ne Jenta Mittor Dr. William Cheung & Associates



It's been three years since the beginning of the COVID-19 pandemic and we have been hit by different waves of the outbreak over time. In addition to illnesses and deaths, our lives are severely affected by various measures in order to control the pandemic. These include social distancing measures such as mask wearing, limited number of people in social gathering and having a meal together, school classes interrupted from time to time, travel restrictions with quarantine requirements, etc., etc. These are not only affecting our daily lives but also our mental wellbeing. Last but not the least, our economy has suffered severely.

By now, over 80% of Hong Kong people have received at least three doses of the vaccine against COVID-19 and many of the remaining population are likely to have been infected. Therefore, we have achieved a high degree of protection against the virus between the two. This is why the quarantine requirement can be relaxed. Going forward, I believe we have to learn to live with COVID-19 and one of the most important things is our duty to protect ourselves and others by getting a booster vaccine from time to time. In addition, we must also fulfil our civic duty to quarantine ourselves in case we are infected so that we are not transmitting it to our family, friends and colleagues as this disease is highly contagious. We must also be on guard against new variants from time to time. Therefore, our office is still exercising precautions to conduct preliminary screening through health declaration, symptomatic checks and rapid antigen test to rule out the obvious so that we minimize the chance of transmitting the disease to anyone!

Meanwhile, the dental profession moves forward with the latest progress in technology such as digitalization of equipment and clinical procedures, 3D printing, laser devices, etc. I'm happy to report that we are fully digitalized and we continue to upgrade our office to incorporate the latest technology to help us with better diagnosis and improved treatment outcome. We also train our staff in the use of technology and to provide better customer service on a continuous basis.

Last but not the least, we started a practice of decorating our Christmas tree with your comments a couple of years ago. With every comment we receive from you, we will donate a certain amount to a local charity so that we can share the joy of giving. Please help us to help others so that we can all share the joy of the Christmas season together! Merry Christmas and a Healthy 2023!

> Your friend, Dr. William Cheung



親愛的朋友們,

自新型冠狀病毒病開始這三年多以來,我們經歷了一波又一 波的爆發。除了疾病和死亡個案,我們的生活亦嚴重受到影 響,包括口罩令、社交距離措施、聚會及用餐人數限制、學 校不時停課,及旅行檢疫限制等等。這些不僅影響我們的日 常生活,還影響我們的心理健康。最後,香港以及全球的經 濟都因此遭受到嚴重打擊。

到目前為止,超過八成的香港人已接種至少三劑新冠疫苗, 而許多剩餘人口可能已曾經被感染。因此,我們在兩者之間 已得到對病毒的高度防護,而這就是檢疫要求可以放寬的原 因。展望未來,我相信我們必須學會與新型冠狀病毒病共存, 而最重要的是定期接種加強疫苗來保護自己和他人。此外, 由於這種病毒具有高度的傳染性,我們必須履行公民責任; 如不幸被感染就務必做好隔離措施,以免傳染給家人、朋友 和同事,及不時提防新變種。由於我們的醫務所每天都在應 診,我們仍在採取預防措施;通過健康申報、症狀檢查和快 速抗原檢測進行初步篩查,以盡量減低感染他人的機會!

與此同時,牙科行業隨著設備和臨床程序數碼化、而 3D 打 印、激光設備等技術也不斷發展。我很高興地宣布我們的醫 務所已經完全數碼化,及繼續引入提升診斷和治療結果的最 新技術。此外,為給予病人更好的體驗,我們所有員工都會 持續進行技術及客戶服務培訓。

最後但同樣重要的,幾年前我們開始了「聖誕微笑計劃」, 邀請所有來到我們醫務所的病人寫下聖誕願望並掛在我 們的聖誕樹上。您們寫的每一個聖誕願望,我們都會向 當地的慈善組織捐贈一定的金額,讓我們

分享捐贈的喜悦。請協助我們幫助他 人,讓我們一起分享聖誕節的歡樂! 祝大家聖誕快樂,2023年健康!

您的朋友

張偉民醫生







Calcified Root Canals 鈣化了的根管

Dr Robert Ng 吳邦彥醫生

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.

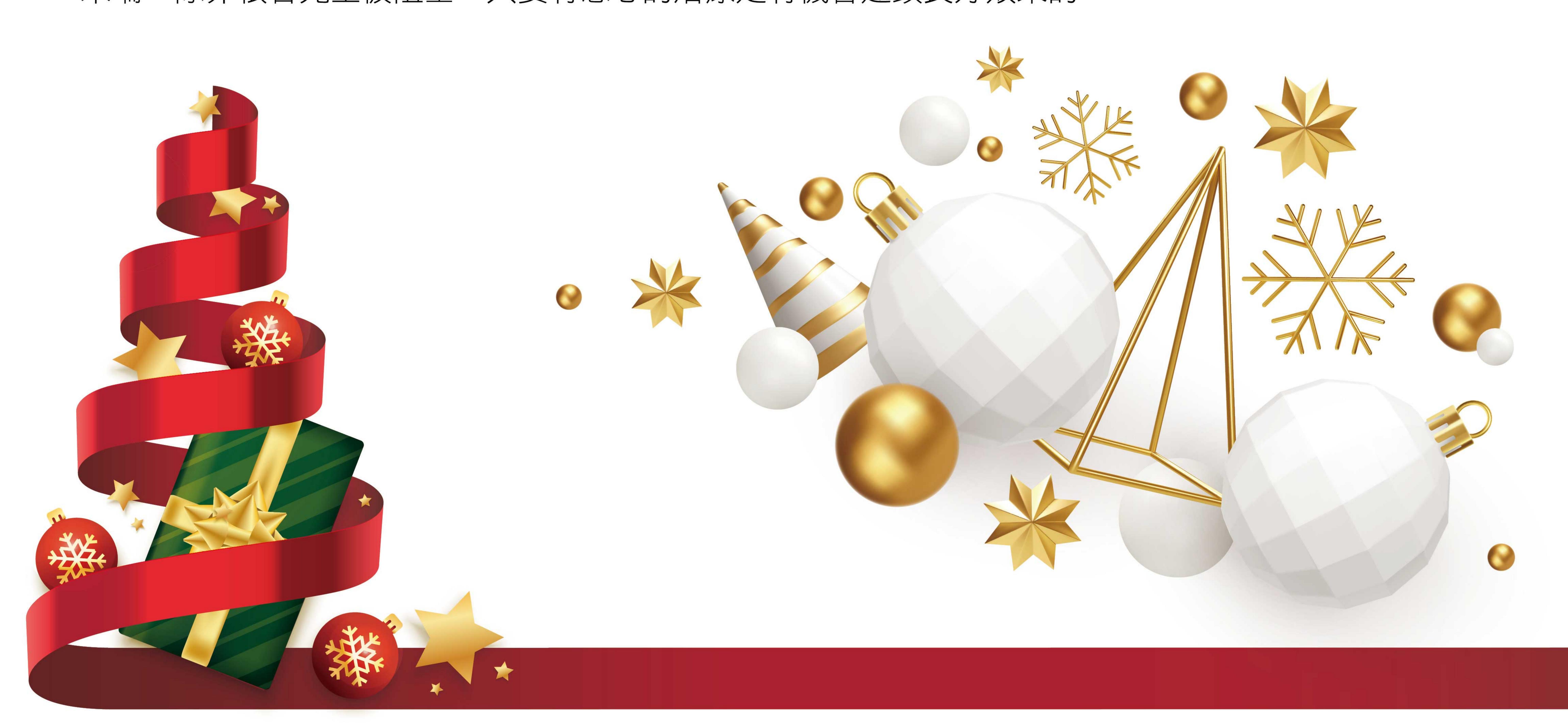
When our teeth first erupt into the mouth, the root canals are usually wide and easily identified on x-rays. With the passage of time, a root canal will become narrower as it slowly calcifies. This is considered a normal process. However, there are other occurrences affecting a tooth that might cause 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.

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,進行清潔時,要深入它們的根尖。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×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敏源。

有鈣化根管的杜牙根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,只要有悉心的治療是有機會達致良好效果的。





Dr. Stefani Cheung 張力琳醫生

Did you know that the total surface area of gums surrounding your teeth is approximately equivalent to the size of the palm of your hand? What if you woke up one morning, touched your hand, and it spontaneously started bleeding- would you immediately call your doctor to make an appointment to get it checked out? How about if you were brushing your teeth and your toothbrush emerges with red blood stains- would you call your dentist right away?

The truth is, whether inflammation is on our hands, in our gums, or in our guts, it is an indication of something that's not quite right. In healthy individuals with functioning immune systems, the inflammatory response is our bodies' mechanism of healing injuries, or eliminating toxins from foreign pathogens, such as bacteria and viruses. But in cases where our bodies are not able to successfully expel the disease-producing agents and heal themselves, the immune system can begin to attack the body's own healthy cells, confusing them for harmful ones. This type of "chronic" inflammation can result in a cascade of other health problems such as heart disease, Type 2 diabetes, arthritis, depression, Alzheimer's disease, and even cancer.

The good news is, there are simple ways to break this inflammatory cycle! We just have to lead a healthy lifestyle- more exercise and quality whole foods, less alcohol and tobacco- and treat acute inflammation as soon as possible. This is where we at Dr. William Cheung & Associates can help: (1) at each cleaning appointment you can rest assured that we meticulously remove traces of tartar, which harbor bacteria, from the surfaces of your teeth and under your gums; (2) we spend extra time coaching you on how you can keep your teeth clean at home, so you don't develop as much inflammation; and (3) we suggest an optimum maintenance routine for you to prevent inflammation from turning into a chronic issue.

Scientific research has shown that with healthier gums, you actively lower your risk of developing up to 50 different types of illnesses. So what are you waiting for? Let us help you make 2023 your healthiest year yet!

您知道牙齒周圍的牙齦的面積是大約您手掌的大小嗎?如果您有一天早上醒來,摸了摸自己的手,就開始自發地流血 — 您會立即打電話給醫生預約檢查嗎?然而,如果您在刷牙時牙刷上出現紅色血跡,您又會馬上打電話給牙醫嗎?

事實是,無論炎症是在我們的手上、牙齦上還是內臟上,這都反映身體出現異常。炎症反應是我們在具有正常的免疫系统下,修復身體損傷或消除外來病原體(如細菌和病毒)毒素的機制。但是,如果我們的身體無法成功排出毒素並自我復原,免疫系統就會混淆為有害細胞而開始攻擊自身健康的細胞。這種慢性炎症可導致一系列的健康問題,如心臟病、二型糖尿病、關節炎、抑鬱症、阿爾茨海默病,甚至癌症。

幸好有些簡單的方法可以打破這種炎症循環!我們只需要保持健康的生活方式,多運動、進食優質的天然食品和減少煙酒,並及早治療急性炎症。這就是我們張偉民醫生牙科醫務所可以提供協助的地方:(1)在每次清潔牙齒治療時,我們會一絲不苟地從您的牙齒表面及牙齦內去除含有細菌的牙垢污漬;(2)指導您如何在家中保持牙齒衛生,減低發炎的機會;(3)為您建議最佳的保養程序,以防止變成慢性炎症。

科學研究指出,擁有健康的牙齦可降低患上多達五十種不同類型疾病的風險。您還在等什麼?讓我們幫助您讓 2023 年成為您最健康的一年!





Frequent neck pain, headaches or shoulder tension? 您有經常頸部疼痛、頭痛或肩痛嗎?

Dr. Steven Poon 潘冠名醫生

All of the above maybe symptoms of what is known as Myofascial pain syndrome. It is caused by tension, fatigue, or spasm in the muscles that control the chewing movements of the jaw and the joint known as the Temporomandibular Joint, or TMJ. Symptoms include pain and tenderness in and around the ear, corner of the jaw and headache. However, they are not limited to the jaw area only. Clinical examination often reveals pain also extends to the neck, the shoulder and the back via some triggering points.

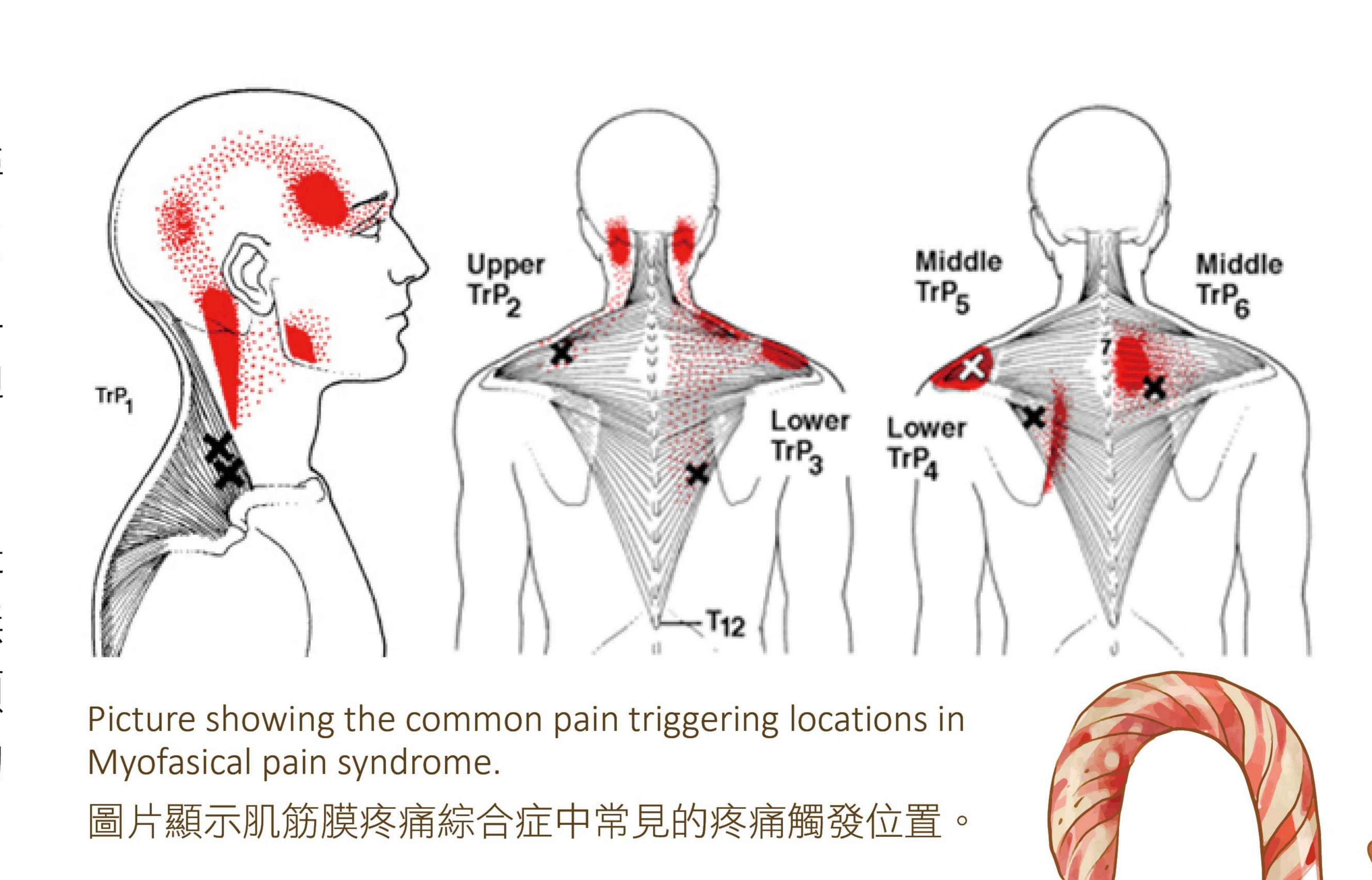
Bruxism is one key contributor of the myofascial pain syndrome. It is the involuntary rhythmic grinding, gnashing or clenching of teeth. Consistent bruxism can unconsciously harm the teeth, their supporting bone, jaw muscles and TMJ. In our experience, this is a relatively common habit that frequently results in dental complications such as sensitive teeth, cracked teeth and tooth mobility, etc. While bruxism is strongly related to emotional stress, certain medications can also cause bruxism.

Most people who exercise bruxism would do it at night after they fall asleep even though they may not do it every night and they may not do it all night long on a particular night. Therefore, the undesirable consequences of bruxism can be easily prevented by the use of an occlusal appliance at night, known as night guard therapy. In some cases, it may be necessary to prescribe a short course of pain medication and muscle relaxant, if indicated.

以上所有症狀都可能是由肌筋膜疼痛綜合症而引起的。它是由控制下頜和稱為顳下頜關節的咀嚼 肌緊張、疲勞或痙攣而引起的。症狀包括耳朵內 和耳朵周圍的疼痛和壓痛、下頜角痛和頭痛,但 其實不僅限於下頜區域。臨床發現疼痛還可以通 過一些觸發點延伸到頸部、肩部和背部。

磨牙症是肌筋膜疼痛綜合症的主要誘因之一,它是不自覺而有節奏的磨牙和咬牙。持續的磨牙症會無意識地傷害牙齒、它們的支撐牙骨、下頜肌肉和顳下頜關節。根據我們的經驗,這是一個比較常見的習慣,可導致敏感牙齒、牙齒破裂和牙齒移動等,嚴重情況下甚至需要牙科治療。雖然磨牙症與情緒壓力密切相關,但某些藥物也可導致磨牙症。

大多數有磨牙症的人士會在入睡後磨牙,但並不一定是每晚或整個晚上都磨牙。因此,夜用護齒 牙箍可以預防磨牙症的帶來損害,而某些情況下 服用短期止痛藥和肌肉鬆弛劑可舒緩情況。









Halitosis 口氣

Ms. Victoria Leung 梁明慧小姐

What is halitosis?

Halitosis is a medical term for bad breath. It is common, even in healthy people. According to research, halitosis affects approximately 25% of people. For some people bad breath is a chronic problem that affects their personal and social life, causing a loss of self-esteem and confidence.

What causes halitosis?

People with the following lifestyles or conditions are more likely to suffer from halitosis:

- 1. Poor oral hygiene
- 2. Oral disease (e.g. Gum disease, tooth decay, dry mouth, etc.)
- 3. Medical conditions (e.g. Diabetes, gastrointestinal disorder, some types of cancer, liver failure, respiratory infection, etc.)
- 4. Others (e.g. Smoking, tobacco use, certain food, etc.)

What is the treatment?

The type of treatment depends on the underlying cause of halitosis. The best way to "treat" bad breath is to prevent it. Practicing good daily oral hygiene (i.e. brushing, flossing, tongue cleaning) and adopting a healthy lifestyle are the first steps towards halitosis prevention. But please remember, mouthwashes only mask the odor caused by halitosis, it is not a substitute for good oral hygiene.

Regular dental visits can help manage causes related to oral health. For chronic halitosis, please also consult your healthcare provider for a diagnosis of any medical condition.

什麼是口臭(口氣)?

口臭是種很常見的現象,即使健康的人士也有可能患上。根據研究,口臭影響大約四份之一的人口。對某些人來說,口臭是一種長期存在的問題,影響到個人和社交生活,導致患者喪失自尊和信心。

什麼導致口臭?

以下生活方式或狀況的人比較容易患口臭:

- 1. 口腔衛生欠佳
- 2. 口腔疾病(例如牙齦疾病、蛀牙、口乾等)
- 3. 醫療狀況(例如糖尿病、胃腸道疾病、某些癌症、肝功能衰竭、呼吸道感染等)
- 4. 其他(例如吸煙、使用煙草、進食某些食物等)

治療方法是什麼?

治療的類型取決於口臭的原因。預防就是治療口臭的最好方法。保持良好的日常口腔衛生(即刷牙、使用牙線、清潔舌頭)和採取健康的生活方式是預防口臭的第一步,但請記住,漱口水只能掩蓋口臭引起的氣味,而並不能代替日常的口腔清潔。

定期檢查牙齒可幫助維持口腔健康。至於慢性口臭,請諮詢您的家庭醫生以診斷任何醫療狀況。



2022 OFFICE UPDATES 公司動向

- 1. It is with great pride that we presented 30-year long service award to May, our Head Nurse, and a 10-year long service awards to Wink, our Accounts Officer, in May this year. We thank them for their dedication to our team over the years. Both of them have been such a significant part of our team and we couldn't imagine our workplace without them.
- 2. We welcome Pink Wu who joined our team this year! Pink joined our office as a Dental Surgery Assistant in September. She loves to travel and is a big foodie!
- 3. Since 2020, we started Project Christmas Smile in hopes to reach out and help those whose lives may have been affected by the pandemic. Thanks to everyone's participation, we raised over \$16,000 for Food Angel last Christmas and provided over 1300 meals to those in need. Going forward, we'd love to initiate another project with Foodlink. Once again, we invite all patients who arrive at our office during the month of December to write a message and hang it on our tree; and for every card we receive, we will donate 40 hot meals to Foodlink.

- 1. 在今年的五月,我們頒發了三十年的服務獎給護士長李佩琳和十年的服務獎給會計主任潘燕萍。我們藉此感謝兩位多年來對團隊的貢獻。
- 2. 我們歡迎牙科手術助理傅雅婷今年九月加入我們的團隊。 雅婷喜歡旅行和嘗試不同美食!
- 3. 自從 2020 年我們開始了「聖誕微笑計劃」,目的是希望能夠幫助嚴重受到疫情影響的人。感謝大家的支持,我們去年為「惜食堂」籌集了超過 \$16,000 並提供超過 1300 份熱餐給有需要的人士。我們很高興今年再次舉辦「聖誕微笑計劃」,而「膳心連」是我們今年選擇的慈善機構。我們再次歡迎所有來到我們醫務所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,我們便會向膳心連捐贈40 份熱餐。

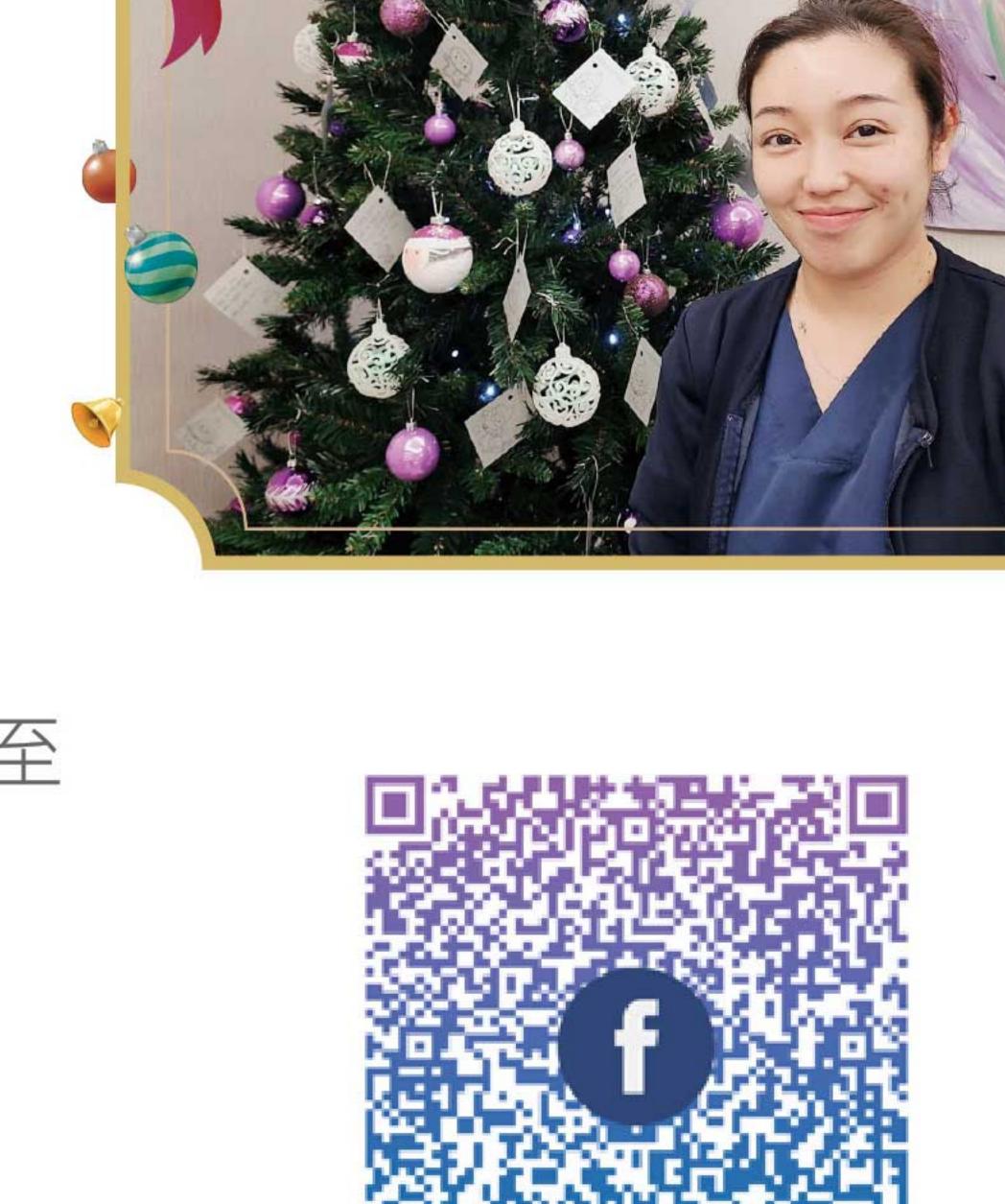
If you have no plans to visit us over the holidays, you can still send us an email at dentist@dentalmirror.com.hk or Connect with us now on social media

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!



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