

# Overcoming Fear of Dentist in Children 兒童克服對牙醫的恐懼

In a recent research conducted in France, it was found that

- 1 in 4 children has a moderate or high level of dental fear
- Fear of the unknown causes anxiety
- Children who had visited the dentist before were less likely to be afraid than those who never had
- Children with untreated tooth decay were more likely to be afraid of the dentist

Therefore, a positive experience at the first dental visit could go a long way in preventing future dental fears. We encourage you to bring your children in for regular check ups BEFORE problems arise. One of the most commonly asked question is "When should I start bringing my child to see you?" It is recommended that children should start seeing a dentist at around 3 years old. However, each child behaves differently. We are happy to examine / play with your baby ANYTIME after some teeth have erupted.

By Dr. Ellen Yiu

在法國，最近進行了一個研究，發現

- 在四個小朋友中便有一個患有中度或高度的牙科員懼症
- 不明原因的恐懼產生焦慮
- 曾看過牙醫的兒童比那些從未有此經歷的產生較少恐懼
- 若兒童有未治療的蛀牙，他們傾向對牙醫產生較多恐懼

因此，首次看牙醫的愉快經驗能避免將來看牙醫之恐懼。我們鼓勵你在問題未出現時，便帶你的孩子作牙科定期檢查。當中最常見的問題是「我應什麼時候開始帶我的孩子看牙醫呢？」建議兒童大約3歲起便開始看牙醫。然而，每個孩子都有不同的反應。當嬰兒出牙時，我們樂意隨時為你的寶貴作檢查。

資料由曉雲安醫生提供



## OFFICE UPDATE 公司動向

We welcome Eva Lau and Phyllis Kong to join our team this year.

Eva is our new Administrative Assistant. She helps Agnes and May in scheduling appointments and other front desk related tasks.

Phyllis is our new dental nurse assistant. She has more than 10 years of experience as a dental nurse before she joined us. She mainly assists Dr. Robert Ng.

We would like to congratulate Arnes Kong who has received a 10-year Long Service Award during our annual dinner this year.

### Save our environment!

In order to reduce paper consumption for conservation of natural resources, we encourage you to settle your account either by Visa or MasterCard when service is rendered. You also get the benefit of accumulating more points in your credit card account.

我們歡迎兩位新成員Eva和Phyllis今年加入我們的大家庭。Eva是我們新的行政助理，她幫助Agnes和May安排牙科預約及其他相關的前台工作。Phyllis是我們新的牙科護理助理，她已有10年牙科護理的經驗。她主要是協助劉邦達醫生。

我們謹祝賀江慧儀(Arnes)在今年的週年晚宴期間10年服務獎。

### 環保嘢帖

為了減少紙張的消耗節約天然資源，我們鼓勵你使用Visa卡或萬事達卡以支付治療費用，藉此你還可賺取更多信用卡積分。



**The Dental Mirror**  
Dr. William Cheung & Associates  
Dental Surgeons

Dear Friends,

This has been a very busy year in the office!

In June this year, we were able to secure the office space adjacent to our premise so that we have access to another 1,500 sq ft of space. We desperately needed the additional space because firstly, we were running out of treatment and storage facilities. Furthermore, we wanted to add some new equipment to the practice but we didn't have the space to do so. It took more than three months to complete the renovation because we had to do it in stages to minimize our routine operation.

The newly renovated office has two additional treatment rooms one of which is designed specifically for different types of surgical treatment. We also added another operating microscope in one of the rooms. We purchased a Cone Beam Computed Tomography (CBCT) unit for three-dimensional imaging that is useful in diagnosis and treatment planning in surgical cases. We now also have additional storage space and we upgraded all our computer hardware and software.

With this expansion and renovation, we believe we have a state-of-the-art dental office including the latest and the most advanced equipment. This helps us to offer even better service to you and hopefully you find added value to our service.

On behalf of our entire team, I take this opportunity to wish you all a Blessed Christmas and a healthy and prosperous New Year. We look forward to seeing you in the newly renovated office soon.

Dr. William Cheung

親愛的明友們，

今年我們的辦公室一直非常忙碌！

於六月，我們能夠在現有辦公室之鄰購得在空間達1500平方呎。我們迫切需要額外的空間，第一是因為我們缺乏治療儲存空間。此外，我們希望增加一些新設備，但我們沒有足夠的地方作此安排。透過減少日常運作，使裝修工程分段進行，足足花了三個月多才大功告成。

新裝修的辦公室有兩個額外的治療室，其中一個是專門為不同類型的手術治療而設。我們還在其中一個治療室購置了另一個手術顯微鏡。我們購買了錐形電腦斷層掃描機(CBCT)，用於三維電腦化診斷外科手術的治療計劃。我們現在除了有額外的儲存空間外，還從新所有電腦的硬軟件新軟件。

有了這個擴建和改造，我們相信藉著最新和最先進的設備，使我們的辦公室達至尖端的水平。這有助我們提供更優質的服務給您，希望您對我們的服務有更高的評價。我謹代表整個團隊，藉此機會向大家聖誕快樂及新年進步，並期待您到我們新裝修的辦公室。

黃偉民醫生



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## Sensitive Teeth 牙齒敏感

The part of tooth you see is normally covered by a hard outer layer of enamel; it protects a softer layer called dentin. When enamel is damaged, dentin becomes exposed. Dentin contains tiny openings that directly lead to the nerve of the tooth where nerve is located. When dentins exposed, hot, cold, sour or sweet food or pressure can affect these nerves resulting in sensitivity. Some common causes of sensitive teeth include:

- Dental decay Gum disease / receding gums - As gums recede, dentin is exposed resulting in sensitivity because the root part of the tooth is not protected by enamel
- Brushing your teeth too hard
- Teeth grinding causing wear and tear on enamel
- Deteriorated filling exposing dentin
- Poor oral hygiene
- Frequent consumption of acidic foods or drinks

Fortunately, sensitive teeth is treatable, whatever the cause may be. Consult your dentist early to identify the cause of the problem and advise you on the proper treatment. Maintaining proper oral hygiene, watching your diet and seeing your dentist/hygienist at regular intervals are very important steps in preventing future teeth sensitivity.

by Ms Victoria LEE NG

一般而言牙齒表面的部分是一種硬外層稱之為琺瑯質，它保護着較軟的象牙質。當琺瑯質受損，象牙質便外露出來。象牙質含有微細的洞，這些洞能直接通往牙齒的神經所在位置。當象牙質外露，遇到冷、熱、酸、甜的食物或受到壓力都可能影響這些神經而造成敏感。一些常見敏感牙齒的成因包括：

- 蛀牙、牙齦疾病/牙齦萎縮 - 當牙齦萎縮，根部牙齒的琺瑯質不再受琺瑯質保護，象牙質便隨之外露引致敏感
- 刷牙太用力
- 刷牙導致琺瑯質磨損
- 補牙填充物磨化把象牙質外露
- 口腔衛生欠佳
- 經常食酸性食物或飲品

幸好，不管什麼原因導致牙齒敏感，它都能治療的。及早諮詢你的牙醫以找出問題成因，並接受適當的治療。保持健康的口腔衛生，注意飲食，定期看牙醫/衛生員是非常重要的步驟以預防日後有敏感性牙齒。

資料由梁明慧牙醫提供

## Endodontics & Periodontics 根管治療和牙周病

Many medical and dental terms are derived from Greek or Latin. "Endo" means "Within" and "Dont" means "Tooth" in Greek, whilst "Peri" is a Greek prefix meaning "Around". Both Endodontics and Periodontics are specialties in dentistry, dealing with prevention and treatment of diseases affecting the inside of a tooth and around the tooth respectively.

Most of the time, these two kinds of diseases have very little interaction with each other. However, in certain clinical situations, they could affect each other in a negative fashion. If severe periodontal disease develops around a tooth and the periodontal infection is deep enough to reach the root tip, then the dental pulp (a space where nerve and blood vessels are located within the tooth) inside the tooth can become infected and deteriorate. Long standing periodontal disease can also irritate the dental pulp and cause calcification of the root canals. This could make future root canal treatment more difficult to carry out. On the other hand, a dead tooth with root canal infection or failed root canal treatment could lead to development of periodontal disease, cause periodontal disease to worsen or delay the healing process after periodontal therapy.

In this type of Endodontic-Periodontic lesion, it is quite likely that both types of treatment would be required in order to resolve the problem.

by Dr. Robert NG

許多醫學和牙科術語源於希臘文或拉丁文。在希臘文中，「根管」是指「以內」，「不要」是前綴「牙」，而「牙周」在希臘語解作「周圍」意思是「周圍」。根管治療和牙周病都是牙的專科，預防和治療分別影響着牙齒的內部和周圍。

大部分時間，這兩種疾病都互不相干。但是，在某些臨床情況下，牠們反而可以相互地影響。若在牙周有嚴重牙周病，此牙周受感染是能影響牙之根尖，這樣的牙髓（在牙齒內的一個空間，配有神經和血管）內的牙齒可能會被感染和惡化。長期的牙周病更可刺激牙髓，造成根管鈣化。這可能使未來的根管治療難以進行。另一方面，受根管感染或根管治療失敗的牙可能會導致牙周病，使牙周病惡化或延緩牙周治療後的癒合過程。

就處理根管和牙周的損害，這很可能要雙管齊下才能把問題解決。

資料由吳邦達醫生提供

## Obstructive Sleep Apnea (OSA) 阻塞性睡眠窒息症

### Definition and symptoms

Obstructive Sleep Apnea (OSA) is a sleep disorder characterized by obstruction of air flow in the respiratory passage during sleep.

There are repetitive pauses in breathing during sleep, despite the effort to breathe and is usually associated with a reduction in blood oxygen saturation. The pauses in breathing called apneas typically last 20 to 40 seconds.

The individual with OSA is rarely aware of having difficulty breathing. It is often recognized as a problem by the spouse as OSA is commonly accompanied with snoring. Symptoms of OSA include daytime sleepiness and fatigue but this may be present for years without identification of the cause. Hypertension and other cardiovascular complications may be present. Less common symptoms are morning headaches, insomnia, poor concentration and mood changes such as irritability, anxiety and depression.

### Risk factors

OSA is more prevalent in middle-aged over-weight patient. People with a receded chin and a short neck are more at risk of developing OSA.

### Diagnosis

OSA is documented by a sleep study known as polysomnography to determine an index called Respiratory Disturbance Index (RDI). It is calculated by dividing the total sleep time into the sum of the total number of apneas plus hypopneas. RDI plays a key role in diagnosing or ruling out sleep apnea and also plays an important role in gauging its severity. RDI of more than 10 with symptoms would warrant further investigations and treatment.

### Treatment

There are many treatment options available for patient with diagnosed OSA. These include non-surgical and surgical approaches depending on the severity of the condition.

### 定義和症狀

阻塞性睡眠窒息症 (OSA) 是一種睡眠障礙，特點是在睡眠時氣流阻塞呼吸通道。

在睡眠時出現重複的呼吸暫停，儘管努力的呼吸，通常會導致其血液中血氧飽和度。這種呼吸暫停通常持續20到40秒之息。

患有OSA的人很少會覺察到自己的呼吸困難。它往往是配偶察覺的，因為OSA患者普遍帶有打鼾的問題。OSA的症狀包括白天嗜睡和疲勞，雖然這可能已出現多年卻沒有確切原因。高血壓和其他心臟併發症可能存在。較不常見的症狀是早上頭痛、失眠、注意力不集中、情緒變化、如焦慮、焦慮和抑鬱。

### 風險因素

OSA於中年過重病人身上較為普遍，尤其以下巴萎縮和脖子人士患OSA的風險較大。

### 診斷

透過多導睡眠電圖測出的呼吸紊亂指數 (RDI) 可確診OSA。它的計算法是將完全沒有呼吸及低度通氣呼吸次數的總和除以總睡眠時間。RDI對診斷或排除睡眠窒息症具關鍵的作用，亦對判斷病情的嚴重程度起着重要的作用。倘若出現10多個有關RDI的症狀，就必要考慮進一步檢查和治療。

### 治療

OSA的病人有許多治療方案可選擇。至於採取手術或非手術的方法則是乎病情嚴重程度而定。

by Dr. Philip LEE Kin Man

資料由李健民醫生提供