



THE DENTAL MIRROR

KNOW MORE ABOUT “WISDOM TEETH”

By Dr. K M Lee



Third molars are commonly known as “wisdom teeth” which erupt around the age of 18. Most wisdom teeth are either completely impacted or only partially erupted. Incomplete eruption leads to food trapping around the tooth serving as a reservoir for bacterial growth and subsequent infection. Impacted wisdom teeth can cause other problems like decay of the adjacent tooth as a result of food trap, development of cyst and tumor.

In many cases, these are ongoing problems without any symptom. By the time symptoms are noticed, treatment may become more complicated. Therefore, it is better to remove these impacted and partially impacted wisdom teeth at an earlier stage before they begin to cause problems.

The removal of wisdom teeth is considered minor oral surgery. However each patient is carefully evaluated before the operation to determine his / her health status as well as the type of anesthesia needed.

Like every operation, the removal of wisdom teeth has certain degree of risks. In some situations, the teeth may be situated close to a nerve in the jaw and if the nerve is injured during surgery, the lip and / or tongue may become numb to various degrees either temporarily, or in some rare cases, permanently. Since the risk is different for different patients, it is better to consult your surgeon before the operation.



智慧齒知多點

資料由李健民醫生提供

第三隻大牙通常被稱為“智慧齒”，約在十八歲時才長出。多數智慧齒是完全受阻或只是部分受阻。不完全的生長導致牙齒周圍的位置殘留食物的渣滓，使細菌得以滋長誘發感染。阻生的智慧齒則會引致其他問題，如食物殘留使鄰近牙齒受蛀，引發囊瘡和腫塊。

有很多情況下，問題出現了卻毫無徵兆。當徵狀顯露時，治療上可能已變得複雜。故此，在問題出現前盡早脫除阻生或部分阻生的智慧齒會較好。

脫除智慧齒被視為小手術，但每一個病人在手術前需被小心評估他／她的健康狀況及所需麻醉藥的種類。

就像其他手術，脫智慧齒具某程度上的風險。在一些情況下，牙齒若處於近顎骨之神經位置。如果神經線在手術中受到傷害，口唇和/或舌頭或會產生不同程度上的麻痺，有短暫性，在罕有的情況下，或會是永久性的。由於不同病人承受不同程度的風險，最好在手術前先諮詢你的牙醫。



THE DENTAL MIRROR

CALCIFIED ROOT CANALS

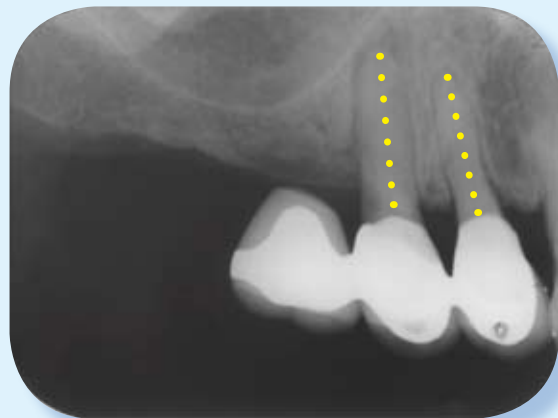
By Dr. Robert Ng



When we carry out root canal treatment, it is our aim to locate, firstly all the root canals in the tooth (there can be more than one) and then to clean and prepare them all the way down to the root apices. However, several challenges exist when we try to achieve these aims and one of them is a calcified root canal.

When our teeth first erupt into the mouth, the root canals are usually wide and easily identified on x-rays. With the passage of time, a root canal will become narrower as it slowly calcifies. This is considered a normal process. However, there are other occurrences affecting a tooth that might cause its root canal(s) to calcify at an abnormally higher rate. These include trauma, dental decay, gum disease, deep or extensive fillings, fabrication of crowns or bridges, presence of crack or fracture lines and habitual tooth grinding. All the above situations would stimulate the tissues inside the root canals and in order to protect itself from the stimulants, calcification of the root canals will be initiated.

Root canal treatment of a tooth with calcified root canals is more complex and time-consuming. It requires more time to find the openings of the root canals inside the tooth and to prepare the entire root canals down to the root tips. Nevertheless, it is possible to achieve a good result if due care and attention have been paid unless the canals are completely blocked.



Calcified root canals in a 70 years old patient that are hard to locate.
七十歲病人的根管因被鈣化而是難於覺察



A typical wide root canal in a 10 years old patient.
十歲病人的根管是有正常的闊度

鈣化了的根管

資料由吳邦彥醫生提供

我們進行根管治療時，首先要確認牙齒內包含多少條根管並定位，進行清潔後，準備深入它們的根尖。但是，當我們嘗試達致這個目的時會出現不少障礙，如根管出現鈣化便是其中之一。

口腔長出牙齒時，根管通常是闊的和容易被X光確認的。隨着時間過去，由於根管漸漸被鈣化而變得狹小，此乃正常的過程。可是，有其他的情況會影響着牙齒或會加劇不正常的鈣化。這些因素包括牙髓創傷、蛀牙、牙周疾病、深或廣的補牙、牙冠或牙橋的裝配、裂縫或裂紋的出現和慣性磨牙。以上的因素會刺激根管內的細胞引發根管鈣化以保護自己對抗刺激源。

有鈣化根管的蛀牙根治治療變得複雜和費時。它需要更多時間去找出牙齒內的根管入口，以準備完全深入整條根管至末端。除非根管完全被阻塞，只要有悉心的照顧和護理是有機會達致良好效果的。



THE DENTAL MIRROR

HOW TO CARE FOR YOUR CHILD'S TEETH

By Dr. Ellen Yiu



Good dental hygiene habits should begin before your child's first tooth comes in. Wiping your baby's gums with a soft damp cloth after feedings helps to prevent the buildup of bacteria. When teeth appear, start using a soft children's toothbrush twice a day.

Once your child is around 2 or 3, start using toothpaste.

A small pea-sized amount is just right. Young children tend to swallow most of the toothpaste, and swallowing too much fluoride toothpaste can cause permanent stains on their teeth.

What about using fluoride tablets?

Fluoride helps make teeth strong by hardening the tooth enamel. The water in Hong Kong is fluoridated, so fluoride supplement is not recommended.

Is my child at risk for cavities?

Your child might be at risk for cavities if he or she eats a lot of sugary foods (such as raisins, cookies and candy) and drinks a lot of sweet liquids (such as fruit juice and punch, soda and sweetened drinks).

Bottle Mouth

Baby bottles can create additional problems with your child's dental health. When liquid from a bottle (eg milk and juice), stays in contact with the teeth for a long time, the sugars cause widespread tooth decay. This condition is called bottle mouth. Your baby's teeth develop cavities and become pitted or discoloured. Never put a baby to bed with a bottle, unless it contains plain water. Don't let your child walk around during the day with a bottle, and teach your child to use a drinking cup around his/her first birthday.

Is thumb-sucking bad for my child?

It's normal for children to suck their thumbs, their fingers or a pacifier. Most children give up this habit on their own by age 4, with no harm done to their teeth. If your child still has a sucking habit after age 4, let us know and we will watch carefully for any problems as the teeth develop.

When should I start taking my child to the dentist?

I recommend that parents take their child to see us around his/her first birthday. This lets your child become comfortable

with seeing a dentist. It also establishes the good habit of regular dental check-ups. The last thing you want is for the child to see a dentist for the first time while under pain and stress. This is how a phobia is often created!

如何護理孩子的牙齒

資料由姚靄安醫生提供

良好的口腔衛生習慣應在孩子未長出牙齒時便要開始。在哺乳後，使用濕而柔軟的布擦嬰兒的牙肉可減少細菌的增長。當牙齒出現，可開始使用小童軟毛牙刷一天兩次。

當小童約兩至三歲便可開始使用牙膏，用量以小豌豆的大小最為恰當。幼童較易吞下大部分的牙膏，亦同時吞下過多牙膏內的氟素，以致在牙齒上產生永久的污點。

氟片的使用？

氟有助強化牙齒的琺瑯質使牙齒更鞏固。香港的食水已加入氟，所以不建議使用氟的補充劑。

我的孩子會有蛀牙的問題嗎？

你的孩子可能有蛀牙的問題，如他/她喜愛吃很多甜的食物（如葡萄乾、曲奇餅、糖果）和飲很多甜的飲料（如果汁、賓治、梳打和甜的飲品）。

奶瓶嘴

奶瓶能夠造成小孩更多口腔的健康問題。當奶樽的飲料（如奶和果汁）停留在牙齒上一段時間，糖分會造成廣泛的蛀牙，這個情況稱為「奶瓶嘴」。乳齒出現蛀牙時，會形成凹陷或變色。不要給在床的嬰兒使用奶樽，除非載的只是清水，更不要讓你的寶寶用着奶樽四處逛，要教小朋友於一歲後使用水杯。

吸手指對小孩有害嗎？

小朋友不論吸手指、手指或奶嘴都是很平常的。很多小朋友於四歲戒除這個習慣而對牙齒無任何的損害。如果小朋友四歲後仍未戒除，請讓我們知道以觀察對牙齒發展有何影響。

我何時需要帶小朋友看牙醫呢？

我建議於一歲後便帶小朋友看牙醫，讓他們自在看牙醫之餘，更建立定期檢查的良好習慣。如果第一次見牙醫就有蛀牙而令到小朋友感覺到痛和壓力，那麼恐懼便會形成。





THE DENTAL MIRROR

PREGNANCY AND ORAL HEALTH

By Miss Samantha Law

During pregnancy, you may find that your gums may bleed more easily after brushing or flossing, this is due to the fact that hormonal changes causes blood vessels in your body to dilate. Your gums are also more sensitive to the bacterial plaque that builds up around your teeth, which could make you more susceptible to infections.

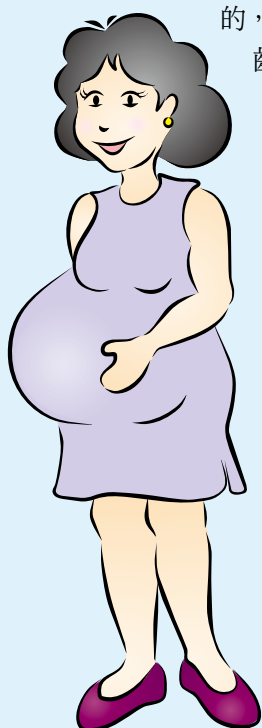
Good oral health is important during pregnancy as well as a good diet. That's why meticulous oral hygiene is even more important during pregnancy. Calcium is one of the most important elements to healthy teeth and bones. Your child will take what it needs at your expense if your diet is lacking it, so make sure that you take enough supplements to keep both mother and child healthy. Vitamin C and D help in the absorption of calcium. Good sources can be obtained from dairy products such as milk, cheese as well as oily fish, fresh fruit and leafy vegetables.

Recent research suggests a possible link between gum disease and premature and low birth weight babies. Bacteria found to cause gum disease can enter the blood stream through the gums, travel to the uterus and produce a chemical reaction that may induce premature labor. Dental cleaning and examination are important during pregnancy to screen for signs of gum disease and tooth decay since the taste buds may favor sugary or acidic foods. You may even be asked to return for more frequent dental cleaning to help control bleeding gums if a problem is diagnosed.

懷孕與口腔健康

資料由羅桂蘭姑娘提供

當懷孕時，你可能發現刷牙或使用牙線時牙肉較容易出血，此是因為荷爾蒙的轉變導致身體血管擴張。你的牙肉傾向對於牙齒周圍的牙菌膜較敏感，此會令你較易受感染。



在懷孕期，良好的口腔健康和飲食是重要的，故此需要更重視深入口腔護理。鈣是對牙齒及骨骼健康其中一種重要原素。如果飲食中有所缺乏，嬰兒便會消耗你身體上的以吸取所需，所以你要服用足夠的補充劑以保障媽媽和小孩的健康。維他命C和D是有助吸收鈣質。奶類食品，如牛奶、芝士、含油分多的魚類、鮮果和多葉的蔬菜都是好的來源。

近日究顯示牙肉疾病與早產和過輕嬰兒可能彼此具相關性。細菌引發牙肉疾病透過牙肉進入血管，流入子宮，產生化學反應導致早產。由於味蕾可能較喜愛甜和酸的食物，洗牙和牙科檢查對於鑑察牙肉疾病和蛀牙的徵兆十分重要。當診斷出問題時，你可能需要較頻密的洗牙以控制牙肉出血的問題。

OFFICE UPDATE 公司動向

We wish to congratulate Aries, one of our Dental Surgery Assistants who tied the wedding knot earlier this year. Aries has been working in this office for almost 9 years and all of us wish Aries and her other half a lifetime of love and happiness.

我們恭祝其中一位牙醫助護Aries於今年初結婚了。Aries已為我們服務差不多九年。我們在此祝福Aries和她另一半永遠甜甜蜜蜜、開開心心。



THE DENTAL MIRROR

OFFICE UPDATE 公司動向

We welcome Ms Florence Chan as our new Administrative Assistant. Florence has worked in another dental office for over 7 years before joining our team. She is mature and friendly and she looks forward to helping you with your appointments as well as other front office related tasks.

我們歡迎新行政助理Ms. Florence Chan。Florence加入我們隊伍之前曾於另一間牙科診所工作七年多。她成熟、友善，並期望協助大家預約及其他前堂的相關事宜。



Dr. William Cheung & Associates

Dental Surgeons

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December 2007

A WORD FROM DR. WILLIAM CHEUNG

Dear Friends,

It is great to see a generally good economy around the world this year, particularly in Mainland China and Hong Kong. I'm thankful that this has also been a good year for our office, my family and myself.

In addition to Sam, our Dental Hygienist, Dr. Ellen Yiu and myself who are general restorative dentists, we have brought on board Dr. Robert Ng who is a restorative dentist as well as an Endodontist specializing in root canal treatment and Dr. Philip K. M. Lee, an Oral & Maxillofacial Surgeon who specializes in oral surgery since a few years ago. We now have a team that practices almost all aspects of Dentistry. This is our way to ensure that you get the best dental care by the various specialists in the same office because we can discuss challenging cases and plan treatment together as a team.

This year, the younger of my two daughters Liana (see picture) began her study at the University of Pennsylvania where she has been accepted into the 7-year Bio-Dental program. I am very proud and honored that she, like her older sister Stefani, is also interested in pursuing Dentistry as a profession.

In April this year, I was appointed by the FDI World Dental Federation to be their Continuing Education Programme Manager for Asia Pacific. My responsibility is to promote continuing dental education by organizing lectures and workshops for different countries in this part of the world. I am honored to assume such an important task, as I have always been passionate about continuing education myself for all my professional life. I hope I can help my colleagues in other countries to raise their standard of care so that they can improve oral health of the people in their own countries.

It is our hope that all of you will do well as we move into another new year. On behalf of our entire team, I wish you a joyous holiday and a healthy new year.

Your friend,
Dr. William Cheung

張偉民醫生的話

親愛的朋友們：

很高興見到今年全球經濟普遍向好，尤其在中國大陸和香港。我更感謝今年在工作、家庭及個人上都是順利的一年。

羅桂蘭姑娘是我們的牙齒衛生員、我和姚靄安醫生都是修復科醫生外，吳邦彥醫生同是修復科醫生，也是牙髓治療專科醫生，專長作根管治療，而李健民醫生則是口腔頷面外科專科醫生，專門作口腔頷面治療。他倆都是近年來才加入我們的隊伍。現在我們的醫務所已差不多具備全面的齒科治療。我們整體隊伍會一起討論艱深個案和計劃治療方案，以確保閣下能享有不同專科最好的牙齒護理。

今年，我的幼女Liana（見圖）在美國賓夕凡尼亞州大學開始她的學業。她接受了為期七年的生物牙科課程。我感到非常驕傲並引以為榮，因她就像她姐姐Stefani一樣同樣有志從事牙科這個專科行業。



於本年四月，我被世界牙科聯盟委任為亞太區持續教育課程經理，舉辦不同課程及工作坊以推動亞太區國家持續牙科教育。本人十分榮幸能擔此重任，因為我一向熱衷於在自己的專業生涯上不斷增值，我希望能幫助不同國家的同事在護理水平上有所增長，從而改善各國人口口腔的健康。

我希望大家在來年事事如意，並代表全人祝大家有一個愉快的假期、在新一年健健康康。

你的朋友
張偉民醫生

