,便可能需要接受手術。一旦牙齦病情得到控制,患者將需要定期保養和控制以防止復發。

