



We welcome Vergil Leung to our team this year. Vergil, our new Dental Hygienist, started in our office in May. She graduated with a degree Dental Hygiene from Hong Kong University Space Community College in 2007. Upon graduation, Vergil has been practicing in various private dental practices in Hong Kong. She looks forward to providing you with tips and instructions to maintain good oral health.

Time for a refresh! After a few months of hard work, we are very excited to announce the launch of our newly designed website - www.dentalmirror.com.hk. Our goal with this new website is to provide more information about our services and to create a more user-friendly browsing experience for our patients. Go explore our new pages and let us know what you think at your next visit!

我們歡迎牙齒衛生員梁慧如今年5月加入我們的團隊。慧如在香港大學附屬學院就讀牙科衛生護理並於2007年畢業。畢業後，慧如在幾所香港牙科醫務所擔任牙齒衛生員。她期待為您提供提示和指導，以保持口腔健康。



是時候刷新了！經過幾個月的努力，我們很高興宣布我們新設計的網站。我們希望通過這個新網站給病人更多服務信息和更好的瀏覽體驗。請到 www.dentalmirror.com.hk 參閱我們的新網頁，並下次來接受治療時讓我們知道您的想法！

2019 SEASON'S GREETING

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The Dental Mirror

Dr. William Cheung & Associates
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Dear Friends,

Hong Kong has experienced an extremely turbulent year, to say the least. Since the introduction of the Extradition Bill by the government in June, we have had a large number of protests against the bill and the protests have become increasingly violent with time. I believe the Extradition Bill was only a trigger for many who are dissatisfied with a number of political and social issues such as universal suffrage, expensive housing, widening of wealth gap, immigration policy, medical services, education, etc. that have arisen over the past years. We hope that as members of the big family of Hong Kong, we can find non-violent ways to discuss these issues rationally and inclusively so that we may reach a consensus on how to resolve them.

In Dentistry, we continue to witness the further improvements of digital and 3D printing devices in providing treatment for patients. There has been a lot of development in the area of artificial intelligence (AI) and robotic techniques, but further enhancement and refinement is still needed before it can be used on a routine basis. We will continue to monitor these advancements closely and incorporate them into our practice as they become mature and available.

I continue to be very proud of our team of doctors, nurses and administrative staff in the office because we are not only eager to do our best for you but we also keep up with the latest developments in Dentistry so that we can offer the best care to you. We thank many of you who have given us positive comments throughout the year but we also welcome comments and suggestions on how we can serve you better.

Please join me in welcoming our newest addition, Vergil Leung, who is a very experienced Dental Hygienist. On behalf of the entire team, I wish you all a blessed Christmas and a healthy and prosperous New Year! Let's look forward to a better Hong Kong in 2020!

Your friend,
Dr. William Cheung

親愛的朋友們，

香港經歷了非常動蕩的一年。自 6 月份政府提出《引渡法案》以來，香港市民對該法案進行了大規模抗議，抗議活動隨著時間變得越來越暴力。我相信《引渡法案》只是引發市民在過去多年對普選、昂貴的住房、貧富差距、移民政策、醫療服務、教育等許多政治和社會的問題表達不滿。希望作為香港這個大家庭的成員，我們可以找到非暴力方式，合理和包容地討論這些問題，以便我們解決而達成共識。

在牙科領域，我們繼續見證數碼化和 3D 打印設備為病人提供治療方面的進一步發展和改進。人工智能 (AI) 和機械人的技術領域仍有許多發展空間；同時它們仍需要作進一步強化和改進，以便常規使用。我們將繼續密切關注這些發展，並在恰當時採用這些技術。

我為我們的醫生、護士和行政人員所組成的團隊感到非常自豪，因為我們不僅竭盡所能，而且還會緊貼著牙科領域的最新發展，以便為您提供最優質的服務。我們感謝許多人在過去一年中給我們的正面評價，日後也歡迎大家提出意見和建議，以幫助我們為您提供更好的服務。

請和我一起歡迎新加入我們團隊經驗豐富的牙齒衛生員，梁慧如。我代表整個團隊，祝大家聖誕節和新年快樂，身體健康！在 2020 年讓我們期待一個更好的香港！

您的朋友
張偉民醫生





Tapping into the “Wellness” Trend 進入“身體和精神的健康”趨勢

Dr. Stefani Cheung 張力琳醫生

2019's buzzword has been “wellness” - we have seen a plethora of diets come and go, airport lounges have added yoga and meditation areas, and fashion has moved increasingly into the realm of athleisure. Since our mouths are intricately connected to the rest of our bodies, it stands to reason that our oral health should also contribute to our overall wellness.

In fact, since 2010, multiple scientific studies have shown a link between oral health, overall health, and even happiness. From a psychological standpoint, those who smile more tended to score higher on a happiness scale, most likely reflecting a confident demeanor. From a physical standpoint, those with oral diseases, many of which cause inflammation, were found to be at a higher risk of systemic diseases such as heart disease, diabetes, gastrointestinal disturbances, and pregnancy complications.

Looking to make wellness your goal in 2020? Here's a few ideas for how you can improve your oral health along the way:

Pair your flossing and brushing routine with a mindfulness exercise to give yourself a few extra quiet moments as you wind down for the evening.

Honor your body by avoiding foods and beverages that are high in sugar or heavily processed, and enjoy the health benefits to both your mouth and gut.

Come see us at regular intervals and let us help you achieve a happier and healthier you!

2019 年的流行語是“身體和精神的健康” - 我們已經看到了很多節食方法，機場休息室增加了瑜伽和冥想區域，時尚也開始進入運動休閒領域。由於我們的嘴巴與身體的其他部分有著複雜的聯繫，因此我們的口腔健康也會有助我們的整體健康。

實際上，自 2010 年以來，多項科學研究表明口腔健康，整體健康乃至幸福之間存在聯繫。從心理學的角度來看，微笑多的人往往幸福感得分較高，這最有可能反映出自信的舉止。從身體的角度來看，發現許多患有口腔疾病的人患心臟病，糖尿病，腸胃疾病和妊娠併發症等疾病風險較高。

想要使健康成為 2020 年的目標嗎？以下是一些有關如何改善口腔健康的建議：將您的牙線和刷牙習慣與靜觀想法結合，在晚上休息時給自己一些安靜的時刻。

愛惜您的身體，避免食用含糖量高或大量加工的食物和飲料，從而享受口腔和腸道帶來健康益處。

定期來讓我們為您提供口腔的護理和檢查，可以幫助您更快樂，更健康！





Help, my baby is turning into a baby shark!

救命，我的寶寶正變成鯊魚！

Dr. Ellen Yiu 姚靄安醫生

While we know that an adult tooth usually erupts beneath a baby tooth, forcing the baby tooth to fall out, sometimes an adult tooth will form and grow out behind the baby tooth instead. This can happen if the baby tooth takes an unusually long time to fall out or if the child's teeth are crowded.

Although it may seem unusual, this is a far more common occurrence than most people think. It is most common in six to seven year old children, and usually affects the lower front teeth, and sometimes the upper front teeth.

If you notice an adult tooth behind your child's baby tooth, don't panic! If the tooth is even slightly loose, the best thing you can do is to encourage your child to wiggle the baby tooth with twisting and side to side motions. This will help encourage the baby tooth to fall out and allow the adult tooth more space to move.

If the baby tooth refuses to come out despite trying to coax it out manually and hasn't budged after a good few weeks, then a trip to our office for an examination would be advisable for reassurance and to rule out any possible complications.



雖然我們知道恆齒通常會在乳齒下方生長，迫使其脫落，但有時恆齒會形成並在乳齒後面長出。如果乳齒需要很長的時間才能掉出來，或孩子的牙齒很擁擠，就會發生這種情況。

儘管這似乎很不尋常，但這種情況比大多數人想像的要普遍得多。它最常見於六至七歲的兒童，通常會影響下前牙，有時甚至會影響上前牙。

如果您發現孩子的乳齒後面有恆齒，不要驚慌！如果乳齒甚至稍微鬆動，最好的辦法是鼓勵孩子通過扭動和左右擺動乳齒來助它脫落，並讓恆齒有更多的移動空間。

如果試圖用手移動乳齒但仍未脫落，並且在幾個星期後乳齒仍未萌芽，那麼建議您向我們的醫生諮詢，以確保安全並排除任何可能的併發症。

Gum disease can affect your general health

牙齦疾病可影響您的整體健康

Dr. Simon Ho 何錦源醫生

Gum disease (Periodontitis) is a common type of oral disease affecting the supporting structures of the tooth. In Hong Kong, one in twelve adults suffer from severe gum disease (Oral Health Survey 2011). Symptoms include gum recession, bleeding gums, bad breath, and severe bone destruction leading to tooth mobility and tooth loss. Bacteria in the form of dental plaque, which adheres to tooth or root surfaces, is the primary cause of gum infection. There is growing evidence that patients who suffer from severe gum disease are at increased risk of developing or complicating pre-existing systemic illnesses such as atherosclerosis, coronary heart disease, and diabetes. Severe gum disease may even lead to adverse outcomes in pregnancy, including premature birth and low birth weight. These systemic side effects occur when infection associated with gum disease enters the circulation, triggering an inflammatory reaction on a cellular level throughout the whole body. Therefore, it is important to maintain healthy gums and to treat gum disease promptly in order to minimize the potential damage to oral structures and your overall health.

牙齦疾病（牙周炎）是一種影響牙齒支撐結構的常見口腔疾病。症狀可包括牙齦（牙肉）出血和收縮，口臭，嚴重破壞骨骼而導致牙齒鬆動和脫落。在香港，十二分之一的香港成年人患有嚴重的牙齦疾病（《口腔健康調查》2011年）。牙齦感染的主要原因是牙菌附在牙齒或牙根表面。越來越多證據顯示，患有嚴重牙齦疾病的患者可能患身體其它疾病的風險較高。他們患動脈粥樣硬化的機會可能更高。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併發症。嚴重的牙齦感染可能與不良的妊娠結果有關，包括早產和出生體重偏輕。據推測，牙齦感染可以成為感染的原因，並影響口腔身體的組織。因此，最重要是保持牙齦健康並及時接受治療來減少對口腔和身體造成的潛在損害。

Professional Fluoride Treatment

氟化物的專業處理

Ms. Victoria Leung 梁明慧小姐



Typically, the last step of the teeth cleaning process is the professional application of fluoride. During the fluoride treatment, fluoride is placed onto teeth in the form of foam, gel, rinse or varnish. It only takes several minutes to apply. Then, you will be asked to avoid eating, drinking, or rinsing for 30 minutes after the treatment to ensure maximum fluoride absorption.

Professional fluoride treatment is standard for most children. Adults who have a moderate to high risk of tooth decay may be recommended to also incorporate fluoride treatment as part of their regular dental plan. Depending on your oral health, fluoride treatment may be recommended every 3, 4, or 6 months. This procedure has been scientifically proven to be safe.

The concentration of fluoride used in professional fluoride treatment is much higher than what is found in tap water and in toothpaste. It offers additional protection using a safe and effective concentration to prevent decay, arrest and reverse early decay, because while treating decay is important, preventing decay is best - this is where fluoride comes in!

牙齒清潔過程的最後一步是氟化物的專業處理。在氟化物的專業處理過程中，氟化物以泡沫、凝膠、黏液或沖洗的形式放置在牙齒上。整個程序只需幾分鐘即可完成。然而，在治療後的 30 分鐘內避免進食，飲水或沖洗，以確保牙齒有效地涉取氟化物。

氟化物的專業治療是大多數兒童的標準做法。有中至高度蛀牙風險的成人，建議將其作為常規牙齒計劃的一部分。根據您的口腔健康狀況，建議每 3、4 或 6 個月進行氟化物治療。這種療程對人體是絕對安全的！

氟化物的專業處理中使用的氟化物濃度遠高於水和牙膏中的氟化物濃度。當使用安全及有效濃度的氟化物有助提供額外的保護，以對抗、防止蛀牙並逆轉早期蛀牙。治療蛀牙是很重要，但預防勝於治療。這就是氟化物的重要性。