

Pregnancy and Oral Health

懷孕和口腔的健康

Ms. Victoria Leung 梁明慧小姐

Expecting? Don't neglect your dental appointments during pregnancy! Pregnant women are more prone to certain dental health problems such as:

- ✦ Swollen and bleeding gums (pregnancy gingivitis) as hormonal changes result in dilated blood vessels, which are more sensitive to oral bacteria and can cause inflammation
- ✦ Increased risk of tooth decay, due to frequent cravings for sugary snacks and beverages
- ✦ Enamel erosion from nausea and vomiting

There is emerging evidence of a relationship between oral health and adverse pregnancy outcomes. Dental treatments such as check-ups and cleanings are not only safe for both mother and child, studies even show that a balanced diet, proper daily oral hygiene and regular dental visits in the second and third trimesters may prevent complications such as preterm birth and low birth weight babies.

在懷孕期間，請不要忘記檢查您的牙齒！因為孕婦較容易出現以下的口腔問題，例如：

- ✦ 牙齦腫脹和牙肉出血又稱為「妊娠牙齦炎」，因為荷爾蒙的變化會導致血管擴張，同時更容易令口腔裏的細菌產生敏感的反應，而引致牙肉發炎。
- ✦ 經常進食有糖分的食物和飲料會增加蛀牙的風險。
- ✦ 懷孕時的妊娠反應：如反胃和嘔吐會導致牙齒內的琺瑯質被酸性侵蝕。

此外，有證據證實孕婦的口腔健康是跟妊娠有關。進行定期檢查牙齒和洗牙能夠保障母親和嬰兒的健康。初步研究證明，均衡飲食、適當的日常口腔護理，孕婦在第二、第三的懷孕周期定期進行牙科檢查，可以預防以下的併發症，例如：早產或誕下體重過輕的嬰兒。

Sports Guards 運動牙箍

Dr. Ellen Yiu 姚靄安醫生

I once met a famous action movie star who told me about the time when he jumped off a building (something that he did quite frequently!) and his jaws snapped together, causing his tooth to shatter into pieces! It was the worst pain he'd ever felt, despite having broken almost every other bone in his body. I was appalled, and asked him why he didn't wear a sports guard! His answer: "I do now."

Sports guards, sometimes known as mouth guards are devices worn over your teeth to protect them from blows to the face and head. Mouth guards typically cover the upper teeth, and are designed to protect against broken teeth, cut lips and other damage to your mouth. These are important pieces of athletic equipment for anyone participating in sports that involve falls, body contact or the flying equipment, or any activity that might result in an impact injury to the face.

Please feel free to enquire about this if you or members of your family may benefit from using a sports guard. Stay safe out there!

曾經有一位著名的武打演員告訴我，他因為拍攝需要從大樓跳下來。不幸地他的上下巴合攏在一起，導致牙齒碎裂！這次他身體大部份骨頭都幾乎斷過來，但牙齒碎裂是他從未感受過的痛楚。當時我很震驚，問他為什麼不用運動牙箍！他的回答：「我現在用了」。

運動牙箍有時稱為護齒牙箍，是佩戴在牙齒上，以保護牙齒不受臉部和頭部受到撞擊的影響。牙箍通常覆蓋上牙，以防止斷牙，割嘴和其他口腔損傷。任何涉及碰撞，身體接觸，飛行設備的運動或活動而造成面部撞擊，都適宜佩戴護齒牙箍。

如果您或您的家人可能會因使用運動牙箍而受益，請隨時向我們查詢！

2018 OFFICE UPDATES 公司動向



譚苑廷 Edith Tam
劉嘉雯 Carmen Liu

We are delighted to welcome Carmen Liu and Edith Tam to our team this year.

Carmen received her Bachelor's Degree in Marketing from the University of Saskatchewan. She joined our office in January as an Administrative Officer. Carmen is a wonderful individual who likes to meet new people and is well-liked in the office.

Edith joined our office as an Administrative Officer in June. She graduated from the University of Birmingham with a Bachelor's Degree in Hospitality Business Management. Edith handles appointments and other front office related tasks. Don't let her baby face trick you - she is already a mother of a 6 month old baby boy!

It is with great pride that we presented 10 years' service awards to Agnes, our Administrative Manager and Victoria, our Dental Hygienist during our annual dinner this year. We take this opportunity to thank them for their dedication to our team over the years.

今年我們熱烈地歡迎劉嘉雯和譚苑廷加入我們的團隊。劉嘉雯在薩斯喀徹溫大學獲得市場營銷學士學位。她於一月份加入我們的團隊，擔任行政助理。她是一個開朗、喜歡結識新朋友，同時在辦公室裡也很受歡迎的同事。

譚苑廷於六月成為我們的一份子並且擔任行政助理。她畢業於伯明翰大學學院，獲得酒店業務管理學士學位。她負責處理預約和其他前台相關任務。不要讓她的娃娃臉騙到您，她已有一個六個月大的孩兒！

在今年的年度晚宴上，我們頒發了十年的服務獎給行政經理楊安妮和牙齒衛生員梁明慧。我們藉此機會感謝他們多年來對我們團隊的貢獻。



梁明慧 Victoria
楊安妮 Agnes



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The Dental Mirror Dr. William Cheung & Associates Dental Surgeons

Dear Friends,

The year 2018 is probably best described by "volatility". We started the year with a lot of enthusiasm about global economy with the equity market surging to a new high in a long while. Then came the US Sino trade dispute with proposals of trade tariffs from both sides leading to worldwide financial market volatility. Some say this is primarily a political move related to the mid-term election in the US while others feel that the dispute between the two mega-power nations will be long term because it is far more than trade dispute.

We are thankful that the overall development in the office can be described by "stability". We have an increase of manpower on our administration team to help with the increasing demand of office development. We have always been proud of our clinical team of doctors and nurses regarding the quality of our services. Combining with the administration staff, we have a great team in our practice! All of us are eager to make you feel comfortable and relaxed in our office while you are receiving high quality treatments.

As we are committed to bringing you the best in Dentistry in terms of clinical techniques and materials, our doctors not only are committed to learning the latest, but most are also leaders in teaching and nurturing the next generation of our profession. I believe that the future of Dentistry is in the areas of further digital developments, robotics and artificial intelligence as well as developments of innovative equipment and materials. We will continue to incorporate these developments into clinical practice as they become mature. If you feel satisfied with our service, please make sure you tell your relatives and friends as we grow our practice mainly by word of mouth referral.

This newsletter is produced once a year as a result of a concerted effort from our team; we hope you enjoy reading it. We take this opportunity to wish all of you a blessed holiday season and a healthy New Year!

Your friend,
Dr. William Cheung

親愛的朋友們，

「波動性」三個字也許是用來描述 2018 年的最佳字眼，年初我們對全球經濟感到樂觀；股票市場再創新高感到雀躍。然而，中美貿易戰所引的關稅接踵而來，導致全球市況波動。有些人認為貿易戰為美國作為中期選舉的政治利器，有人則認為屬兩國之間的長期鬥爭。

然而，我們可以用三個字「穩定性」來總括我們醫務所團隊整體的發展。我們增加了行政部門的人手，以配合公司的擴展。我們對醫生和護士團隊能夠提供高質素的服務而感到自豪。醫療和行政人員的結合，使我們擁有一支優秀的團隊！我們希望您接受高質素醫療服務的同時感到舒適和鬆弛。

基於我們致力提供最好的醫療技術和資源，我們的醫生不斷學習最新的技術外，還會肩負着教育和培育下一代人才的責任。我相信未來的牙醫行業內，將會使用更多數碼科技、人工智能、機械人的技術、以及創新的設備和材料。當以上的技術漸趨成熟時，我們便會融入臨床實踐。如果您們滿意我們的服務，請不要吝嗇告訴您們的親朋好友，因為我們是主要通過口頭推薦來發展業務。

希望你們喜歡閱讀這篇每年由我們團隊努力製作而成的文章。亦藉這次機會祝你們有一個愉快的假期和健康的新一一年。

你的朋友
張偉民醫生



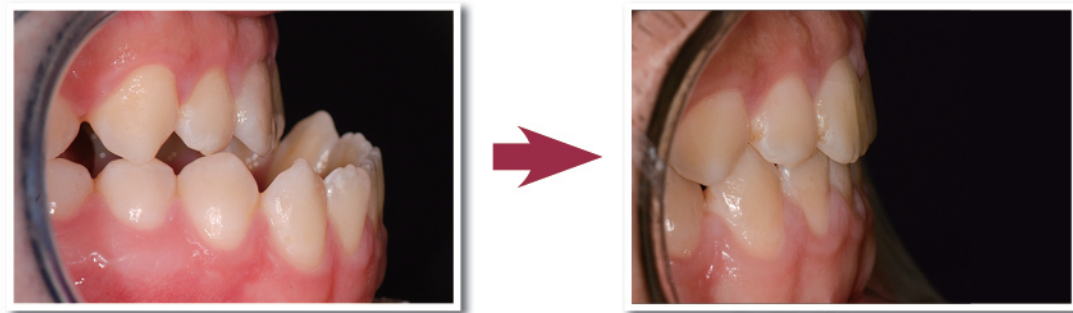
Jaw Surgery 頷骨手術

Dr. Ben Chow 周焯昌醫生

This patient has difficulty chewing because of his "underbite". This is a condition in which when the mouth is closed, the lower teeth are in front of the upper teeth. Often times, this is due to the overgrowth of the lower jaw bone, and can negatively affect the patient's speech and appearance. Luckily, this condition can be corrected through a combination of orthodontic and surgical treatment called orthognathic surgery.

Orthognathic surgery involves repositioning the upper and lower jaw bone into a more harmonious relationship so that function and aesthetics can be improved. The surgical procedures are very well-established and evidence-based, and with modern technological advancements such as cone beam computed tomography (CBCT), 3D photogrammetry, 3D printing and computer planning softwares, these surgeries are safer and more predictable than ever before.

Marked improvement in bite and facial profile can be achieved as shown from the photos.



這個病人因為「咬牙不合」而難以咀嚼。這情況是因為當病人閉嘴時，下齒位於上齒前面。由於下頷骨過度生長，「咬牙不合」往往影響病人的言語能力和外觀。僥幸的是這種情況可以通過牙齒矯正和正頷外科手術來糾正。

正頷外科手術將上頷骨和下頷骨重新定位從而改善咀嚼，言語功能和外觀。外科手術程序非常完善而且以證據為基礎。通過現代技術，例如錐狀電腦掃描器 (CBCT)，3D 攝影測量，3D 印刷和電腦計算軟件，手術比以前更安全，更可預測。

如照片所示，病人咬合和臉部輪廓顯著改善。

"Personalized Dentistry" - specifically created for you! 專門為您訂造「牙科個人化服務」

Dr. Stefani Cheung 張力琳醫生

Did you know that here at Dr. William Cheung & Associates, we don't actually treat every patient the same way? No, that doesn't mean we play favorites, what we mean is we practice something called "personalized dentistry", targeting each patient's needs in a unique and specific way.

The concept of personalized medicine was introduced more than two decades ago, but has only appeared on the dental scene several years ago. In the past, patients would often be asked to return twice a year for cleaning, regardless of what their oral condition might be. But when you come to us for routine maintenance visits, we're doing things a little differently. Here's a behind-the-scenes sneak peek at what we pay attention to:

- (1) Your home care: How well you are able to take care of your teeth at home is typically the biggest determinant of how often you have to come in for professional cleaning - the better you do, the less often we have to intervene.
- (2) Your cavity risk: Everyone has a different risk level for getting cavities, and this can be related to your diet, certain medical conditions, or your innate susceptibility. For those high-risk individuals, we may recommend certain protocols to lower your risk.
- (3) Your risk for gum disease: Several factors have been linked to gum disease risk, including genetics, tooth alignment, diabetes, smoking and past history of gum disease. Since advanced gum disease causes irreversible damage to your jawbones, we make a point to identify problems as early as possible, and may see our high risk patients on a more frequent basis.
- (4) Your interest in esthetics: Beauty is in the eye of the beholder, as they say - and this is true when it comes to your smile. If you're feeling self-conscious every time the selfie stick comes out, don't hesitate to talk to us about how we can help give you more reasons to show off your smile!

All in all, by personalizing each treatment according to your needs, we guarantee that your oral condition can be maintained in the best way possible for the long run!

您知道我們醫務所不是對每一個病人付出相同的診治嗎？這不代表我們偏私，而是我們根據每位病人的需要，而提供不同的診治。

醫療個人化服務的概念早於二十多年前已經開始推行，但其概念在數年前才被引入牙醫學界。以往牙醫建議病人不論在任何口腔健康狀況下每年洗牙兩次，但我們認為不只於此，我們還會為您提供悉心的診斷以及關注以下幾點：

- (1) 日常的護理：您每年到訪我們醫務所的次數取決於您的日常口腔護理是否足夠以及是否做得恰當 - 您清潔得越妥善，便會減少我們干預的機會。您日常保護做得越恰當，需要我們協助的程度便會越少。
- (2) 蛀牙的風險：每個人的蛀牙風險都有不同，而風險之高低取決於不同因素，包括個人的飲食習慣、身體狀況及先天性敏感度等因素。我們會為高風險病人提供所需的方法以減低蛀牙風險。
- (3) 牙周病的風險：牙周病風險的因素包括基因遺傳、牙齒排列的整齊度、糖尿病、吸煙及牙周病病歷。由於嚴重的牙周病會對顎骨造成不可逆轉的傷害，所以我們希望盡早發現問題並安排高風險的病人進行更頻密的口腔檢查。
- (4) 您對牙醫美學的興趣：俗語有話「情人眼裡出西施」，尤其當您微笑的時候。如果當別人拿出自拍神棍與您一同自拍時您會感到份外害羞的話，請不要猶豫跟我們討論如何讓您自信地露出燦爛的笑容。

總括而言，我們會保證根據您的個人需要而訂下治療方案，以確保您的口腔狀況能夠長期保持最佳狀態！



Smoke Gets In Your Gums 煙霧會進入你的牙齦

Dr. Simon Ho 何錦源醫生

Smoking cigarettes can make you two to five times more likely to develop irreversible gum disease! Although the exact relationship between smoking and periodontitis is not fully understood, it is believed that nicotine and other toxic chemicals from tobacco will cause direct damage and reduced blood flow to your gums. The impact of smoking is dose-dependent: people who smoke heavily tend to have more severe gum disease and may notice their condition worsening more quickly than non-smokers or light-smokers, as smoking has been known to compromise body defense mechanisms and healing ability. In fact, even those who are exposed to secondhand smoke can be at a higher risk of gum disease. Over recent years, electronic cigarettes (e-cigarettes) have become very popular; e-cigarettes produce aerosols that contain nicotine, and other carcinogenic and toxic chemicals which when inhaled by users can cause thyroid hormone disruption, reduction of fertility, and decrease in blood flow to the gums. Since "smoke gets in your gums", we recommend our patients to quit smoking before it's too late, and return for regular dental check-ups in order to lessen the chance of getting gum disease.

吸煙會使你增加 2 至 5 倍患上不可逆轉的牙齦疾病！儘管吸煙與牙周炎之間的關係尚未完全了解，但人們認為煙草中的尼古丁和其他有毒化學物質會直接損害並減少血液流向牙齦。吸煙的影響是取決於劑量，吸煙嚴重的人往往會有更嚴重的牙齦疾病，他們的病情比不吸煙者或輕度吸煙者更快惡化，因為吸煙會損害身體防禦機制和治療能力。事實上，接觸二手煙的人患牙齦疾病的風險也可能較高。近年來，電子煙已經變得非常流行，電子煙含有尼古丁的氣溶膠，當吸煙者吸入含有致癌和有毒化學物質時會導致甲狀腺激素中斷，生育能力降低及減少血液流向牙齦。由於「煙霧會進入你的牙齦」，我們建議吸煙者及早戒煙，並作定期口腔檢查，以減少患牙齦疾病和作口腔癌初步檢查的機會。



Dental Resorption 牙齒侵蝕

Dr. Robert Ng 吳邦彥醫生

Resorption is the absorption into the circulatory system of cells or tissue of the body. As far as dentistry is concerned, there can be resorption of bone and tooth substance. Bone resorption is part of the normal process of maintenance, repair and modelling of bone throughout one's lifetime.

Resorption of tooth substance, or "dental resorption", however, is usually not good news for permanent teeth. Dental resorption affects the dentine in a tooth, which is the layer beneath the enamel that makes up the roots and the inner core of the tooth. Resorption of dentine will adversely affect the overall integrity and strength of the tooth. Dental resorption can be caused by pressure (in orthodontic treatment), inflammation associated with presence of bacteria in the root canals of a dead tooth, and other unknown causes.

Diagnosing dental resorption usually requires taking radiographs or a cone beam CT scan. Treatment is available to deal with dental resorption but late diagnosis could lead to loss of the tooth.

侵蝕是指循環系統的細胞或身體組織被吸收。就牙科而言，牙齒侵蝕分為牙骨侵蝕和牙質侵蝕。人一生中牙骨侵蝕是骨骼在進行修復和建模的正常過程。

侵蝕牙齒物質或「牙齒侵蝕」通常對恆齒不是一件好事。牙齒侵蝕會影響牙齒中的象牙質，而象牙質是在琺瑯質底層構成牙根和牙齒的核心。當象牙質被侵蝕時會對牙齒的完整性和強度造成不利的影響。牙齒侵蝕可來自箍牙治療過程中的壓力，已壞死牙根管中存在的細菌相關的炎症以及未知的原因所引起。

牙齒侵蝕通常需要拍 X 光片或電腦掃描來診斷。雖然有方法治療牙齒侵蝕，但延遲診斷可導致牙齒脫落。