

The Dental Mirror

Dr. William Cheung & Associates
Dental Surgeons

Dear Friends,

After the abandoning of its COVID zero policy, and a serious outbreak of the disease in mainland China towards the end of 2022, China finally opened its borders early this year. Hong Kong also followed suit and opened our borders in February, ending three long years of travel restrictions. Although the WHO has declared COVID-19 to no longer be a global health emergency, it is still a global health threat as the virus is here to stay, and we continue to have to take measures to prevent serious consequences from the infection. COVID aside, we also face a number of challenges worldwide, such as political tension among nations, outbreak of war, extreme weather conditions, and major disasters such as earthquakes, storms, flooding, volcanic eruptions, mountain blazes, etc. The global and local economy has suffered as a result, and the road to recovery will take much longer than anticipated.

On the bright side, we are free to travel again, and I have made a total of 10 trips this year since travel restrictions were lifted. Many of them are work related, as I assume leadership positions in a number of global dental institutions and organizations with a focus on dental education. I have also picked up golf during the pandemic and have taken a number of golf trips with friends. Some sports are easy to learn but difficult to play well- golf is difficult to learn *and* extremely difficult to play well. It teaches me patience and perseverance; these are precious lessons in life! Since I started playing golf, I have also broadened my social circle, connecting with old friends and making many new friends because of this shared common interest. On the one hand, I wish I had started playing golf earlier in life, then perhaps I could play better. On the other hand, I am glad that I didn't, because it might have ruined my career! I can afford more time to play now as I am trying to slow down at work.

Even though I am slowing down, the office is hardly slowing down! We have two younger clinicians who joined our team several years ago. My daughter Dr. Stefani Cheung is now in her 9th year in practice and Dr. Poon Koon Ming (Steven) has joined us for almost 4 years. Both of them have been well educated at the University of Pennsylvania School of Dental Medicine (the 5th generation of Penn dentists in our practice) and I have mentored them personally for many years since they were students. I am confident that the transition is going well, and, along with the next generation of clinicians, younger members of the supporting team, as well as improved technology, we will continue to offer the best services to you!

On this positive note, we wish all of you a blessed Christmas and a healthy New year!

Your friend,
Dr. William Cheung



親愛的朋友們，

2022 年底，內地爆發嚴重的新冠疫情，最後放棄了動態清零，終於在今年年初開放了邊境。同時，香港也在 2 月份解除了所有的旅遊限制。雖然世界衛生組織宣布 2019 新型冠狀病毒病不再是全球公共衛生緊急事件，但它仍然對全球公共衛生構成威脅，因為病毒依然存在，我們仍然需要採取措施來防止感染帶來的嚴重後果。除了 2019 新型冠狀病毒病，我們全球還面臨著許多挑戰，如國家間的政治緊張局勢、戰爭爆發、極端天氣、地震、風暴、洪水、火山爆發、山火等重大災害。全球和本地經濟因此遭受損失，回歸正常軌道將比預期更長。

好消息是，因為旅遊限制已經解除，我們可以再次自由旅行！今年我已經總共進行了 10 次外遊，而其中許多是與工作相關的，因為我在數個全球牙科機構和組織中擔任領導職位，專注於牙科教育。在疫情期間，我還開始打高爾夫球，並與朋友一起進行了多次高爾夫之旅。有些運動是易學難精，而高爾夫球是難學難精！高爾夫球教了我耐心和毅力，這些都是生活中寶貴的課程！自從我開始打高爾夫球以來，擴大了我的社交圈子，可以與老朋友聯繫，也因為這個共同的興趣而結識了許多新朋友。一方面，我希望自己能年輕點開始打高爾夫球，可能打得更好。另一方面，我很慶幸沒有這樣做，因為那會毀了我的事業！現在我正在慢慢減少工作量，因此我可以有更多時間去打球。

儘管我自己正在減少工作量，醫務所的運作卻並未減緩！我們團隊中有兩位年輕的醫生，他們在幾年前加入了我們的團隊。我的女兒張力琳醫生現在已經是執業的第 9 年，潘冠名醫生也已經加入了我們將近 4 年。自從他們還是學生的時候，我就一直指導他們。他們兩人都在美國賓夕凡尼亞大學牙醫學院接受了良好的教育（作為我們醫務所第五代美國賓夕凡尼亞大學牙醫）。我相信過渡進展順利，隨著下一代的醫生、年輕的團隊成員以及改進的技術，我們將繼續為你提供最好的服務！

帶著這個正面的訊息，我們祝大家聖誕快樂，新年健康！

您的朋友
張偉民醫生

Regrowing Teeth - Wishful Thinking or Reality? 牙齒重生 - 幻想還是現實？



Dr. Stefani Cheung 張力琳醫生

Have you been as fascinated with the idea of regrowing teeth as I have? As a kid who grew up with a lot of cavities, every time I needed a filling I would always wonder, "why hasn't anyone figured out how to grow new teeth so we don't have to worry when the teeth in our mouths go bad?" Since then, science has figured out how to clone sheep and regrow bone, but regeneration in teeth has still been a challenge, for two main reasons:

1. Cells that form teeth - enamel, dentin and cementum - are capable of being grown from stem cells in a laboratory, but each tooth in your mouth is different in shape, and each person has different looking teeth. Scientists have yet to figure out how to get the lab-grown tooth cells to organize correctly into the exact color, shape and size that is needed to replace an entire tooth.
2. The outer layers of our teeth are most susceptible to decay and acid attacks, and thus are frequently where cavities form. However, teeth only have blood vessels in the innermost part, also called the pulp. The lack of blood supply to the outermost layers of our teeth makes it impossible for the body to transport the components needed to repair the affected parts of our teeth from the inside out. Thankfully, with the advancement of medicine, we have found a solution for this challenge - peptides!

Peptide technology is a relatively new discovery, developed in the last five years, that allows us to regenerate parts of the tooth. The peptides applied to the surface of the tooth are able to penetrate into the inside of the tooth and form a microscopic scaffold, which then attracts calcium from your saliva to rebuild the tooth from the inside out over a period of time. Sounds too good to be true? There are some limitations to this technology though, namely that the peptides can only reach a certain depth, and they cannot regenerate tooth structure that is physically missing, such as in the case of a chipped tooth or dental decay that leaves a hole in the tooth. Therefore, early detection of such problems is key, to allow us a chance to attempt this non-invasive technique to repair the tooth.

What nature gave us is always best, so this isn't an excuse to stop taking care of your teeth! Prevention is still most ideal, but it's always nice to know that technology exists to help us should things go wrong. At Dr. William Cheung & Associates, our promise to you is to stay on top of all the newest developments in the dental world, and introduce scientifically-proven ways to improve your oral health and your smile, in 2024 and beyond!

你有否像我一樣幻想過牙齒可否重生？小時候有不少蛀牙的我，每當需要補牙時，我總會想：“為什麼沒有人找到辦法重新種出牙齒，這樣我們就不必擔心牙齒出問題了！”此後，科學界已經能夠複製羊和再生骨骼，但是牙齒再生一直是一個挑戰，主要有兩個原因：

1. 組成牙齒的細胞包括琺瑯質、牙本質和牙骨質 - 在實驗室中可以從幹細胞中培養出來，但是你口腔中的每顆牙齒在形狀上都是不同的，而每個人的牙齒外觀也不同。科學家尚未找到方法使實驗室培養的牙齒細胞能夠正確組織成所需的顏色、形狀和大小，以取代整顆牙齒。
2. 我們牙齒的外層是最容易腐蝕和受酸性侵蝕，因此蛀牙通常出現在這些地方。然而，牙齒只有在最內層，也就是牙髓中有血管。牙齒外層缺乏血液供應，使身體無法從內部向外輸送修復牙齒的所需成分。值得慶幸的是，隨著醫學的進步，我們已經找到了解決這個問題的方法 - 肽！

肽技術是在過去五年中研發出來的，它使我們能夠再生牙齒的部分結構。塗在牙齒表面的肽能夠滲透到牙齒的內部並形成微型支架，再慢慢吸收你口腔中的鈣，從內部開始重建牙齒。聽起來好像太美好，對吧？當然，這項技術也有一些限制，例如肽只能達到一定的深度，而且無法再生缺失的牙齒結構，例如牙齒破裂或蛀牙造成的洞。因此，關鍵是在早期檢測此類問題，讓我們有機會嘗試這種非侵入性技術來修復牙齒。

上天給予我們總是最好的，所以肽技術不是忽略口腔衛生的藉口！預防仍然是最理想的方法，但有需要時，我們可以利用科技來幫助我們。在張偉民醫生牙科醫務所，我們承諾會繼續緊貼牙科的最新發展，並引入經科學證實的方法來改善你的口腔健康和笑容！

Do's and Don'ts for TMD (Temporo-mandibular disorder) patients

顳顎關節症候群 (TMD) 患者的注意事項

Dr. Steven Poon 潘冠名醫生

TMD is an umbrella term for a group of musculoskeletal and neuromuscular conditions that involve the temporomandibular joint (TMJ), the jaw muscles, and all associated structures. TMD patients often present with pain in their jaw, face, neck, shoulder or upper back, sometimes accompanied by headaches, dizziness or ear pain. Jaw pain, which is most common amongst TMD patients, is also the second most common musculoskeletal condition following chronic lower back pain. Certain habits can exacerbate your jaw pain:



What to do?

- Do choose your food wisely. Avoid chewing gum and prolonged snacking because you will overwork your jaw.
- Do stretch regularly. Headaches can be caused by pain radiating from other parts of your body. Stretching exercises for your neck, shoulder and back can soothe your headache & jaw pain.
- Do get a custom made night guard from us. You will be surprised by how much a night guard can help with your jaw pain and improve your sleep.

What not to do?

- Don't do strong or extreme jaw movements. Don't yawn with your jaw widely open.
- Don't clench your teeth together. Teeth should be slightly apart when you are relaxed.
- Don't forget to wear your night guard. You need a night guard to protect your teeth, muscles and TMJ.

顳顎關節症候群是一個包含顳顎關節 (TMJ)、下顎肌肉和所有相關結構的肌肉骨骼和神經肌肉疾病的統稱。顳顎關節症候群患者常常出現下顎、臉部、頸部、肩膀和上背部的疼痛，伴隨頭痛、頭暈或耳痛。下顎疼痛是顳顎關節症候群患者最常見的情況，也是慢性下背痛之後第二常見的肌肉骨骼疾病。某些日常習慣更可能會加劇下顎疼痛。

注意事項

- 謹慎選擇食物。避免嚼口香糖和長時間進食，因為這會過度操勞下顎。
- 進行一些伸展運動。頭痛可能是由身體其他部位的疼痛而引起的。伸展頸部、肩膀和背部可以緩解頭痛和下顎疼痛。
- 向我們定制一個夜用護齒牙箍，你會發現它對於緩解下顎疼痛和改善睡眠有很大的幫助。

禁忌事項

- 不要做過度或極端的下顎運動。不要張大嘴打哈欠。
- 不要咬緊牙齒。在放鬆狀態時，牙齒應稍微分開。
- 不要忽略夜用護齒牙箍。你需要一個夜用護齒牙箍來保護你的牙齒、肌肉和顳下顎關節。



The Link Between Oral Health on Overall Health

口腔健康與整體健康的關連

Ms. Victoria Leung 梁明慧小姐

Poor oral health can significantly impact overall well-being. Here are some ways in which oral health and general health are linked according to some scientific studies:

1. Cardiovascular health: Neglecting oral hygiene and having gum disease can increase the risk of heart disease, clogged arteries, stroke, and heart infections.
2. Diabetes: Individuals with diabetes are more susceptible to gum disease. Conversely, gum disease can make it more difficult to control blood sugar levels, potentially aggravating symptoms of diabetes.
3. Respiratory health: Bacteria from the mouth can be inhaled into the lungs, potentially causing or exacerbating respiratory issues.
4. Pregnancy complications: Bacteria that cause gum disease can enter the bloodstream and affect the baby, leading to complications like preterm birth, low birth weight, and preeclampsia.
5. Nutritional impact: Tooth decay and gum disease can affect a person's ability to chew and eat properly. This can lead to nutritional deficiencies and impact overall health.
6. Mental health: Tooth loss, oral pain, and concerns of appearance can negatively affect mental well-being, contributing to decreased self-esteem, social withdrawal, and reduced quality of life.

To maintain good oral health, practice proper and regular oral hygiene: brush twice daily, floss daily, and have regular dental cleaning and check-ups.

根據一些科學研究，較差的口腔健康可能會對整體健康產生重大影響。以下是口腔健康與整體健康的一些關連：

1. 心血管健康：忽視口腔衛生和牙周病患者可能會增加心臟疾病、阻塞動脈、中風和心臟感染的風險。
2. 糖尿病：糖尿病患者更容易患有牙周病。同時，牙周病可使控制血糖水平更加困難，從而加重糖尿病症狀。
3. 呼吸健康：口腔中的細菌可被吸入肺部，可引起或加重呼吸問題。
4. 懷孕併發症：引起牙周病的細菌可以進入血液，影響嬰兒，導致早產、低出生體重和妊娠毒血症（子癩前症）等併發症。
5. 營養影響：蛀牙和牙周病可影響咀嚼和正確進食的能力。這可導致營養不良，影響整體健康。
6. 心理健康：牙齒缺失、口腔疼痛和容貌焦慮可能對心理健康產生負面影響，降低自信心，導致社交退縮和生活品質下降。

為了保持良好的口腔健康，必須保持正確的口腔衛生習慣：每天刷牙兩次，使用牙線，以及定期接受洗牙和檢查。



Season's Greeting

2023

• 2023 OFFICE UPDATES 公司動向 •



Baby Ian
承暉



Baby Hailey
晞晞



1. We are thrilled to introduce two adorable new members to our dental family – baby Ian (3 months old) and baby Hailey (7 months old)! We extend our warmest congratulations and best wishes to both Dr. Poon and our dental surgery assistant Khorfy as they embark on this beautiful journey of parenthood. As a team, we are excited to support them during this special time and look forward to watching these little ones grow and thrive.
2. We are also delighted to announce the addition of a captivating new page on our website (QR code below) dedicated to "Our Legacy". Discover the remarkable milestones and history that have shaped our practice into what it is today, as we take you on an inspiring journey through the cherished moments that define our legacy of exceptional dental care.
3. Since 2020, we started Project Christmas Smiles in hopes to reach out and help those in need. Thanks to everyone's participation, last year we collaborated with Foodlink to provide over 2360 meals to those in need. This year, we have chosen to partner with Impact HK to help the unhoused. We invite all patients who arrive at our office during the month of December to write a message and hang it on our tree; and for every card we receive, we will donate 6 hot meals to Impact HK.



Our Legacy
我們的歷史

1. 我們很高興向大家介紹兩位可愛的新成員——承暉（3個月大）和晞晞（7個月大）！我們向潘醫生和我們的牙科手術助理 Khorfy 送上窩心的祝福。作為一個團隊，我們很高興能在這個時期為他們提供支持，並期待看到他們的小朋友健康快樂地成長。
2. 我們也很興奮地宣佈在我們的網站上添加了一個新頁面，介紹「我們的歷史」，探索塑造我們今天的業務和歷史，回顧那些營造我們卓越牙科護理的珍貴時刻。
3. 自從 2020 年我們開始了「聖誕微笑計劃」，目的是希望能夠幫助有需要人士。感謝大家的支持，我們去年為「膳心連」籌集了超過 2360 份熱餐。我們很高興今年再次舉辦「聖誕微笑計劃」，而「同路舍」是我們今年選擇的慈善機構。我們再次歡迎所有來到我們醫務所的病人寫下聖誕願望並掛在我們的聖誕樹上；每收到一張卡，我們便會向同路舍捐贈 6 份熱餐。

If you have no plans to visit us over the holidays but would like to participate, you can still send us an email at dentist@dentalmirror.com.hk or connect with us on social media, and we will be sure to write a card on your behalf!

如您沒有計劃在聖誕期間到訪我們的醫務所，您仍然可以發送電子郵件至 dentist@dentalmirror.com.hk 通知我們或在社交平台上向我們發送訊息，我們一定會代表您寫卡！



 Dr. William Cheung & Associates

Like and Follow us 讚好及追蹤我們

 [_dentalmirror_](https://www.instagram.com/dentalmirror_)

Tag us 標註我們