

Cracked tooth 牙齒的裂縫

Dr. Robert Ng 吳邦彥醫生

A cracked tooth is usually caused by trauma. It could be due to a sudden impact such as falling over while on the street or participating in contact sports; this would usually involve the front teeth. Alternatively, a crack could develop in a tooth if a particular area of the tooth is subjected to application of relatively light, persistent forces over a long period of time, for instance, conscious or subconscious persistent grinding of teeth, or habits such as a predilection for chewing on hard, crunchy or chewy foodstuff.

It has been shown in research literature that late diagnosis of a cracked tooth is common as early cracks are difficult to detect and the tooth remains free of symptoms initially. Taking a radiograph is usually not helpful in crack diagnosis. However, with time, as a crack extends deeper towards the interior of a tooth, the crack can become detectable due to staining of the crack as well as manifestations of symptoms such as temperature sensitivity and pain or discomfort when biting on the cracked tooth.

In most cracked tooth cases, root canal treatment followed by provision of a crown is the usual treatment advised. The survival of a cracked tooth after root canal treatment and a crown is dependent on the depth of the crack inside the tooth and the cessation of any habits that cause cracks in teeth. As such, a nightguard may be prescribed to be worn during sleep, in order to protect a cracked tooth during nocturnal teeth grinding.

牙齒的裂縫通常是由創傷所造成的。這可能是由於受到突發性的撞擊引致。例如：在街上摔倒或運動期間。門牙普遍是首當其衝而受到傷害。此外，如果牙齒的特定位置長時間受到相對較輕而又持續性的壓力，亦可能令牙齒形成裂縫。例如有意識或無意識的情況下出現持續磨牙的情況，又或者喜愛咀嚼堅硬爽脆或耐嚼食物的習慣。

在研究記載中，由於早期的裂縫很難被檢測，並且牙齒在最初階段更是毫無症狀，故此會導致延遲對裂縫的牙齒作出確診乃是常見的。通常對牙齒拍 X 光片也未必能把裂齒診斷出來。可是，裂縫會隨著時間而向內部延伸，裂縫的牙齒漸漸對溫度出現敏感反應，而咬合時更出現疼痛不適等症狀時，那時裂縫的牙齒才可被檢測得到了。

根管治療後並套上牙冠是治療裂縫的牙齒最常見的治療方案。這治療方案是否能把牙齒保留，乃取決於牙齒內部裂縫的深度和任何導致牙齒裂縫的習慣是否能戒除或停止。因此，醫生建議睡覺時佩戴夜間牙套便可保護已有裂縫的牙齒，盡量免受夜間磨牙再繼續傷害已有裂縫的牙齒。



An impacted tooth – there may be something more to it 阻生齒 - 可能潛在的風險

Dr. Ben Chow 周焯昌醫生

Tooth impaction is a fairly common condition especially if we are talking about wisdom teeth. We may choose to leave them alone if they are asymptomatic. However, sometimes there may be changes with these impacted teeth without our notice.

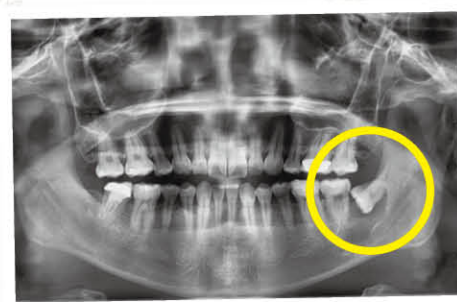
Let's look at the radiograph of this 30-year old gentleman. We can easily pick up a large dark balloon-shaped shadow with a discrete outline associated with the horizontally impacted lower left third molar. It is a cyst consisting of a pathological lining. The increased pressure built up causes gradual bone destruction and thus a gradual increase in the size of the lesion. It is benign in nature, but still can have severe consequences if it is allowed to grow to a significant size or encroaches upon some vital structures such as nerves. It will not resolve by taking medication, and surgery is the only option. Therefore, impacted teeth must be monitored in a regular basis.

This demonstrates the importance of vigilant regular follow-up and need for a multidisciplinary approach in order to provide the best possible treatment to our clients.

如果我們談論阻生齒，智慧齒出現此情況是相當普遍的。如果它們毫無病徵，我們大可以忽略它，但有時這些牙齒可能會出現病變，令人防不勝防。

我們一起看看這位 30 歲男士的 X 光片吧！我們發現到一個很大的，如氣球般大的黑影，它橫阻左下第三隻臼齒，形成不規則的輪廓。這是一個由病理性內膜組成的囊腫。它構成的壓力會漸漸增加，繼而破壞牙床內的骨質，還會增加病變的機會，使它日漸擴大增長。縱使它本質上是良性的，但倘若容許它繼續長大到過大的尺寸，甚至影響到一些重要的結構，如神經，那麼便後果嚴重。食藥也無濟於事，手術是唯一的解決辦法。因此，阻生齒必須定期接受檢查。

這亦解釋定期跟進的重要性，並需要採用綜合科研法，以便為我們的病人提供最有效而又可行的治療方案。



2017 OFFICE UPDATE 公司動向

We are happy to welcome Iris Tang and Rachel Chan, our new Dental Surgery Assistants, to the team!



鄧秀群 Iris Tang

Iris, whom many of you may have already met, has more than fifteen years of experience as a dental nurse. Iris is a farm-to-table chef who cooks the fish she catches by hand!

Rachel started at our office in February. She is a very friendly person with a warm smile, and loves to travel with her family in her free time. Next time you see her, don't forget to ask her to share her travel tips and experiences!



陳嘉蔚 Rachel Chan

We congratulate May Li on 25 Years of Service! As a token of appreciation for her hard work and dedication over the years, Dr. Cheung presented a special award and gift to May during our office Annual Dinner this year.

我們歡迎新的牙科手術助理鄧秀群和陳嘉蔚加入我們的團隊！

鄧秀群具備超過 15 年的牙科手術助理經驗，你們很可能已經見過她了。烹飪了得的地，能把一般的食材煮成令人津津樂道讚不絕口的美食！

陳嘉蔚在今年二月入職。她是一個有親切笑容，和藹可親的人。閒時她喜歡和家人一起外遊。下次有機會見到她，你們不妨交流下旅行的經驗和心得吧！

我們祝賀李佩琳小姐服務 25 年！張偉民醫生在今年的週年晚宴上頒贈特別獎和禮物給她，以表揚她多年來對團隊的付出和貢獻。



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The Dental Mirror Dr. William Cheung & Associates Dental Surgeons

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Dear Friends,

Yet another year has passed quickly as we approach the festive season. We have witnessed many changes this past year.

On the world scene, we witnessed the change of leadership in the United States not without controversies. Locally, we also saw a change of leadership with the hope that it will bring harmony within a very fragmented society with many political and social challenges. Obviously this will take time, so we all need to be patient. On a more positive side, we can be thankful that the global and local economy both performed well this year!

In Dentistry, we continue to evolve around the theme of Digital Dentistry as we move forward. Although our office has been equipped with the most advanced digital equipment for some time now, we continue to watch to see what is new on the technology front as it develops quickly. We've built an outstanding team of well-trained professionals to look after different areas of responsibilities in our office and we meet regularly to discuss how we can improve ourselves so that we can serve you better. Our doctors attend continuing education courses on a regular basis so that we can keep up with the latest in dentistry. Some also teach to educate our colleagues and the next generation of professionals. I am proud that many of our doctors are leaders in the profession in various ways. In short, we are totally committed to bringing you the best service with the help of the latest in technology and the best in materials and techniques.

From all of us, may the festive season bring you joy, peace and good health as we bid farewell to the Rooster and welcome the Dog.

Your friend,
Dr. William Cheung

親愛的朋友們，

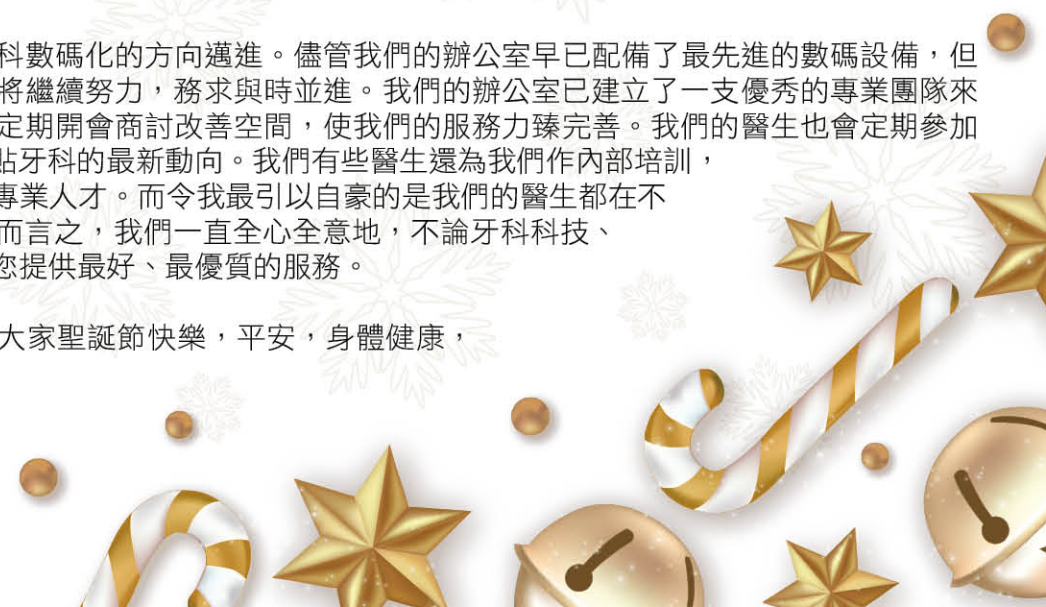
轉眼間又一年了，普世歡騰的節日將至。我們在這一年見證着不少的變化。

從世界的層面上看，我們目睹美國領導層的變動仍存在着不少的爭議。而就香港來說，我們也看到了領導層換上新班子，我們期盼這一直承受着政治和社會沖擊、分裂的社會能早日重現曙光，可以和諧共融起來。顯然地這一切都需要時間，讓我們拭目以待吧！然而令我們欣喜的是，全球和本地的經濟在今年的表現都持續向好！

在牙科方面，我們繼續朝着牙科數碼化的方向邁進。儘管我們的辦公室早已配備了最先進的數碼設備，但隨着科技發展日新月異，我們將繼續努力，務求與時並進。我們的辦公室已建立了一支優秀的專業團隊來負責不同的牙科範疇。我們會定期開會商討改善空間，使我們的服務力臻完善。我們的醫生也會定期參加持續教育課程，以便我們能緊貼牙科的最新動向。我們有些醫生還為我們作內部培訓，更會致力教授和培育新一代的專業人才。而令我最引以自豪的是我們的醫生都在不同的牙科範疇作為領導者。簡而言之，我們一直全心全意地，不論牙科科技、材料和技術方面，都致力於為您提供最好、最優質的服務。

在此謹代表我的全體員工，祝大家聖誕節快樂，平安，身體健康，齊來送雞迎狗！

你的朋友
張偉民醫生



Maintenance of dental implants 植牙的保養

Dr. Stefani Cheung 張力琳醫生

Over the last decade, replacement of missing teeth with dental implants has rapidly become the standard of care - many patients have been presented with the option of receiving dental implants as part of their overall treatment strategy. One of the first questions asked is often "How long do dental implants last?" This is a tricky question to answer, because dental implants do require a fair amount of maintenance, as such the longevity of an implant actually depends on multiple key factors:

- As your dental care providers, we must make an appropriate initial assessment of whether you are a suitable candidate to receive dental implants. We take into account your overall health, in addition to your oral risk factors.
- Your ability to maintain a hygienic environment around your implant is the second factor to consider. There are several ways to keep the gums around your implant free from inflammation, and we will recommend a customized home care routine for you to follow. You play a key role in the upkeep of your new prosthetic tooth!
- Of course the team at our office is here to help as well! In accordance with our prevention-based practice philosophy, you will receive a personalized recall or maintenance schedule to ensure that we can closely monitor the health of the gums around your implant, and intervene as early as possible to maximize the longevity of your dental implant.

Working together, our goal is to help you keep your implant for a lifetime!

在過去十年間，用植牙替代缺牙已迅速成為護理的新趨勢 - 許多患者已經提出接受植牙作為其整體治療策略的一部分。

首先，大家最關心的問題是「植牙耐用嗎？」這是一個棘手的問題，因為植牙都需要某程度上的護理，故此植牙體的壽命實際上取決於幾個關鍵因素：

• 作為您的牙齒守護者，我們會為您作出適合的初步評估看您是否適合接受植牙。我們須考慮您的整體健康狀況和口腔風險因素。

• 第二個考慮因素是要衡量一下自己是否有能力為您的植牙保持衛生的口腔環境。有幾種方法可以保持植牙體周圍的牙齦免於發炎，我們將為您建議一個切合您的家庭護理程序。植牙體是否能保持最佳狀態，您發揮着關鍵性的作用！

• 當然，我們的團隊會樂意為您效勞！根據我們預防為本的實踐理念，我們會為您作定期檢查或給您一個護理時間表，以確保我們能夠密切監察您的植牙體及周圍牙齦的健康狀況，及早預防，使植牙體可以「長命百歲」。

我們的目標是幫助您的植牙用上一輩子，讓我們攜手合作吧！

How to choose the right toothpaste 如何選擇最適合的牙膏？

Ms. Fanny Cheung 張小燕小姐

These days, there are many types of toothpaste on the market. Each is designed to fit individual needs:

Whitening Toothpaste – They don't actually make teeth whiter; they contain chemicals which remove surface stains that accumulate on teeth.

Desensitizing Toothpaste – Tooth sensitivity often results from the exposure of roots due to receding gums. Desensitizing toothpastes work by blocking irritants from reaching the nerves. Beware that there are other causes of sensitivity; please see us first for a definitive diagnosis.

Fluoride Toothpaste – Not only does fluoride protect teeth against dental cavities, but it remineralizes teeth worn by acid, and fights sensitivity.

Natural Toothpaste – For those who are uncomfortable brushing with chemicals, natural toothpastes may be an option. These contain all-natural ingredients but have varied results. Some natural toothpastes may not contain fluoride, so you should check the label before buying the product.

Children's Toothpaste – As children are highly susceptible to cavities, children's toothpaste still contains fluoride. Younger children should only use a small amount of toothpaste to avoid ingestion and prevent dental fluorosis.

With so many options available, how do you choose the right one after all? The best bet is to speak to your dentist / dental hygienist who can help you determine the right toothpaste to suit your needs.

現今市場上有很多種類的牙膏。每種牙膏都是為了配合個人需要而製的：

美白牙膏 – 它們其實不會令到牙齒變白。它們含有一些化學物質，能去除積聚在牙齒上的表面污漬。

抗敏牙膏 – 敏感性牙齒通常是源於牙齦萎縮，導致牙根外露，而產生敏感反應。使用抗敏牙膏有助阻止刺激反應傳達到神經。但要留意，導致牙齒過敏的原因有很多，請諮詢你的牙醫以作出明確的診斷！

氟化物牙膏 – 氟化物不僅可以保護牙齒避免蛀牙，還可以把牙齒再礦化以抵抗酸性和敏感。

天然牙膏 – 對於一些不喜歡用化學物刷牙的朋友來說，天然牙膏可能是一個選擇。這些牙膏成份全天然，卻有不同的效果。某些天然牙膏可能不含氟化物的，所以在購買產品前應清楚檢查標籤。

兒童牙膏 – 由於兒童較易患上蛀牙，所以兒童牙膏會添加氟化物。而年幼的孩子只能使用少量的牙膏以避免過量攝取，防止氟牙症。

有這麼多的選擇，你怎樣作一個正確的選擇呢？最好不過當然是諮詢你的牙醫 / 牙齒衛生員，他們可以因應你的需要來幫助你選擇最適合你的牙膏。



Gum disease and overall health 牙齦疾病和整體健康

Dr. Simon Ho 何錦源醫生

Periodontal disease (gum disease) is a common type of oral disease affecting the supporting structures of the teeth. Symptoms may include bleeding gums and recession, bad breath, and bone destruction which in severe cases can lead to tooth mobility and tooth loss. An Oral Health Survey in 2011 showed that gum bleeding was prevalent among the Hong Kong adult population as about 80% of them had half or more of their teeth with bleeding gums, and one in ten adults suffered from severe gum disease. Bacteria in the form of dental plaque which adheres on tooth and root surfaces are the primary cause of gum disease. There is growing evidence showing that patients who suffer from severe gum problems may run a higher risk for several systemic illnesses; for example, they may have a higher chance of developing atherosclerosis. Gum disease also can increase insulin resistance in diabetic patients, rendering them more prone to diabetic complications. Severe gum infection may also be associated with adverse pregnancy outcomes including preterm birth and low birth weight. It is speculated that infections starting from the gums can even spread to various parts of the body remote from the mouth. Therefore, it is important to maintain healthy gum and to treat gum disease promptly in order to minimize the potential damage to our oral and overall health.



牙周病（牙齦疾病）是影響牙齒整體結構的常見口腔疾病。症狀包括牙齦出血和萎縮，口臭和牙床骨破壞。情況嚴重的話，會導致牙齒鬆動，甚至脫落。2011年口腔健康調查顯示，在香港成年人人口中有牙齦出血是十分普遍的。其中約80%成年人，他們的牙齒估計一半或以上出現牙齦出血問題。此外，人口中佔1成的成年人則患有嚴重的牙齦疾病。黏附在牙齒和牙根表面的牙菌膜上的細菌是牙齦疾病的根源。越來越多的證據顯示，患有嚴重牙齦問題的患者可能成為嚴重系統性疾病的高危一族；例如，他們可能有較高機會患上動脈粥樣硬化的。牙齦疾病也可以增加糖尿病患者的胰島素抵抗，使他們更容易出現糖尿病的併發症。嚴重的牙齦感染也可能與不良妊娠結果有關，包括早產和嬰兒輕磅出生。按此推測，由牙齦開始的感染可以蔓延到身體的各個部位。因此，保持牙齦健康和及時治療牙齦疾病是重要的，以盡量減輕對口腔和整體健康的潛在損害。

Do you want a brighter smile? 你想擁有更亮麗的 笑容嗎？

Dr. Ellen Yiu 姚靄安醫生

Teeth Whitening Facts and Frequently Asked Questions.

- Teeth whitening (or bleaching) is a fast and effective way to lighten and brighten the colour of your teeth.
- The new whitening system is faster and more effective. The procedure takes around 1.5 hours to complete.
- There is always an improvement although some teeth tend to respond better than others.
- Numerous studies have shown no long-term effect on the hardness or mineral content of a tooth's enamel surface.
- Teeth whitening is not permanent. People who expose their teeth to foods and beverages that cause staining may see discoloration sooner.

牙齒美白的真相和常見問題。

- 牙齒美白療程（或漂牙）是一種快速和有效的方法來淡化和提升牙齒的顏色，使其顯得更亮麗。
- 新的牙齒美白療程是更快，更有效的美白牙齒技術。整個療程約需1.5小時完成。
- 美白牙齒都總有改善的空間，因為有些牙齒的美白反應往往比其他牙齒好。
- 許多研究表示這技術不會對牙齒造成長遠的影響，包括牙齒表面的琺瑯質硬度或礦物質含量。
- 美白效果不是永久的。進食有色彩的食物和飲料，將較容易使牙齒變回未美白前的顏色，亮白效果自然遞減。