

Halitosis (Bad Breath)

口臭（口氣）

Many people suffer from halitosis and it can be an embarrassing problem. Halitosis can result from poor oral hygiene, diet or may even be a sign of other health conditions.

How does poor oral hygiene cause halitosis?

Without proper brushing or flossing, food particles left in the oral cavity promote bacterial growth and cause foul odors. The odor comes from decay of food particles and wastes from bacteria; this process produces a sulfur compound that causes the unpleasant odor. Accumulated bacteria can also lead to tooth decay and gum disease which contribute to halitosis.

Does certain diet cause halitosis?

Yes, foods with strong odors such as onions, garlic, some exotic spices, and acidic drinks such as coffee are known to be associated with halitosis. These odors can be detected on a person's breath for up to 3 days after digestion. Smoking and chewing tobacco products also cause bad breath because these products exacerbate tooth decay and gum disease.

許多人都有口臭的問題，它會令人相當尷尬。口臭可能是由於口腔衛生欠佳、飲食習慣，甚至可能是其他健康狀況的表徵。

口腔衛生欠佳如何引起口臭？

沒有正確刷牙或使用牙線，留在口腔中的食物碎屑促進細菌滋長而造成惡臭。氣味來自腐爛的食物殘渣和廢物中的細菌。這個過程產生硫化化合物，構成令人不快的氣味。積累的細菌也可能導致蛀牙和牙齦疾病，亦造成口臭。

是否某些飲食習慣能引起口臭？

是的，帶有濃烈氣味的食物，如蔥、蒜、一些異國風味的香料和酸性飲料，如咖啡，都是眾所周知能引起口臭的。這些氣味縱使食物被消化達3天仍可在那人的呼氣中被察覺得到。吸煙和咀嚼煙草產品也會引起口臭，因為這些產品會使蛀牙和牙齦疾病惡化。



Dr. Ellen Yiu
姚靄安醫生



What health conditions are associated with halitosis?

Dry mouth can cause halitosis. Saliva is an important component in the mouth that is necessary to neutralize acids produced by bacteria, and wash away dead cells that collect on the tongue and gums. When these dead cells are not removed, they decompose and cause halitosis. Dry mouth can also be a side effect of various medication, radiation therapy or mouth breathing. People who suffer from respiratory tract infection, sinus infections, postnasal drip, diabetes, chronic acid reflux and liver or kidney diseases may also suffer halitosis.

What can be done to control Halitosis?

1. Maintain good oral hygiene, which includes proper brushing, flossing and tongue cleaning.
2. Regular dental visits, at least twice a year, to ensure clean teeth, healthy teeth and gums.
3. Avoid food with strong odors.
4. Stop smoking and using tobacco products.
5. Drink enough water to keep your mouth moist. Sugar free gums that contain xylitol can stimulate saliva production which helps to wash away food particles and bacteria.

什麼健康狀況與口臭相關？

口乾能引起口臭。唾液是在口腔中一種重要的元素。它是必需的以中和由細菌產生的氨基酸，並可清除在舌頭和牙齦上死去的細胞。倘若這些死細胞沒被帶走，它們便會分解而形成口臭。口乾也可源於接受了不同的藥物治療和放射治療所造成的副作用或用口呼吸所引起的。患有呼吸道感染、鼻竇感染、鼻涕倒流、糖尿病、慢性胃酸倒流和肝臟或腎臟疾病的患者也可能有口臭的。

有什麼方法可以控制口臭？

1. 保持良好的口腔衛生，包括正確刷牙，使用牙線和清潔舌頭。
2. 定期檢查牙齒，一年至少兩次，以確保牙齒清潔，牙齒和牙齦的健康。
3. 避免進食濃烈氣味的食物。
4. 停止吸煙和使用煙草產品。
5. 喝足夠的水，以保持口腔濕潤。無糖的口香糖含有木糖醇能促進唾液分泌，有助帶走食物殘渣和細菌。

2014 OFFICE UPDATE 公司動向

We are happy to announce the new members who joined our team this year.

- ★ Sylvia Fong is our Dental Surgery Assistant who has had more than 20 years of chair-side experience. She is very cheerful and friendly.
- ★ Cindy Ho, our Administrative Officer. She received her Bachelor's degree from The University of Manchester. Cindy helps to schedule appointments and provide administrative support.
- ★ Circle Leung is our Office Assistant. She is mature and helpful.

We welcome them on board!

我們很高興地宣布今年加入我們團隊的新成員。

- ★ 方潤珊是我們的牙科手術助理。她具備了超過20年的牙科護士經驗。她為人十分開朗和友善。
- ★ 何梓欣是我們的行政主任。她於英國曼徹斯特大學取得學士學位。她負責安排預約及其他相關的行政工作。
- ★ 梁惠蓮是我們的辦公室助理。她為人穩重且樂於助人。

我們歡迎她們加入我們的大家庭！



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The Dental Mirror

Dr. William Cheung & Associates

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Dear Friends,

This year passed by quickly with some major challenges locally and globally!

In the political arena, Hong Kong is faced with the issue of how we elect our Chief Executive in 2017. After the first round of public consultation and a presentation to central government by our leaders, a proposal was suggested by Beijing but it was challenged and rejected by the pan-democrats and part of the public. This led to the Occupy Movement! While such movement is one way to express dissatisfaction and to pursue certain demand, unfortunately the extent of it had caused disruption to normal life and inconveniences to many. It had also badly affected a large number of businesses near the occupied areas as well as certain sectors in general such as transportation, hotel, retail, etc. Not only that the Occupy Movement is illegal, protesters' disregard to court injunction is a grave concern as it destroys our value in the legal system! Such disruption may eventually lead to destruction of the prosperity that Hong Kong has enjoyed in the past. We hope to see the return of normal life in the city and peaceful, not radical, ways to resolve our differences so that we all can move forward with peace and prosperity!

The outbreak of Ebola in West Africa can potentially affect every citizen around the globe if it is not contained. We sincerely hope that health authorities and countries around the world would collaborate to keep the outbreak under control through various preventive measures including an early development of vaccines and effective treatment of the infection. Meanwhile we have stepped up our infection control protocol in our office similar to how we faced the challenge of SARS in 2003. We want all of you to have the peace of mind when you come for treatment.

On the positive side, we are excited that our office is now a completely digital dental office in terms of our database, patient records and accounts as well as intraoral and extra-oral radiographs and 3D radiographic images. We are now looking to add the latest technology of impression taking with a digital scanner. Digital dentistry is the future of our profession so we will stay in the forefront of technology to offer you the best possible services as they develop.

On behalf of all my colleagues in the office, I take this opportunity to wish you all a blessed Christmas and a healthy New Year!

Your friend,
Dr. William Cheung

親愛的朋友們，

今年匆匆流逝，本地與全球卻經歷了重大的挑戰！

在政治舞台上，香港正面對著在2017年如何普選行政長官的事宜。經過第一輪的公眾諮詢，香港特別行政區的首長級官員提交報告給中央政府，因此全國人大常委會期後通過了有關的制定。可是此制定被受質疑，更遭泛民主派和部分公眾反對，而引發起佔領運動！雖然此運動是為了表達不滿和反映某種訴求的一種表達方式。遺憾的是它某程度上造成了各種的不便，並且妨礙了正常生活。它亦癱瘓了佔領區一帶的大多數企業以及某些一般行業，如交通運輸、酒店、零售等。不僅如此，此佔領運動是非法的，抗議者置法院禁令於不顧引來極大的關注，此破壞了我們的法治制度之核心價值！這種破壞可能最終會摧毀香港過去一直享有的安定繁榮。我們希望見到這個城市回復昔日正常的生活和安定，而不是以激進的方式來解決我們的分歧，這樣大家才可以推進和平與繁榮！

在西非爆發的伊波拉病毒，如未能受控，它可能會影響到全球的每一個人。我們懇切地希望全球的衛生部門和各國攜手合作，透過各種預防措施，包括早期研發疫苗和有效的治療，把疫情進一步受控。與此同時，我們加強了醫務所之感染控制標準，就像我們在2003年面對「沙士」的挑戰所作出的措施一般，我們希望大家可以安心地前來接受治療。我們非常高興我們的醫務所現已成為全面數碼化的牙科診所，不論病人的病歷和眼目，以及口腔內外的X光片，以至立體X射線圖像都一律數碼化了。我們現尋求和引進最先進的取象技術以配合數碼掃描器使用，因為數字化牙科是我們行業的未來，所以我們會與時並進走到技術的最前端，循着它們的發展，為您們提供最優質的服務。

我藉此機會，謹代表醫務所的全體全人，祝大家聖誕快樂及新年進步！

你的朋友，
張偉民醫生

Supernumerary teeth

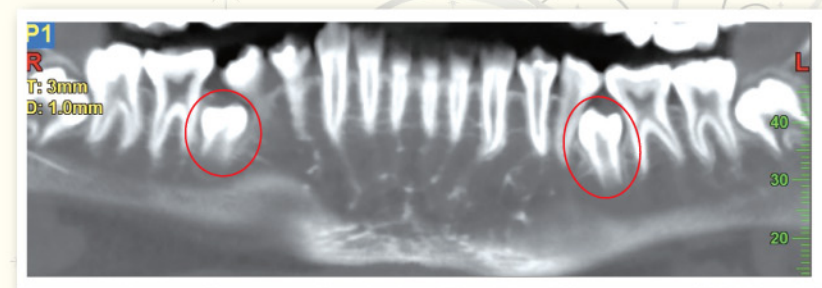
贅生齒

Humans have two sets of dentition namely the deciduous teeth (or baby teeth) and permanent teeth (or adult teeth). An average person has 20 deciduous teeth and 32 permanent teeth. However some patients may present with extra teeth (or supernumerary teeth) in the jawbones.

The development of supernumerary teeth may be due to an extra tooth bud in the dental lamina (the tissue that forms tooth gems in the jaws) or splitting of the tooth bud into two. The condition most of the time is benign in nature but sometimes supernumerary teeth can be related to genetic disorder such as Gardner’s syndrome or other pathologies like odontogenic odontoma and other neoplastic lesions. Cystic change can also occur in impacted supernumerary teeth.

人類擁有兩套牙列，即乳齒（或乳牙）和恆齒（或成人牙）。一般人普遍有20隻乳齒和32隻恆齒。但是，有些患者可能在顎骨上出現額外的牙齒（或贅生齒）。

贅生齒的形成可能是由於在牙板上有額外的牙芽（形成在顎骨上的齒寶石之組織）或由牙芽分裂成兩部分造成的。此情況通常都是良性的，但有時贅生齒可能與遺傳性疾病有關，如嘉德耐氏症候群或其他病症，如齒源性牙瘤和其他贅瘤性病變。受影響的贅生齒也可能出現囊性病變。



◀ Supernumerary teeth in lower premolar areas
贅生齒在下顎小白齒位置

The most common site where supernumerary tooth occurs is at the middle of the upper jaw, they are called mesiodens. The other areas that we commonly see supernumerary teeth are in the premolar regions of the upper and lower jaw.

The patient usually has no sign and symptoms and the supernumerary teeth may be detected only accidentally during routine dental radiographic examination. (Fig. 1).

The supernumerary teeth can also lead to delayed eruption of the permanent teeth or malocclusion. The usual treatment recommended is to remove the supernumerary tooth and the associated pathology if any.

贅生齒最常見長於上顎骨的中間，所以被稱為正中贅齒。其次，我們亦可於上下顎骨小白齒位置發現它。病人通常沒有任何跡象和病徵而長出贅生牙，而在常規牙科X光檢查中偶然發現它。（圖1）。

贅生齒也會導致恆牙延遲長出或咬合不正。一般治療是會建議脫掉它，如有需要便會根據相關病理再作安排。

Dr. Philip Lee Kin Man
李健民醫生

Root Canal Treatment Safety 根管治療的安全性

Dr. Robert Ng
吳邦彥醫生

For the past one hundred years or so, there have been claims appearing periodically that alarming diseases could be caused or aggravated by bacteria left behind in root canal treatment due to dissemination of such bacteria to distant parts of the body. This was the so called “focal infection” theory.

These claims are primarily based on “research” carried out by a Dr Weston Price and his associates in the very early part of the 20th century. Many websites highlighting the relationship between root canal treatment and the “focal infection” theory still use Dr Weston Price’s “research” as the main evidence supporting their claims. This is due to the lack of any more recent and valid evidence supporting their claims. However, as early as the 1920s, Dr Price’s research methods have been criticized as ill-designed and sub-standard scientifically. Since then, there have been many research studies, as early as the 1930s, disproving Dr Price’s findings. These studies were invariably well-designed and employed valid scientific methods.

To summarize, the “focal infection” theory has long been dispelled and should be consigned to the history book. However, due to the internet, many people still periodically encounter this theory for the first time and will be alarmed unnecessarily. For further information, the following link will take you to the relevant webpage of the American Association of Endodontists:
<<http://www.aae.org/patients/treatments-and-procedures/root-canals/myths-about-root-canals-and-root-canal-pain.aspx>>.

在過去百多年，不時有人指出根管治療後殘留的細菌可引致一些令人擔憂的疾病，甚至病菌會擴散至身體其他部位，使病情惡化起來。這是所謂的“病灶感染”的理論。

這些申訴主要建基於Dr Weston Price和他的同夥於20世紀初“研究”所提出的。許多網站仍強調根管治療與“病灶感染”理論的關係，並沿用Dr Price的“研究”作為支持其申訴的主要理據。這是由於他們缺乏任何近期有效的證據以支持其觀點。然而，早在20世紀，Dr Price的研究方法已被批評為設計不周和不合乎科學標準的。從那時起，早在30年代初，已經有許多研究反駁Dr Price的研究結果。而這些研究無一不是的精心設計出來和採用了有效的科學方法的。

總括來說，“病灶感染”的疑慮早被消除，而這個理論亦被放置到歷史書裏去。然而，很多人還不時在互聯網上第一次遇到這個理論，引起了不必要的恐慌。欲了解更多有關資訊，請瀏覽以下美國牙髓病協會的相關網頁：
<<http://www.aae.org/patients/treatments-and-procedures/root-canals/myths-about-root-canal-s-and-root-canal-pain.aspx>>。



Dr. Simon Ho
何錦源醫生

Gum recession is a phenomenon in which the margin of gum tissue that surrounds the tooth moves away from the crown thus exposing the root. Gum recession usually occurs gradually. You may not notice it until you experience sensitivity to cold drink or on brushing because the exposed root has no enamel protection. Furthermore the tooth becomes longer and it compromises your smile. In serious cases, it can result in tooth loss.

Gum recession is primarily caused by gum disease, a bacterial infection. Gum tissue and the underlying bone are damaged as a result of the infection. Incorrect brushing technique and vigorous brushing can also traumatize your delicate gum tissue along the margin and result in gum recession. Once gum recession occurs, it cannot grow back on its own.

Management of gum recession depends on the cause. If you are suffering from gum disease, you should receive relevant treatment promptly to prevent further damage and recession of your gum and the underlying bone. Desensitizing toothpastes can be used to control tooth sensitivity resulted from the exposure of root surfaces. If the supporting bone has been destroyed, microsurgical procedures using regenerative materials may be used to regenerate lost bone substance. Repair of gum recession may be required if it causes an aesthetic problem and persistent sensitivities. This can be accomplished by grafting procedures.

The best way to prevent gum disease is to take good care of your mouth. Brush & floss your teeth properly every day. Avoid using toothbrush with hard bristles and brush gently. Do not smoke because smoking can aggravate gum disease. Regular check up, scaling and polishing of teeth as recommended by your dentist and hygienist can keep your teeth and gum healthy.

Mouthrinses 漱口水

Mouthrinses can be categorized as cosmetic or therapeutic. Cosmetic mouthrinses generally rinse away loose food debris, temporarily suppress bad breath and leave your mouth with a refreshing and pleasant taste. However, from a health promotion point of view, the use of therapeutic mouthrinses are more welcomed because they contain added active ingredients to improve oral health while offering the same benefits as cosmetic mouthrinses. They have been clinically proven to prevent or treat oral diseases and conditions such as:

- Tooth Decay
- Gum infection and inflammation
- Sensitive teeth
- Dry mouth

Side Effects

There are side effects depending on the type of mouthrinse used. Some mouthrinses may contain formulas that can lead to staining of teeth, changes in taste, burning sensation, drying of mouth tissue, etc. Mouthrinses are also toxic if swallowed excessively, therefore, children should only use rinses under adult supervision.

Whether or not you need to use a mouthrinse depends on your oral health needs, but it is important to understand that it is not a substitute for brushing or flossing.

Gum Recession 牙齦萎縮

牙齦萎縮是一種現象，即包圍牙齒的牙齦組織萎縮形成牙根外露。它通常是逐漸地一步一步呈現出來。你可能不易察覺它，直至你飲冷飲或刷牙有過敏反應，皆因外露的牙根沒有珐瑯質保護所致。此外，你的牙齒變得長了，損害了你的笑容。在嚴重的情況下，牙齦萎縮會導致牙齒脫落。

牙齦萎縮主要源於牙齦疾病，細菌感染所引起的。牙齦組織和牙床骨因受到感染而被受破壞。不正確的刷牙方法，大力刷牙會損害你脆弱的牙齦組織，由它的邊緣開始損耗，造成牙齦萎縮。當牙齦一旦萎縮了，便不能復再。

對抗牙齦萎縮要從根源著手。如果你的牙齦出現問題，便應盡快接受相關的診治，以防止進一步惡化，避免牙齦和牙床骨進一步萎縮。防敏感牙膏可以用來減低牙根的外露部位有過敏反應。如果牙床骨已萎縮了，使用再生物料以配合顯微外科手術便可以重建損耗的骨狀物。當牙齦萎縮影響到你的儀容和有持續性的敏感徵狀，修復治療（如移植法）可能對你有幫助的。

防止牙齦疾病的最好方法是把你的口腔好好照顧。每天正確刷牙及使用牙線，避免使用硬毛的牙刷和刷牙時要輕輕的刷。不要吸煙，因為吸煙會使牙齦疾病惡化。依循你的牙醫和牙科衛生員的建議作定期檢查和洗牙，便可保持你的牙齒和牙齦健康。

Ms Victoria Leung
梁明慧小姐

漱口水可分類為美容或治療兩種。美容性漱口水一般可沖去疏鬆的食物殘渣，暫時抑制口氣，並令你的口腔留下清爽宜人的味道。然而，從健康推廣的觀點來看，使用治療性漱口水比較受歡迎，因為它們都添加了活性成分，以改善口腔健康，它同時亦像美容性漱口水提供了異曲同工之妙。它們已被臨床證實有預防或治療口腔疾病和病症之效，例如：

- 蛀牙
- 牙齦感染和炎症
- 牙齒敏感
- 口乾

副作用

使用不同類型的漱口水會引起不同的副作用。一些漱口水的配方，可能導致牙齒染色，影響味覺，產生燒灼感，使口腔組織乾燥等。而過量吞嚥漱口水是有害的，因此孩子們要在成年人的指導下方能使用。

你是否需要使用漱口水，這取決於你的口腔健康需要而定，然而你要明白到漱口水並不是刷牙或使用牙線的代替品，這是十分重要的。