

The Dental Mirror

Dr. William Cheung & Associates
Dental Surgeons



Dear Friends,

Another year of uncertainty around the COVID pandemic has passed and not much progress has been made to contain it. My sense is that this disease is likely to stay with us for a long time and we all need to be prepared to live with it. Therefore, it is important for the vast majority of the population around the world to be vaccinated before the random outbreaks can be under control. Let's hope that this will happen soon so that we can return to our normal lifestyle!

On the other hand, I am happy to report that our entire team in the office has done our due diligence. All members have been vaccinated except one who is advised by her doctor to defer for medical reason. In addition, we continue to adhere to a very strict infection control protocol in order for us to operate in a safe environment to protect all. I thank many of you who have complimented us for this and we promise to continue our efforts going forward, with or without COVID. Your safety and well-being are our prime concerns!

Dentistry is moving forward quickly with more digital developments including Artificial Intelligence (AI) and Robotics. I have the honor of being elected Chair of the Education Committee of the FDI World Dental Federation (FDI) this September. The main mission of this Committee is to encourage and provide education opportunities for dentists around the world. I always feel strongly that life-long learning should be a commitment of every dentist as long as we remain in practice. Recently, I have co-authored a report for the FDI on Vision 2030 in which we envision how Dentistry should develop in the next decade. In addition, I also have co-authored another report on AI in Dentistry. We can look forward to some exciting developments with the help of digital technology in Dentistry in the years to come to advance the work we do for the well-being of our patients.

Meanwhile our entire team wishes you all a very Merry Christmas and a healthy and prosperous New Year!

Your friend,
Dr. William Cheung

親愛的朋友們，

新型冠狀病毒肆虐全球超過一年至今還沒有太大進展。我認為這種病毒會繼續伴隨我們一段很長的時間，所以我們都需要準備好與病毒共存。因此，希望全世界大多數人口可以接種疫苗，讓我們可以盡快恢復正常的生活！

另一方面，我很高興地宣布我們整個團隊都盡了公民責任。除了一位因醫生建議延遲接種的成員外，所有員工均已接種了兩劑疫苗。此外，我們仍繼續遵守嚴格的感染控制措施，讓我們在安全的環境中運營。我們承諾無論將來是否還有新型冠狀病毒，我們都會繼續努力遵守措施，因您的安全和福祉是我們最關心的問題！

隨著人工智能 (AI) 和機器人技術的發展，數碼牙科也在快速發展。我有幸於今年九月當選 FDI 世界牙醫聯盟教育委員會主席。該委員會的主要任務是鼓勵和為世界各地的牙醫提供教育機會。我一直強烈認為每位牙醫都該從事終身學習。最近，我有份為 FDI 撰寫了一份關於 2030 年願景的報告，其中設想了牙科在未來十年該如何發展。此外，我還合著了另一份關於牙科人工智能的報告。我們期待未來在數碼牙科技術的幫助下出現一些突破性的發展！

最後，我們整個團隊祝大家聖誕快樂，新年健康！

您的朋友
張偉民醫生



Oral Disease and Systemic Health

口腔疾病與整體健康

Dr. Robert Ng 吳邦彥醫生

In the early 19th century, physicians and dentists blamed transportation of bacteria via the bloodstream (bacteraemia) from one part of the body to another, causing unexplained degenerative diseases. Unsubstantiated speculation led to a concept called “The Theory of Focal Infection” blaming necrotic (dead) teeth and root canal treated teeth might leak bacteria or their toxins into the body causing arthritis and a range of diseases affecting the kidney, heart, nervous, gastro-intestinal, endocrine and other systems.

That theory became very popular amongst the medical/dental professionals in the early 1900s. During that period of time, many teeth were extracted to “treat systemic disease” and as a prophylactic measure against possible illnesses in the future.

Since then, extensive and meticulous scientific investigations proved that root canal treatment is a safe and effective means for saving teeth and root canal treated teeth do not serve as foci for infection in other parts of the body.

十九世紀初期，醫生和牙醫將血液中出現的細菌（菌血症），通過血液傳播到身體的其他部位歸咎於無法解釋的退化性疾病。這種未經證實的猜測引起了一種稱為“病灶傳染”的理論，即指細菌會通過壞死的牙齒及根管治療等情況將細菌或其它毒素入侵到體內，從而導致關節炎及影響腎臟、心臟、神經、腸胃、內分泌等一系列疾病。該理論在 1900 年代初期在醫學界和牙科專業人士中非常普及。在這段期間，許多牙齒以“治療全身性疾病”而被拔除，並視為可預防未來患上疾病的措施。

自那以後，經過廣泛而精密的科學研究下，證明了根管治療是一種安全且有效的挽救牙齒方法，而且通過根管治療後的牙齒不會成為感染身體其他部位的病灶。





The Concept of “Comprehensive Care”

全面護理

Dr. Stefani Cheung 張力琳醫生

Do you remember your first visit with us? Perhaps it’s been a while, or maybe it was just recently. Whether you came in with a specific concern in mind, or whether you just wanted to have your teeth cleaned and checked, chances are you will recall us having spent a significant amount of time verifying your medical history, examining your mouth, getting any necessary additional information such as intraoral photographs and X-rays, and then explaining to you in detail about our findings and recommended treatment. We call this our Comprehensive Care approach.


We believe in treating our patients comprehensively because your mouth is not a standalone part of your body, and because often times oral diseases can be insidious in nature, not causing pain until the disease becomes quite advanced. Take for instance small cavities: if we discover them early enough, we may be able to give you some advice on how to reverse them, so that a filling may not even be needed; wait longer, and the tooth may require root canal treatment. As for gum disease, it tends to progress slowly and painlessly, but any damage done to the jawbone is permanent and irreversible, so an early diagnosis is in your best interest in order to receive treatment straight away and prevent further damage. Other conditions such as tooth grinding can increase your risk of tooth fracture; an early diagnosis can allow us to limit the wear and tear on your teeth in the long run.

So each time you come in for a check-up, we hope you don’t find us tiresome when we reiterate all our findings to you! Because being comprehensive matters, and as a practice that focuses on prevention of disease, we want you to have plenty of information in your hands to make the best treatment decision!

還記得您第一次到訪嗎？可能已經有一段時間了，也可能是最近的事。無論您是因為牙齒問題，還是清潔及檢查牙齒，您也許會記得我們花較長時間來核實病歷、檢查口腔和收取相關的資料，例如口腔內的照片和 X 光片等，然後向您詳細講解我們的診斷和建議您所需的治療及其過程 — 此為我們的全面護理理念。

我們深信全面護理，因為口腔是整體健康不可或缺的一部份。再者，口腔疾病通常沒有先兆，直到病情變得非常嚴重時才會引起疼痛。以蛀牙為例：如果我們及早發現，可給您一些改善的方法，這樣甚至可能不需要補牙；延遲治療，牙齒就可能需要根管治療。至於牙齦疾病，往往進展緩慢而且無痛，可是一旦對顎骨造成任何損傷就是永久性。因此，早期診斷十分重要，以便及早治療防止進一步損傷。其他情況例如磨牙會增加牙齒折斷的風險，長遠來看早期診斷可讓我們限制牙齒的磨損。

因此，每次您來進行檢查時，我們都會與您進行詳細講解！作為一間專注於預防性牙科治療的醫務所，我們會確保您得到最全面的護理，務求讓您作出最佳的治療決定！



Fancy a better smile? 想要更完美的笑容嗎？

Dr. Steven Poon 潘冠名醫生

Smile matters more than you know it! When you see a person projecting a relaxed, genuine smile, you are more likely to assume that this person is trustworthy and authentic. Smiling in a friendly manner is an important part of positive body language.

Dental esthetics is an integral part of dentistry. The fact that braces improve teeth alignment and give a better smile has been well established among the general public. However, orthodontic treatment may take years to complete, and this may not be your desired option.

Gummy smile has a major impact on esthetics (Fig.1). It can be improved by gum reduction to show better teeth proportion (the tooth width to length ratio). Changes from squarish and short teeth to teeth with regular length have a significant influence on your smile (Fig.2). Teeth spacing and teeth with less than ideal shape can be corrected with porcelain veneers (Fig.3). Discolored teeth can be improved by teeth whitening or porcelain veneers. Many cosmetic treatments take only a few visits but they last for years.

Schedule your appointment with us to discuss and design your new smile.

笑容是對他人的尊重，亦是散發魅力的來源。當您看到一個人露出真誠的笑容時，更會增加對其的信任。友善的笑容是人際溝通的重要一環。

牙齒美容是牙科不可缺少的一部分。箍牙可以改善牙齒排列並帶來更完美的微笑，而且早已成為大眾公認的治療方法，但由於牙齒矯正可需數年時間才能完成而令部份人卻步。

「露齦笑」帶給病人的不只是美觀性問題，還會影響自信（圖1）。減少牙齦可改善「露齦笑」及顯示更好的牙齒比例（牙齒寬長比例）。從四方及短小的牙齒調整到標準長度可改善您的微笑（圖2）。陶瓷貼片可矯正牙齒之間的距離和不太理想的牙齒形狀（圖3）。而牙齒變色則可以通過美白牙齒或陶瓷貼片來改善。以上治療只需要到牙科診所就診幾次，效果就可持續多年。其實除了牙齒矯正外，還有其它方法可以達到牙齒美容的效果。

歡迎您與我們安排預約，讓我們設計您的新笑容。

The followings are actual cases completed by Dr. Steven Poon with permission from patients to show 以下是潘冠名醫生經病人同意完成的實際案例。



Fig. 1 (圖1)

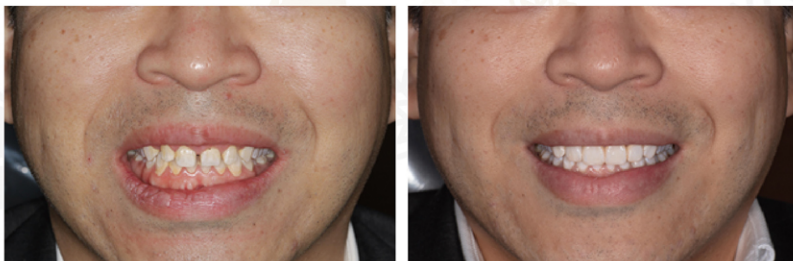
Gummy smile resolved by gum reduction on natural teeth
通過減少天然牙齦來解決露齦笑

Fig. 2 (圖2)
showing the impact of teeth on smile
牙齒對微笑的影響



Fig. 3 (圖3)

Use of Porcelain veneers to correct teeth spacing
使用瓷片來矯正牙齒的間距





Is chewing gum actually good for your teeth? 嚼口香糖對牙齒有益嗎？

Ms. Victoria Leung 梁明慧小姐

Yes, if you choose the right one. Chewing sugar-free gum for 20 minutes after meals can help to improve your overall oral health. Just the simple act of chewing can increase saliva flow in your mouth, which helps to:

- Wash away food and bacteria
- Remineralize tooth enamel
- Neutralize the acid in your mouth that may result in tooth decay and erosion
- Alleviate dry mouth

Most chewing gums you find are in fact sugar-free. However, when you choose a sugar-free gum that contains xylitol, there's an added benefit. Xylitol is a natural sweetener that cannot be digested by plaque bacteria. This means it will not produce acid that causes tooth decay.

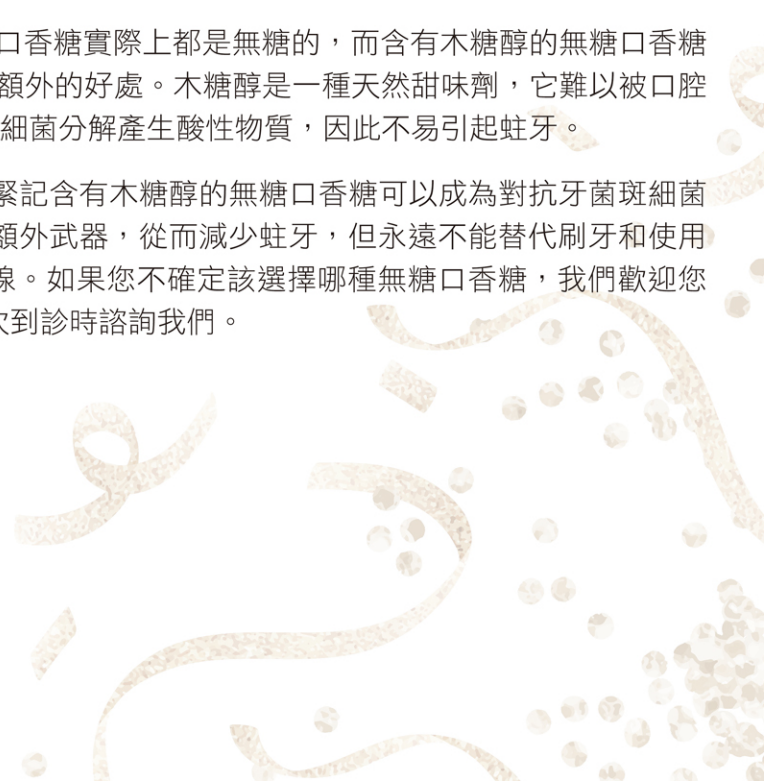
Remember, chewing gum is never a replacement for brushing and flossing. Sugar-free gums that contain xylitol can be an extra weapon to fight plaque bacteria and thus reducing tooth decay. If you are unsure about which sugar-free gum to chew, ask your dentist at your next dental visit.

如果您選擇正確的口香糖便對牙齒有益！飯後咀嚼無糖口香糖二十分鐘有助改善口腔健康。僅僅咀嚼這個簡單的動作便可增加口腔中的唾液流量，這有助於：

- 洗去食物和細菌
- 再礦化琺瑯質
- 中和口腔中可導致蛀牙和侵蝕的酸性物質
- 緩解口乾

市面上大多數口香糖實際上都是無糖的，而含有木糖醇的無糖口香糖會帶來額外的好處。木糖醇是一種天然甜味劑，它難以被口腔中的細菌分解產生酸性物質，因此不易引起蛀牙。

請緊記含有木糖醇的無糖口香糖可以成為對抗牙菌斑細菌的額外武器，從而減少蛀牙，但永遠不能替代刷牙和使用牙線。如果您不確定該選擇哪種無糖口香糖，我們歡迎您下次到診時諮詢我們。



1. A very warm welcome to Khorfy Li who joined our team this year! Khorfy joined our office as a Dental Surgery Assistant in August. She graduated from Huaqiao University with a bachelor's degree in Interior design. Khorfy loves to travel and enjoys handicraft on her spare time.
2. Last year we launched Project Christmas Smile in hopes to reach out and help those whose lives may have been affected by the pandemic. Thanks to you all, we raised over \$38,000 for Feeding Hong Kong and Changing Young Lives Foundation. We'd love to initiate another project this year with Food Angel. Once again, 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 8 meals to Food Angel.

1. 我們歡迎牙科手術助理李健儀今年八月加入我們的團隊。健儀畢業於華僑大學，獲得室內設計學士學位。她的興趣是旅遊和在空餘時間做小手作。
2. 去年，我們開始了「聖誕微笑計劃」，希望能夠幫助那些可能嚴重受到疫情影響的人。感謝大家的支持，我們去年為「樂餉社」和「成長希望基金會」籌集了超過 \$38,000。我們很高興今年再次舉辦「聖誕微笑計劃」，而「惜食堂」是我們今年選擇的慈善機構。我們再次邀請所有來到我們辦公室的病人寫下聖誕願望並掛在我們的聖誕樹上；每收到一張卡片，我們便會向惜食堂捐贈八份餐飲。

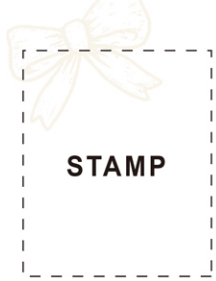
If you have no plans to visit us over the holidays, you can still send us an email at dentist@dentalmirror.com.hk or Connect with us now on social media

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 we will be sure to write a card on your behalf! 我們一定會代表您寫卡！



MERRY CHRISTMAS AND HAPPY NEW YEAR

Dr. William Cheung
& associates



Address: 503 China Building, 29 Queen's Road Central, Hong Kong
Tel: 2522 5752/2522 5979 Fax: 2530 5618
Email: dentist@dentalmirror.com.hk Website: www.dentalmirror.com.hk
O/B Drs. Chan, Cheung & Associates Ltd

