

Common questions regarding children's teeth

孩子牙齒的常見問題

When will my child's primary and permanent teeth come in?

Children's teeth begin forming before birth. At around 6 months, the first primary (or baby) teeth to erupt through the gums are the lower front teeth, followed closely by the upper front teeth. Although all 20 primary teeth usually appear around 2 years old, the pace and order of their eruption varies, so don't be too concerned if your child is teething too "early" or too "late". Permanent teeth begin appearing around age 6, starting with the first molars. Adults have up to 32 permanent teeth, including the wisdom teeth.

Are baby teeth important for my child?

Primary or "baby" teeth are important for many reasons. Not only do they help children speak clearly and chew naturally, they also aid in forming a path that permanent teeth can follow when they are ready to erupt. Therefore, do not take tooth decay in baby teeth lightly.

How do I protect children's teeth during sports?

Soft plastic mouthguards can be used to protect your child's teeth, lips, cheeks and gums from sport-related injuries. A custom-fitted mouthguard made by a dentist can protect from injuries to the teeth and face, and even provide some protection from injuries to the head.

我的孩子何時長出乳齒和恆齒呢？

孩子的牙齒早於未出生已開始形成。出生6個月左右，在下前牙的位置開始萌生出第一顆乳齒，緊隨其後的是長出上門牙。儘管到2歲半左右通常會長出了20顆乳齒，但其萌生的速度和次序會或有不一，所以不用為你的寶寶出牙太“早”或太“遲”而太擔心。至於恆牙會在6歲左右開始出現，門齒其時會首先長出。成人有28顆恆牙，或多至32顆，包括智慧齒。

乳齒對孩子重要嗎？

乳齒很重要是有多種原因的。他們不僅幫助孩子學習正確發音和自然地咀嚼，他們亦形成一道萌生路徑好讓準備就緒的恆齒循序有次地長出來。因此，寶寶的牙齒蛀掉了也不可掉以輕心啊！

在運動時應如何保護孩子的牙齒呢？

軟塑料護齒套可以用來保護你的孩子的牙齒、嘴唇、臉頰和牙齦避免運動損傷。一個由牙醫度身訂造的護齒套不僅有效保護牙齒和面部，甚至頭部也提供一定程度的保護。

Dr. Ellen Yiu
姚靄安醫生

OFFICE UPDATE 公司動向

• With great joy, we'd like to congratulate our hygienist Ms. Victoria Leung on the arrival of her twins, Micaiah and Ethan in January this year. They're less than a minute apart, very sweet and adorable.



Micaiah

Ethan

• Early this year, Ms. Cornery Lo was promoted to Senior Dental Surgery Assistant. Cornery has been working in our office for 13 years. Please join us in congratulating her on the new position.



Ms Cornery Lo

• 懷著極大的喜悅來向我們的牙齒衛生員梁明慧小姐獻上祝賀。她於今年一月誕下雙胞胎：爾昭和爾熹，他們只相隔不到一分鐘出世，非常趣緻可愛。

• 今年年初，盧芯怡小姐晉升為高級牙科手術助理。她在我們的大家庭已經服務了13年。我們齊來祝賀她的晉升吧！



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

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Dear Friends,

Yet another year passed by quickly, as we approach the end of 2013!

We've been sending this annual newsletter to you since 2001. We named it "The Dental Mirror" because as a profession, we use the dental mirror for reflection and to help us identify problems in the oral cavity. This newsletter also helps us to reflect on and give thanks for the past so that we can serve you better in the future.

Our office is now fully computerized! All our records are electronic and images are digital. This not only helps us to work more efficiently but also is safer for you as a patient. There are many advantages of taking digital X-rays, but the most important advantage to you as a patient is the reduced level of radiation exposure by 30% to 50%. In addition, your body and neck are covered with lead aprons for extra protection.

We launched our website (www.dentalmirror.hk) earlier this year. If you have not had a chance to visit, please do so and give us some feedback. We are currently looking into other social media platforms such as Facebook, Weibo, etc to engage current patients and potential new patients. We will give you an update as these are being introduced.

On behalf of our entire team of staff, nurses and doctors in our office, I wish you Happy Holidays and a Healthy New Year!

Your friend,
Dr. William Cheung

親愛的朋友們，

然而一年又過去，轉眼2013年亦步入尾聲了！

我們自2001年以來每年都為大家送上年刊。我們把它命名為“牙科鏡”，因為作為專業，我們使用牙科鏡作反射，以幫助我們確定口腔內的問題。本刊同樣有助我們反思，並感謝過去，這樣我們才可以在未來為你們提供更優質的服務。

現在我們的辦公室已全面電腦化！我們所有的記錄都是電子和數碼圖像化。這不僅幫助我們更有效地工作，同時亦為病人提供更安全的保障。

採用數碼化X射線有很多優點，而最重要的是對病人自身的好處，能為病人減少暴露於輻射射線的水平達30至50%。此外，你的身體和頸部都會被鉛圍裙覆蓋以作額外的保護。

在今年年初，我們已推出我們的網站（www.dentalmirror.hk）。如果你還沒有到此瀏覽，請抽空來看看，並給我們一些意見。我們目前正在尋找其他的社交媒體平台，如Facebook、Twitter等與目前病人和有需要我們服務的新朋友聯繫上。若有新的消息，我們將給你一個更新。

在此謹代表我的全體員工，我們的醫生和護士，祝大家聖誕快樂及新年進步！

你的朋友，
張偉民醫生



Sealing Out Decay 阻封牙患

Good brushing helps to remove food debris and plaque from smooth surfaces of teeth. Thorough flossing helps to remove bacteria from areas between teeth. However, neither toothbrush bristles nor floss can get into the pits and fissures on tooth surface in the back of our mouth. Dental sealants protect these vulnerable areas by sealing out plaque and food debris.

Sealant application is a simple and painless procedure. Sealants are usually painted on permanent back teeth where plastic resin that bonds to the deep pits and fissures of the chewing surface. They act as barriers, protecting the chewing surface from bacterial attack that may potentially result in decay. Typically, sealants should be applied as soon as the permanent back teeth erupt, starting at about age 6.

Sealants can last for a number of years. However, because the force of chewing may chip the sealants at times, your dentist will check the condition of the sealants during each regular dental visit and reapply or repair them as needed.

It is not only children and teenagers who are good candidates for dental sealants. Adults can benefit from them as well, especially these who get cavities early.

良好的刷牙方法能有助去除牙齒表面的食物殘渣和牙菌膜。至於使用牙線則能去除牙縫間之細菌。然而，不論是牙刷的刷毛或牙線亦未能接觸到深入口腔的牙齒表面上的窩溝。牙科窩溝封劑能有效保護這易受侵害的地方，阻隔牙菌斑和食物殘渣。

窩溝封劑的應用只是一個簡單而無痛的程序。封劑大多被應用在永久的後牙上。把塑料樹脂結合劑注入深窩縫隙的咀嚼面上以作屏障，以減少咀嚼面潛在的牙患風險，有效抵禦細菌的侵害。一般情況下，封劑可於冒出的恆齒之背面上盡快應用以防牙患，6歲左右便可開始接受此治療。

窩溝封劑能有效持續數年。然而，因為咀嚼時的擠力或有機會導致封劑碎裂，你的牙醫會在你定期的牙科檢查時看看封劑的情況，有需要時會替他們作出修復或重整。

牙科封劑不僅對兒童和青少年有幫忙，成人也可同樣適用。

Tooth Pain 牙痛

Ms Victoria Leung
梁明慧小姐

Pain from a tooth is the most common cause for a patient to make an unscheduled visit to the dentist. The nature of pain is dependent on tooth condition.

Sensitivity to hot and cold foods that lasts for just a few seconds is usually not a serious problem. It could be caused by a small area of dental decay, a loose filling or a small area of the root being exposed as a result of gum recession.

Temperature sensitivity after placement of a filling could be caused by a temporary inflammation of the dental pulp inside the tooth. This condition usually is resolved after 1 to 2 weeks.

Pain from biting might be due to the presence of dental decay, a loose filling, a cracked tooth or a dental abscess. The conditions of the dental pulp and the supporting structures would need to be assessed by the dentist, and appropriate treatment provided. An investigation should be conducted as soon as possible.

Pain that lingers for more than 30 seconds after being triggered by hot and cold foods may suggest that the dental pulp has been seriously damaged by deep dental decay or physical trauma. Root canal treatment maybe required in order to save the tooth. Again, examination should not be delayed so that an accurate diagnosis can be made and treatment can be performed.

The Dental Mirror
Dr. William Cheung & Associates
Dental Surgeons

Dr. Robert Ng
吳邦彥醫生

牙齒疼痛是最為常見於未有作定期牙科檢查的病人。疼痛的情況則是乎牙齒的狀況。

牙齒對冷熱食物而導致的敏感反應，通常不是一個嚴重的問題。這可能是由於牙齒有少許蛀掉、填充物鬆脫或基於牙齦萎縮導致少部分牙根外露而引起的。

補牙後對溫度過敏反應則可能由於牙齒內部的牙髓短暫性炎症造成的。這種情況可在1-2週後消退。

咀嚼時疼痛或許是由於蛀牙、填充物鬆脫、牙齒缺裂或牙肉膿腫引致。牙髓和支撐結構的情況需經由牙醫評估後作出適當的治療，故應盡早安排牙科檢查。

然而，冷熱食物後引發持續超過30秒的疼痛可能因嚴重蛀牙和外來重創，導致牙髓嚴重受損造成的。為保留牙齒有機會需要接受根管治療。再重引，牙科檢查能有效為你作出準確的診斷和處理，事不宜遲啊！

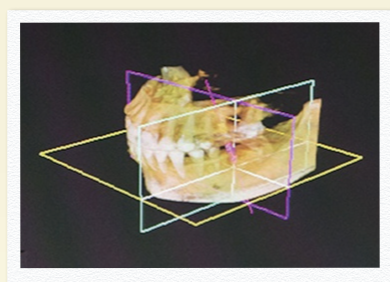


3D printing in implant dentistry 3D印刷於植牙牙科之應用

Dr. Philip Lee Kin Man
李健民醫生

Rapid prototyping technique (RP) has been used in various industries. RP, now commonly referred as layer-based additive fabrication, is in its third decade of commercial technological development. Since its introduction there have been a number of significant changes, including improvements in accuracy and material strength, increase in the range of applications and reduction in costs of machines and parts. RP models have been used in medical applications for more than a decade and are now commonly used in implant dentistry. With the introduction of in-office Cone Beam CT machine and 3D printer, clinicians are now able to make accurate diagnostic models and surgical guiding template for patients who require dental implant restoration.

The dentist, with the help of the new technology, is able to plan more accurately the position of the implants in the jaw bone and perform safer surgery for their patients.



◀ 3D model of a patient with edentulous lower jaw
下顎缺牙患者的三維模型

Periodontal disease and general health 牙周病與整體健康

Dr. Simon Ho
何錦源醫生

Periodontal disease is a common type of oral disease that affects the supporting structures gums and underlying bone of our teeth. Symptoms may include bleeding gums, receding gums, bad breath and severe bone destruction that leads to tooth mobility and tooth loss. Bacteria are the primary cause of gum disease. There is growing evidence that patients who suffer from severe gum problems may run a higher risk of certain systemic illnesses such as adverse pregnancy outcome, diabetes and atherosclerosis. The exact mechanism of action is not well understood, but it is speculated that bacteria that reside in our oral cavity can become a focus of infection, affecting body tissues remote from the mouth. Together with the bacterial toxins entering the blood stream, the inflammation process and products elicited from our body defense system from the bacterial insult can cause various damages to body organs and tissues. Therefore, it is of utmost importance to maintain healthy gums and to treat gum disease promptly in order to minimize the potential damages to our oral cavity and overall health.

快速原型技術（RP）已廣泛應用於各行各業。RP現在通常即是層為本的添加劑所製造，它的商用技術發展已有三十年。自推出以來，它已經歷了一些顯著的變化，包括改善精確度和物料的強度，增加應用的範疇，以及降低機器和零部件的成本。而RP模型亦已在醫療應用上使用超過十年，它現用於植牙牙科上也很普遍。配備辦公室的錐束CT機和3D打印機，牙醫現在便能夠替需要植牙的病人做出準確的診斷模型和模板。

牙醫在此新技術的幫助下，能夠更準確地計劃放置於顎骨的植牙之位置，使手術更安全地進行。

牙周病是一種常見的口腔疾病，它會影響到牙齦和牙骨所支撐的牙齒結構。症狀或包括牙齦出血、牙齦萎縮、口臭、嚴重的骨質破壞，導致牙齒鬆動，甚至脫落。細菌是牙齦疾病的主要成因。越來越多的證據顯示病者若有嚴重的牙齦問題可能有較高的風險患上身體系統性疾病，如不良妊娠，糖尿病和動脈粥樣硬化。確切運作機制雖還未被充分了解，但據推測，存在於我們口腔的細菌可透過口腔，從而感染到身體的其他組織。細菌毒素混入血流中，破壞我們的身體免疫系統引發炎症和疾病，對身體的器官和組織構成不同的損傷。因此，保持牙齦健康是極為重要的，盡早治療牙齦疾病，以減少對我們的口腔和整體健康的潛在傷害。