

## 2020 OFFICE UPDATES 公司動向

1. We welcome Cindy Kwok to our team this year. Cindy joined our office as an Administrative Officer in July. She graduated from the University of British Columbia in Canada with a Bachelor's Degree in Psychology. Cindy is a big foodie who loves to travel around the world.

### 2. WE ARE NOW ON SOCIAL MEDIA!!!

We are very thrilled to announce that we are now on Facebook and Instagram!! Our goal with these social media platforms is to get closer and connect with our patients in a more personable and entertaining way. These platforms have allowed us to interact directly with patients like we never have before. We update every Thursday so you can have a glimpse of our life at Dr. William Cheung & Associates.

1. 我們歡迎行政助理郭嘉羨今年七月加入我們的團隊。嘉羨畢業於加拿大英屬哥倫比亞大學，獲得心理學學士學位。她的興趣是到不同的國家旅遊和嘗試當地的美食。
2. 非常高興地宣佈我們醫務所終於開設了 Facebook 及 Instagram 帳號!! 我們希望透過這些社交平台展示我們日常的一面，與病人建立更緊密的聯繫。這些平台可讓我們前所未有地直接與病人互動。我們每個星期四更新，希望你關注我們的動態。



Want to get the most up-to-date information and get to know us better?  
Connect with us now on social media:

想獲得最新信息並更了解我們嗎？歡迎你在社交平台上與我們聯繫：



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# Season's Greeting

2020

**Dr. William Cheung**  
& associates

STAMP



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dental  
surgeons

# The Dental Mirror

Dr. William Cheung & Associates  
Dental Surgeons

Dear Friends,

2020 has been a challenging year globally, to say the least! We started the year with news from Mainland China relating to a new infectious disease originating in Wuhan. The disease quickly spread to other provinces in Mainland China and eventually over 200 countries worldwide. As of last month, we have over 50 million confirmed cases and over 1 million deaths worldwide. The World Health Organization (WHO) declared a public health emergency on January 30 and named the disease COVID-19 (Coronavirus Infectious Disease 2019) on February 11.

The mortality rate of COVID-19 is not that high relative to other infectious diseases in recent history. So far, the average is around 3% compared to 10% for SARS, 30% for MERS and 40% for EBOLA. However, some characteristics about this disease make it extremely difficult to contain: COVID-19 is highly infectious even before an infected individual develops any symptoms, it can stay on different surfaces for lengthy periods of time, and it affects the lungs quickly so individuals with compromised health conditions are more likely to have serious consequences. In Hong Kong, we have experienced different waves of the outbreak and this trend will likely continue until a safe, effective and inexpensive vaccine becomes widely available. Sadly, we have to pay a heavy duty as the global economy is suffering badly!

We are thankful that our office operation has not been significantly affected by the outbreak and we have never had to cease our operation at any point in time. Since we first heard about the new infectious disease in January, we immediately began to source from around the world for personal protective equipment (PPE) such as surgical masks, face shields and gowns with an anticipation that there might be a shortage. We also stepped up our infection control protocol specific to COVID-19 with input from the entire team as we hold regular meetings to assess what we need to do differently from time to time. The ultimate objective is to make everyone feel safe and comfortable working in the office and more importantly, to protect you when you come for treatment. I am grateful for our team!

On a happier note, I wish to extend a warm welcome to Dr. Poon Koon Ming (Steven) who joined our office on a part-time basis in November. He graduated from the Faculty of Dentistry at the University of Hong Kong, and worked in private practice for a couple of years before he was enrolled in a full-time 4-year dual specialty program in Periodontics and Prosthodontics at the University of Pennsylvania School of Dental Medicine, U.S.A. He still has a little bit more to do to complete his program and therefore starts as part-time with us for now. I have been mentoring him since he was a dental student and am glad that he is now part of our team.

Even though it will be a very different Christmas and New Year holiday this year, I still take this opportunity to wish you all a joyous season and a healthy 2021!

With best wishes,  
**Dr. William Cheung**

親愛的朋友們，

二零二零年可以說是全球充滿挑戰的一年！今年年初，我們收到來自中國內地的新聞，該新聞與起源於武漢的新型傳染病有關。該疾病迅速傳播到中國內地其他省份，並最終擴散到全球二百多個國家。截至上月，我們在全球的確診病例已超過五千萬，死亡人數超過一百萬。世界衛生組織於一月三十日宣布突發公共衛生事件，並於二月十一日將疾病命名為二零一九新型冠狀病毒。

相對於其他的傳染病而言，這疾病的死亡率並不算高。到目前為止，平均水平低於百份之三，而沙士為百份之十、中東呼吸道綜合症為百份之三十、伊波拉為百份之四十。但是，這種疾病的某些特性使其極難控制。例如：在感染患者未出現任何症狀之前，已可能有很高的傳染性。病毒也可以在不同的表面上停留很長時間，並且病毒會迅速影響肺部，因此健康狀況不佳的人有更高的死亡風險。在香港，我們已經歷了幾次爆發潮。除非可以廣泛獲得安全，有效和廉價的疫苗，否則這種趨勢可能會持續下去。可悲的是，由於全球經濟正遭受重創，我們都要承擔沉重的代價！

值得感恩的是我們的醫務所營運沒有受到疫情的影響，並且我們從未停止營運。自從我們在一月份首次聽說這種新型傳染病毒以來，我們預計大部分的個人防護設備，例如外科口罩，防護面罩和手術袍等可能會短缺，所以我們立即聯絡全球供應商去採購，以確保有足夠的存貨。在整個團隊的參與下，我們定期召開會議討論針對這個傳染病的感染控制方案來配合疫情的變化。最終目的是使每位同事在工作時都感到安全和舒適。而更重要是，在您接受治療時給您最全面的保護和一份安心。我衷心感謝我們的團隊！

我代表我們的團隊熱烈歡迎潘冠名醫生於上月以兼職的形式加入我們的大家庭。潘醫生畢業於香港大學的牙科學院，在私家診所執業了幾年，然後再到我的母校美國賓夕凡尼亞大學牙周及牙齒修復治療雙科深造培訓了四年時間。由於他仍需要完成進修，現在先以兼職的形式開始工作。我從他是一名牙科學生開始便一直為他提供指導，現在很高興他可以加入我們的團隊。

儘管今年的聖誕節和新年會與過往不同，但我仍然藉此機會祝大家節日快樂，身體健康！

您的朋友  
張偉民醫生





# Self-introduction from Dr. Poon Koon Ming Steven 潘冠名醫生的自我介紹

Dr. Poon Koon Ming Steven 潘冠名醫生



In Hong Kong, Dentistry is divided into 8 specialties including Periodontics, Endodontics, Prosthodontics, Pedodontics, Orthodontics, Oral & Maxillofacial Surgery, Family Dentistry and Community Dentistry. It's my honour to be the first graduate from the University of Hong Kong Faculty of Dentistry to be admitted into the Periodontal-Prosthesis dual specialty program at the University of Pennsylvania School of Dental Medicine; the School enjoys a world renowned reputation of clinical excellence and innovation.

Periodontists specialize in the management of diseases associated with the structures around the teeth; namely soft tissues and bone. Prosthodontists specialize in the restoration of teeth and replacement of missing teeth including the use of dental implants. My four years of full time dual specialty training in both disciplines allows me to integrate knowledge and skills from two specialties, translating them into a comprehensive approach to care for patients' oral health.

While I consider practicing dentistry a hobby rather than an occupation, I also enjoy spending time with family and engaging in sports. Sports requiring high level of focus fascinate me; archery is one of them. During my high school years at La Salle College, I became passionate in archery and was quite good at it as I participated in many open competitions. I still enjoy archery during my free time nowadays.

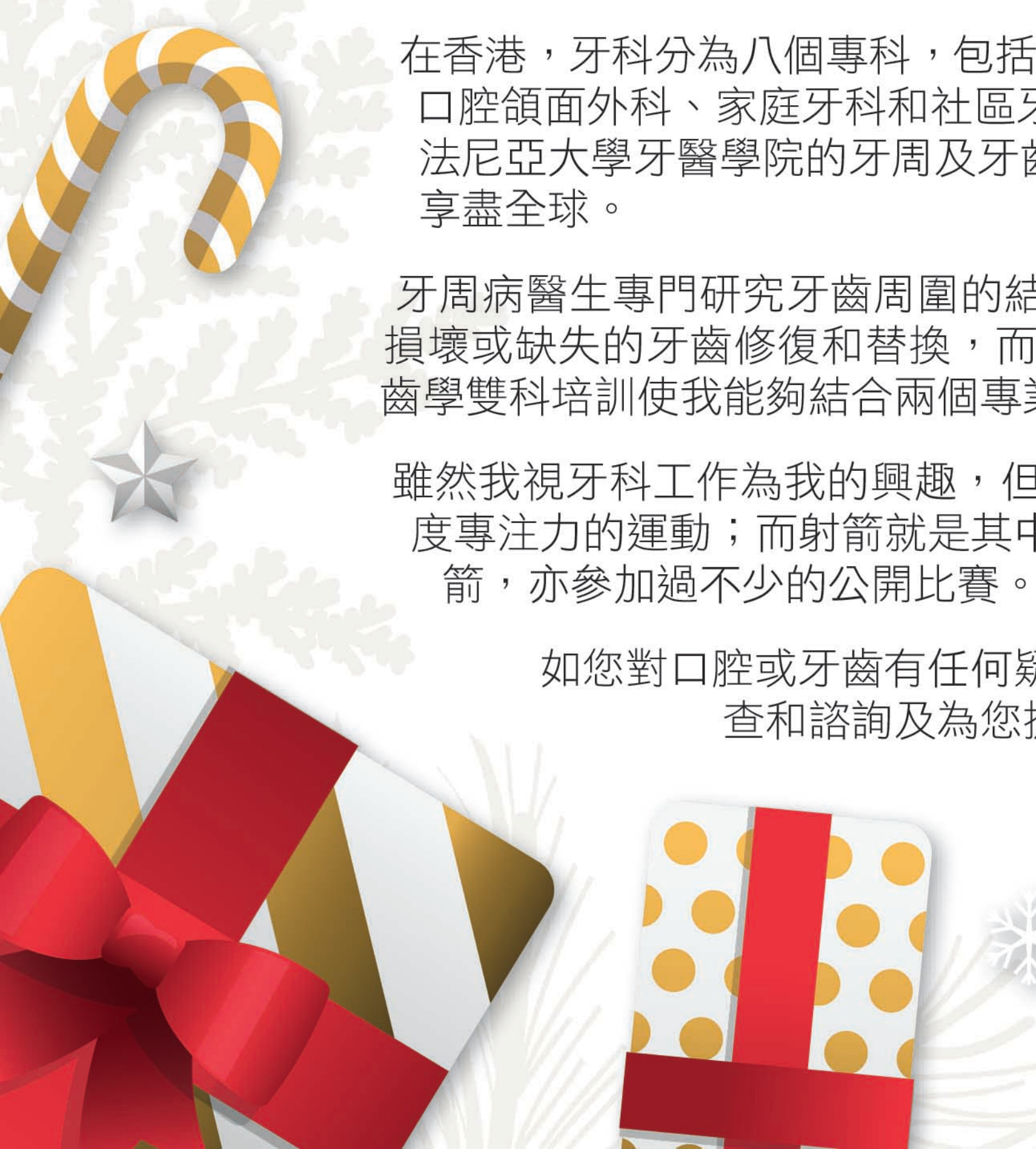
Come and schedule your first appointment with me. I will do my best to assure you a thorough and informative consultation, and a pleasant dental visit.

在香港，牙科分為八個專科，包括牙周治療科、牙髓治療科、修復齒科、兒童牙科、牙齒矯正科、口腔頰面外科、家庭牙科和社區牙科。我很榮幸成為香港大學牙醫學院畢業生中首位被美國賓夕法尼亞大學牙醫學院的牙周及牙齒修復雙專科課程錄取的學生；這學校在臨床和創新方面的名譽享盡全球。

牙周病醫生專門研究牙齒周圍的結構，特別是軟組織和骨骼及有關的疾病與治療。牙齒修復是將損壞或缺失的牙齒修復和替換，而植牙是修復專科醫生日常的工作之一。四年的牙周病學和修復齒學雙科培訓使我能夠結合兩個專業的知識和技能，從而為病人提供更全面的照顧。

雖然我視牙科工作為我的興趣，但我也喜歡參與體育運動及與家人共度時光。我特別喜歡需要高度專注力的運動；而射箭就是其中之一。在喇沙書院讀中學的時候，我開始接觸並愛上了競技射箭，亦參加過不少的公開比賽。如今，射箭仍然是我最熱愛的運動之一。

如您對口腔或牙齒有任何疑問，歡迎您預約查詢。我將盡最大努力向您保證進行全面的檢查和諮詢及為您提供一個愉快的體驗。





# TMJ Pain Dysfunction Syndrome

## Cracked Tooth

### 牙齒破裂

Dr. Robert Ng 吳邦彥醫生

A cracked tooth typically results from various forms of trauma. It could be due to a sudden impact such as an accident, a fight or contact sports; our front teeth would be more at risk in these situations. Our back teeth - the premolars (bicuspid) and molars - tend to develop cracks over a sustained period of time due to habitual teeth grinding, and chewing on hard/crunchy/chewy foodstuff.

Cracks in teeth manifest as faint white lines in the enamel layer of the tooth known as craze lines. They are relatively harmless so may not require immediate treatment but should be monitored on a regular basis. However, as time passes, craze lines can propagate deeper into the tooth and develop cracks in dentin. Detecting such cracks could be difficult but the tooth can still remain symptom free. As the condition deteriorates, symptoms such as temperature sensitivity and pain or discomfort when chewing can appear.

Treatment for a cracked tooth usually involves making the affected tooth a crown with or without root canal treatment with the aims of limiting further extension of the cracks and alleviating pain caused by inflammation of the dental nerve tissues. Early treatment is recommended as late treatment for a cracked tooth would most likely lead to the loss of the tooth.

牙齒破裂通常是由創傷所造成的，例如突發性的撞擊，意外，鬥爭或運動期間。在這些情況下，普遍我們的門牙風險最大。而習慣性的磨牙及經常咀嚼堅硬、爽脆或耐嚼的食物亦有可能使後牙，小白齒和大白齒產生裂紋。

牙齒上的裂紋可在琺瑯層中表現為不易察覺的白線，又稱為裂紋線。它並不需要立即接受治療，但應定期進行檢查。隨著時間的流逝，這些裂紋可能會蔓延到牙齒裏的深處。由於牙齒在最初階段是毫無症狀，因此檢測此類裂紋並不容易。隨著情況的惡化，有裂紋的牙齒會漸漸對溫度出現敏感反應、疼痛或不適等症狀。

最常見的治療方案包括牙套或根管治療後並套上牙套，以防止裂紋進一步的擴散和減輕由牙髓發炎引起的疼痛。我們建議儘早治療，以免最後導致牙齒脫落。

## 顫頷關節疼痛

Dr. Ellen Yiu 姚靄安醫生

Temporomandibular joint (TMJ) pain dysfunction syndrome is a common jaw joint disorder. This condition presents with symptoms of pain, restricted jaw movement and clicking of the joint between the upper and lower jaws. Sometimes it may also cause earache, headache, neck pain and reduced opening of the jaw.

Although there are many reasons why someone may develop TMJ disorder, it is commonly seen in people who tend to clench their jaws or grind their teeth in their sleep.

Night time mouth guards are commonly prescribed to people with TMJ problems as they can provide relief from many of the most bothersome symptoms. When fitted correctly, a night guard helps by stabilizing and repositioning your jaw and allowing your jaw muscles to relax. If you grind your teeth in your sleep, a night guard will also reduce the severe wear of your teeth.

There are a few different types of night guards. If you have symptoms of TMJ problems, we will be happy to discuss some options with you.

顫頷關節疼痛 - 功能紊亂綜合症是一種常見的顫頷關節疾病。

它的症狀包括牙齦疼痛，僵硬和關節彈響，有時也可能引起耳痛，頭痛，脖子痛和減低牙齦可張開的程度。

導致顫頷關節功能障礙綜合症的原因有很多，但通常發生在長期咬緊牙齦或在睡覺時習慣性地磨牙的病人身上。

患有顫頷關節功能障礙問題的人通常可以使用夜用護齒牙箍來緩解許多困擾的症狀。正確使用夜用護齒牙箍可以穩定及重新調校牙齦，並讓牙齦肌肉放鬆，從而得到改善。如果您在睡眠中經常磨牙，夜用護齒牙箍也可減輕對牙齒的損害。

我們的醫務所可提供不同款式的護齒牙箍，如果您有顫頷關節功能障礙的症狀或問題，我們很樂意與您討論您的選擇。



# Periodontitis: what you need to know



## 了解牙齦疾病

Dr. Simon Ho 何錦源醫生

Periodontitis (gum disease) is a common oral disease affecting the supporting structures of the teeth. Symptoms may include bleeding gums and recession, bad breath, and severe bone destruction that eventually leads to tooth mobility and tooth loss. Research shows that 80% of Hong Kong adults have bleeding gums and approximately 10% have severe gum disease. Harmful bacteria, which exist as a sticky plaque known as biofilm on tooth surfaces, are the primary cause of gum disease. Since it is an infectious disease, it will trigger an inflammatory reaction resulting in the destruction of gum tissues and the jaw bone. Various factors may predispose a person to higher risk of gum disease than others. Cigarette smoking, for example, puts adults at a three-fold increase in risk for developing gum disease. E-cigarettes have been shown to have similar risk as conventional cigarettes. Individuals with poorly controlled diabetes have been shown to have more severe gum disease and can lose their teeth more readily. Evidence in recent years shows that gum disease is also linked to cardiovascular disease, adverse pregnancy outcomes and other systemic conditions. Therefore, maintaining healthy gums can help to prevent other systemic diseases, and help you to recover from them.

In order to minimize the risk of periodontitis, it is important to maintain good oral hygiene through proper brushing and interdental cleaning on a daily basis. A healthy lifestyle and abstaining from smoking would help to prevent gum disease. Regular dental check-ups and tailored periodontal treatment are essential to control periodontitis at an early stage, and to minimize the potential complications on oral and general health.

牙周病是一種常見的口腔疾病，會影響牙齒的支撐結構。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。研究顯示，香港有八成的成年人患有牙齦出血的症狀，而大約一成的成年人則患有嚴重的牙齦疾病。細菌是導致牙齦疾病的主要原因，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。由於牙周病是由細菌感染的疾病，它有可能引發炎症反應，破壞牙齦組織和頷骨。增加患牙齦疾病的風險來自各種因素，例如：吸煙使成年人患牙齦疾病的風險增加三倍，而電子煙的風險與傳統香煙相似。研究還發現，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。最近，越來越多的證據指示牙齦疾病與心血管疾病，糖尿病，不良妊娠併發症和其他全身性疾病有關。因此，保持健康的牙齦可以幫助預防其他疾病，並幫助您從中康復。

為了減少患牙周病的風險，保持良好的口腔衛生非常重要，特別是每天保持正確刷牙及清潔牙縫的習慣。健康的生活方式和戒煙有助於防止牙齦疾病的發生。定期接受口腔檢查和貼身的牙周治療對於控制牙周病的早期階段和一般口腔健康方面十分重要。

## Water Flosser vs. Dental Floss 水牙線與牙線

Ms. Vergil Leung 梁慧如小姐

In today's fast-paced lifestyle, we often try to find the quickest ways to do our daily tasks. For example, using a water flosser may seem like a faster option to a lot of people compared to traditional dental floss. However, in terms of oral hygiene, is it better than dental floss?



Water flossers, also known as an oral pulsating irrigators, are devices that use a pressurized stream of pulsating water to remove food debris stuck to your teeth. It can be a good device for those who are wearing braces, and those who cannot perform routine oral hygiene on their own, but in order to remove all food debris, the water stream would need to precisely hit each tooth surface.

For those who can manage it, we recommend using dental floss, which is a thin piece of thread that is passed between your teeth to scrape up and down to remove a thin film of dental plaque from the surfaces of the teeth and under the gum line. This is of critical importance because dental plaque is what causes gum disease and tooth decay.

If you would like to know more about the different oral hygiene regimens available, and what suits you best, we would be glad to show you during your next visit with us!

在現今的生活節奏，我們都想追求最方便快捷的方式來完成日常工作。例如，在保持口腔健康方面，與傳統牙線相比，水牙線對消費者來說似乎是一種更快的選擇——但是在口腔衛生方面，它真的比傳統牙線好嗎？

水牙線，又稱為沖牙器，是一種利用加壓的脈動水流對準牙齒和牙齦清潔的裝置。它有助於清除粘在牙齒上的食物殘渣。對於那些戴著牙齒矯正器和無法自行進行常規口腔衛生清潔的人來說，這可能是一個不錯的裝置，但要清除食物殘渣，水流需精確地清洗每個牙齒表面。

對於能夠使用牙線的人，我們建議選擇牙線。我們只需要把牙線在牙齒之間上下拉動，慢慢地讓它刮擦牙縫表面，以去除牙齒表面和牙齦線下的牙菌膜。這是十分重要的，因為牙菌膜是引起牙齦疾病和蛀牙的主要原因。

如果您想了解最適合您的口腔衛生方案，我們很樂意在您下次到診時向您詳細解釋！



# Project Christmas Smiles 聖誕微笑計畫

Dr. Stefani Cheung 張力琳醫生



2020... what a year it's been! We've grown accustomed to social distancing, we've forgotten what life was like before Zoom, and we've had to make new connections locally as travel has just about ground to a halt. It's certainly been a challenge, but every member of our team has stepped up and worked tirelessly to maintain some semblance of normalcy at our office, caring for your healthy mouth and smile throughout the year without pause under our heightened infection control protocols.

In spite of COVID-19's attempt to break up our sense of community, the team at Dr. William Cheung & Associates has felt extra motivated to reach out and help those whose lives may have been seriously affected by the pandemic. With this in mind, we have decided to launch Project Christmas Smiles! During this holiday season, we will be inviting all patients who arrive at our office\* to write a Christmas wish and hang it on our tree; and for every card we receive, we will donate to two local charities - Feeding HK and Changing Young Lives Foundation. Each card translates to 10 meals for the hungry, or 10 after-school activities for the less fortunate children in Hong Kong. With your help we can put even more smiles on people's faces this Christmas!

二零二零年……這是多麼不一樣的一年！我們已經習慣保持社交距離，也彷彿忘記了用 Zoom 之前的生活是如何；由於旅遊活動幾乎都停止了，我們不得不在本地建立新的聯繫。當大家都在面對新挑戰的同時，我們團隊的每位成員也努力不懈地工作，以保持我們醫務所的正常運作和確保在我們嚴格的感染控制規管下，照顧您口腔的健康和微笑。

儘管二零一九年新型冠狀病毒擾亂人們的日常生活，但我們團隊仍充滿動力，希望能伸出援助之手，幫助那些可能嚴重受到疫情影響的人。考慮到這一點，我們決定發起聖誕微笑計畫！在這聖誕佳節期間，我們將邀請所有到達醫務所的病人 \* 在卡上寫下聖誕願望並將其掛在我們的聖誕樹上。我們收到的每張卡片都將捐贈給兩個本地的慈善機構 — 樂餉社及成長希望基金會。每張卡可為社區中有需要人士提供 10 餐膳食，或為弱勢及基層兒童提供 10 堂課外活動。在您的幫助下，我們希望可以在今年聖誕節給人們的臉上帶來更多的微笑！



\*Feeling charitable but have no plans to visit us over the holidays?  
Not to worry! You can:

- send us an email at [dentist@dentalmirror.com.hk](mailto:dentist@dentalmirror.com.hk) or
  - message us on Facebook (Dr. William Cheung & Associates) or
  - slide into our DMs on Instagram (@\_dentalmirror\_)
- and we will be sure to write a card on your behalf!

\* 想一起為慈善出一分力，但沒有計劃在聖誕期間到訪我們的醫務所嗎？不要擔心！您可以：

- 發送電子郵件至 [dentist@dentalmirror.com.hk](mailto:dentist@dentalmirror.com.hk) 通知我們或
- 在社交平台上向我們發送訊息
  - ◊ Facebook(Dr. William Cheung & Associates)
  - ◊ Instagram(@\_dentalmirror\_)

我們一定會代表您寫卡！

