

Expressions

■ Newsletter of the HKU Faculty of Dentistry
2013, Issue 3



Leading by example
Reflections on a decade of deanship

ISSN 1997-356X



Faculty of Dentistry
The University of Hong Kong

<http://facdent.hku.hk>

Johnson & Johnson

(HONG KONG) LIMITED



LISTERINE[®]

for healthier life

Decade of deanship

By Lakshman Samaranayake, Dean

After a decade-long tenure as HKU Dean of Dentistry, and a total of 22 years at HKU, it will be time for me to move on in my professional journey after 31 December 2013, as the Head of School, School of Dentistry, University of Queensland, Brisbane, Australia.

I will miss HKU and the buzz of Hong Kong. But, as the longest-serving Dean of the Faculty and one of the longest-serving deans in HKU, I feel honoured to have had the opportunity to play a part in shaping dental education, research, and knowledge exchange in Hong Kong.

The Faculty has been a major part of my working life, and during my deanship, I have been very fortunate to work with many talented and dedicated individuals. As with any organisation, the Faculty's greatest asset is its people. Their collective innovation, wisdom, and hard work have contributed significantly to the Faculty's success and international reputation.

The support and guidance from successive teams of Associate and Assistant Deans, Faculty Executive Committees, advisory and management committees, Area and Clinic Managers, and all grades and categories of staff have been instrumental in maintaining the

Faculty's position as one of the top dental schools in the world. Thanks to them, together with our vibrant students past and present, and engaged stakeholders such as colleagues at HKU and the Prince Philip Dental Hospital, partner institutions, research collaborators, dental professionals, industry, donors, and friends, the Faculty is constantly making progress and benefitting society. We can all be proud of our contributions to the Faculty's journey so far, fitting together like the pieces of an ever-growing jigsaw, and guided by the four corner pieces of our mission areas of learning, discovery, patient care, and engagement.

Finally, I congratulate the editorial board and Faculty Knowledge Exchange Unit for publishing *Expressions* for the past 8 years as a regular vehicle of engagement with our stakeholders. Future issues will certainly help me continue to be engaged with the Faculty and HKU. I shall look forward to reading about new Faculty developments, research achievements, service projects, and staff and student accolades. I am confident the Faculty will continue delivering *Excellence with Impact* in the years ahead.

**For my last time, I wish you—
Happy reading! ■**



■ In this issue...

- 3 [Dean's Message](#)
- 5 [Faculty Expressions](#)
- 6 [Close Up](#)
- 7 [Faculty Focus](#)
- 10 [For the Record](#)
- 12 [In the Chair](#)
- 13 [Meeting Reports](#)
- 14 [Student Expressions](#)
- 16 [Alumni Expressions](#)

Expressions is published three times a year by the Faculty of Dentistry, The University of Hong Kong. News items, announcements, details of meetings, congress coverage, articles, comments, and feedback are welcome. Please e-mail <tlane@hku.hk>. Inclusion is not guaranteed and submissions may be edited.

Although every care has been taken to ensure the accuracy of the contents of this publication, the copyright owner accepts no responsibility for errors or omissions. The opinions expressed are those of the authors and do not necessarily reflect the official policies of the Faculty, University, or institutions with which the authors are affiliated, unless this is clearly specified. This newsletter is intended for informational and educational use only, and not for diagnostic or treatment purposes. Appearance of advertisements or products or product mentions does not represent an endorsement. Please e-mail <dentke@hku.hk> for advertising enquiries. Please let us know if your mailing address has changed, if you would like to be added to or removed from the mailing list, or if you would like to subscribe to the online version instead, by writing to: Knowledge Exchange Officer, HKU Faculty of Dentistry, Prince Philip Dental Hospital, 34 Hospital Road, Hong Kong, or by e-mailing <dentke@hku.hk>.

Editorial Board Prof LP Samaranayake (Dean and Director, Knowledge Exchange Unit)
 Prof GSP Cheung, Prof TW Chow, Prof LJ Jin, Prof N Samman (Associate Deans);
 Dr Chun-hung Chu (Deputy Director, Knowledge Exchange Unit); Mrs Y Koo (Faculty Secretary)

Managing Editor Dr T Lane (Publishing Manager)

Production Ms SW Cheng (Knowledge Exchange Officer)

ISSN 1997-356X. Printed in Hong Kong, on paper from sustainable forests. Please pass this publication to another reader, or recycle.
© 2013 Faculty of Dentistry, The University of Hong Kong.

Except logos and where otherwise noted, this work is licensed under a Creative Commons Attribution-NonCommercial-No Derivative Works 3.0 HK Licence, <<http://creativecommons.org/licenses/by-nc-nd/3.0/hk/>>.



"To serve the people of Hong Kong and the region by advancing their oral health and well-being through excellence in learning, discovery, patient care, and engagement."



In HK, only Oral-B has stabilised
Stannous & Fluoride System to offer you
an unbeatable range of benefits.*



Oral-B PRO-HEALTH



Oral-B PRO-HEALTH features a breakthrough formulation of **Stabilised Stannous & Fluoride System**. Many years of research and numerous clinical studies have enabled this biggest innovation in 60 years.¹

For more information of Oral-B PRO-HEALTH, please contact your professional representative.
www.oralb.com

¹ References available on request

* based on these areas that dentists check most.

continuing the care that starts in your chair



Leading by example

Expressions asked Dean Prof Lakshman Samaranayake to take a look back at the past 10 years to see how the HKU Faculty of Dentistry has progressed and developed under his leadership and management during two 5-year tenures of deanship.



How would you summarise your achievements as HKU Dean of Dentistry?

I would say the Faculty website's tagline sums up my overall goal very well—namely, "*Tomorrow's Dentistry.....Today*". By always being proactive and preparing for the future, we can keep progressing and not only keep up with the times but also be leaders in our disciplines and subdisciplines.

In terms of overall approach, we have been constantly leveraging technology to help us work/teach/learn/research more efficiently and creatively. This, together with an emphasis on life-long learning and person-centred planning, has helped to create an enabling environment to encourage long-term strategising, so that we can anticipate future demands and problems.

To promote forward-thinking and innovation requires the input and commitment of everyone in the Faculty. All along, I have aimed to set an example and to inspire all staff and students at the Faculty to live and breathe the Faculty mission of *servicing the people of Hong Kong and the region by advancing their oral health and well-being through excellence in learning, discovery, patient care, and engagement*.

How has the Faculty changed in the past 10 years?

Together with HKU, and many universities worldwide, the trend has been to do more with less, while working towards or within knowledge economies. University personnel of all types can be regarded as Knowledge Workers, who need to cultivate relevant mindsets and skills to create, analyse, synthesise, handle, archive, review, present, broker, and mobilise knowledge to and for different audiences.

One aspect of these changes is the growing importance of crossing boundaries, whether as international networking and collaborations, or as cross- and multi-disciplinary ventures. Multi-institutional multi-authored research papers are becoming the norm.

Another aspect is the core mission of Knowledge Exchange (KE), which has been added to Research and Education in many universities to encourage translation of university work into mutual benefits with society. Although already done previously by some academic staff before HKU added KE in 2009, the movement is towards all staff doing some form of KE. "Impact"

of research work beyond publication has been added as a research performance indicator in the UK, and this will also become a global norm in the near future.

Building-wise, we have continuously upgraded facilities in the Prince Philip Dental Hospital to enhance teaching/ learning, research, and KE, while increasing our sense of belonging to the main HKU campus (such as by linking with the UVision TV system). To expand our networks of communities of engaged stakeholders, we created a website and joined various online social media; we also initiated our newsletter in 2006 and now hold multiple stakeholder events. In addition, we have increased our own sense of identity through various branding and marketing activities, including a consistent Faculty logo system in 2006.

What has been the most memorable event?

Notably, my deanship began and ends with major positive changes: the restructuring of our research programmes into three themes in 2004, and the introduction of the new 6-year BDS curriculum in the 2012-13 academic year, after 6 years of planning. Securing the Faculty's first Endowed Professorship in 2010 was personally memorable, while the two Faculty jubilees (Silver in 2007 and Pearl in 2012) and their associated research conferences and publicity really let our Faculty shine locally and internationally.

Our Faculty can truly stand proud. An independent audit found that the article count for ISI-indexed journals for our Faculty in 2000-09 was comparable to that of all 10 ASEAN dental schools combined. Also, our 2006 Research Assessment Exercise (RAE) score showed that about 88% of our staff are at international levels of excellence. I have full confidence that the Faculty will shine again in the 2014 RAE and beyond, and continue delivering *Tomorrow's Dentistry.....Today*. ■



From the Office of HRH Prince Philip, Buckingham Palace, 2012—"His Royal Highness was most interested to read your newsletter detailing the good work being carried out by The Prince Philip Dental Hospital and the Faculty of Dentistry at The University of Hong Kong."



Faculty of Dentistry
The University of Hong Kong

The Faculty logo text is based on the "humanist" Eras font, which was chosen for its forward slant to signify optimism and friendliness. The tiny gap in the "a" symbolises a diastema. Blue was chosen to represent trust, knowledge, and technology, and grey at the bottom to represent underlying calm, stability, and wisdom.

Dean's lists

Presented below are Prof Lakshman Samaranayake's highlights of the Faculty's developments during his tenure from 2004 to 2013 as HKU Dean of Dentistry.

At the same time, Prof Samaranayake was the Director of the Prince Philip Dental Hospital, himself acted as facilitator and consultant in BDS problem-based learning, supervised 6 visiting

researchers and 12 PhD students, was on the editorial boards of more than 20 journals and Editor-in-Chief of the *Journal of Investigative and Clinical Dentistry*, was adjunct/honorary/visiting professor to 5 universities, and served on many HKU and external advisory committees. He was also a member of numerous research project groups, including a multicentre Europe-based team that secured a €3 million grant in 2006 to study chronic candidal infections. As the Faculty's *Dean of the Decade*, Prof Samaranayake has clearly led by example and helped the Faculty advance from strength to strength. *Expressions* wishes him the best of luck in Australia!

Learning

- Currently 42 professoriate staff, 23 research and teaching-track clinical support staff, 103 part-time/adjunct/honorary/visiting professoriate staff, from 20 countries
- Currently 321 undergraduates, 100 taught postgraduates, 76 research postgraduates from 21 countries; 1432 BDS graduands, 636 taught postgraduate graduands, 125 research postgraduate graduands (Total, 1814 alumni)
- **6-year BDS curriculum started in 2012; double cohort intake in 2012; 5-year BDS revamped in 2010**
- Initiated annual BDS//online International Peer Review project with Universitas 21 in 2009
- **Introduced journal-based learning and research scholarships to BDS programme in 2010 to further promote research literacy**
- New postgraduate degrees created in Implant Dentistry in 2007-09 and in General Dentistry and in Community Dentistry in 2010; Taught postgraduate programmes revamped in 2011 (all Master of Dental Surgery degrees now last 3 years)
- **Oral Health and Science Seminars initiated in 2004; revamped all continuing dental education programmes in 2012**
- Conjoint International Postgraduate Programme in Periodontology launched with Peking University in 2007-08
- **Set up Virtual-Reality (Haptics) Training Unit in 2011; upgraded postgraduate habitats, Problem-based Learning Suite, and Simulation Laboratory in 2012**

Discovery

- **Set up 3 themed research groups in 2004 (Biomedical & Tissue Engineering, Infection & Immunity, and Public Health & Healthy Ageing)**
- Laboratories reorganised as Central Research Laboratories in 2004; Cell and Tissue Laboratory added in 2006; all upgraded in 2008-12
- **2 patents applied for**
- Workshops, external/internal review, recruitment of technical writer, and other initiatives helped boost success rate in HK Research Grants Council (CERG/GRF) research funding, from average of HK\$1.5 million (2.4 grants) per year in 2004-08 to HK\$5.2 million (6.8 grants) per year in 2009-13
- **Other competitive government and external research grants rose from <HK\$1 million in 2008-09 to >HK\$8 million in 2012-13**
- Research donations each of HK\$1 million or more came from Nobel Biocare for student research into implants and prosthetics, Dr Vincent FS Leung for orthodontics research, and Dr Philip Wong and Sir Run Run Shaw
- **Average of 154 journal articles and 7 chapters/books per year in 2004-08, rising to 197 journal articles and 14 chapters/books per year in 2009-13**
- Proportion of articles in SCI journals rose from 61% in 2008 to 71% in 2012; proportion of SCI articles in journals with impact factor of at least 2 rose from 35% in 2008 to 55% in 2012
- **Total of 42 international research prizes in 2004-08 and 68 in 2009-13**

Patient Care

- **Special clinics/centres set up since 2004: ITI Center of Excellence in Implantology, Centre for Advanced Dental Care, AO Craniomaxillofacial Surgical Training Centre, Oral Medicine Consultation Clinic**
- Hospital established its electronic dental record system in 2006, based on "Salud" Dental School & Hospital Clinical Information System
- **Oral Diagnosis & Polyclinics area created in 2010; Polyclinics upgraded in 2012; Central Sterilisation Services Unit created in 2012**
- 3D photography system added to Oral and Maxillofacial Surgery clinic in 2005; new surgical operating microscopes added to Advanced Endodontics Centre in 2012; TV screens installed on each floor of Hospital in 2011 to broadcast health information
- **Since 2008, BDS//students undertake Clinical Induction Programme and make Clinical Pledge before treating public patients; since 2009, graduating BDS class swears Hippocratic Oath (adapted for dentists by Prof L. Samaranayake) at Graduation and Awards Ceremony, and receives framed copy for their clinics/offices**
- Since 2006, >HK\$1 million/year received from Azalea (1972) Endowment Fund to subsidise dental implants for elderly patients
- **Prince Philip Dental Hospital receives average of 120,000 recorded visits per year; periodic patient survey shows high satisfaction scores**
- Hospital named Caring Organisation by Hong Kong Council of Social Service 2008-2012

Engagement

- **Set up Knowledge Exchange (KE) Unit on 7th floor of Hospital in 2008, with dedicated KE Officer; organised KE Hub in 2009 (for administration of KE, taught postgraduate & continuing education, academic engagement, and fundraising, and for education/media technology)**
- Recruited additional KE staff, thanks to HKU KE Fund for capacity building 2009-13 (communications & development officer, webmaster, executive assistant, senior technical officer)
- **Website created in 2004 and revamped in 2009 and 2013 (>2 million visits in 2012); newsletter started in 2006; joined Facebook in 2011 (now >1000 Likes); 400 mass-media outputs in 2010-13**
- 6 Impact Projects and 14 Student KE Projects, thanks to HKU KE Fund 2009-13; 7 externally funded and 2 HKU-funded service projects in 2009-13
- **Formal joint annual HKU Dental Alumni Association (HKUDAA) – Faculty student mentorship scheme started in 2010; HKUDAA Office revamped, HKUDAA Ambassador consultation scheme for BDS students set up, and HKUDAA Chinese Mainland Section set up in 2012**
- Industry internship scheme for students started in 2010
- **Annual stakeholder events (World Oral Health Day and World No Tobacco Day for public, Faculty-NGO Mixer evening, Lunch with Industry, Student/KE Partner sharing session)**
- 50 academic agreements with overseas universities
- **Two endowed professorships**

Using dentistry to return birthdays

A third-year PhD student at the HKU Faculty of Dentistry has founded a global charity that will use dentistry to give children back their birthdays, while promoting their oral health and oral health knowledge.

Dr Jayakumar Jayaraman calls his charity the "D.O.B Foundation", where DOB stands for Date of Birth. His charity (website, <www.dob-foundation.org>) will raise funds to use routine dental X-ray records to verify or create birth records for children and young adults who do not know their real age. It will also promote birth registration by raising awareness of the need to improve policies and procedures for recording births, especially in developing countries without a consistent birth registration system.

The idea for setting up the charity was sparked during Dr Jayaraman's research on age assessment by evaluating dental maturity. His PhD supervisor at the Faculty is [Dr Gloria HM Wong](#) (Clinical Assistant Professor in Paediatric Dentistry), and he has also collaborated and published his research with a team at King's College, London, UK.

Many happy returns

The D.O.B Foundation's first project will take place in India, where the United Nations Children's Fund (UNICEF) estimates only 41% of births are registered. This Student Knowledge Exchange (KE) Project is mentored by Dr Gloria HM Wong and supported by the HKU KE Fund 2013-14.

Volunteer dentists, with the help of a KE partner, the India Lutheran Development and Relief Agency, will provide full dental check-ups and oral health education to abandoned children in a rural village in Chennai. Not only will the team aim to improve oral health, but it will also calculate children's ages from whole-mouth X-ray images and then help create official identity papers.



Test of time

At the D.O.B Foundation's launch at the HKU Faculty of Dentistry on 27 August 2013, Dr Jayaraman said research has shown that predicting a young person's age is more accurate by studying tooth development from X-rays than by other methods, such as studying bone development. Recording an accurate, official age helps give people a legal identity and secures their legal rights, and this will become increasingly important worldwide for people seeking asylum or displaced by climate change, he added.

Guests-of-Honour at the launch party and media conference, organised by the KE Unit, were charity advisors Dr Gloria HM Wong, Dr Carl KK Leung (forensic odontologist), Dean Lakshman Samaranayake, and Dr Richard Ol-Santos (representative of the United Nations Climate Change Convention) [seated L to R, with Dr Jayaraman at far R]. ■



Teaching teachers first aid for teeth

A Faculty student dental team, mentored by **Dr Mike Leung**, **Prof Lim K Cheung**, and **Prof Gary SP Cheung**, is training teachers at local schools to handle dental emergencies such as fractured or knocked-out teeth.



About 20 dental students have been holding workshops for school teachers about what to do in case of dental injuries at school in the time between the accident and finding a dentist to deal with the emergency. For example, permanent teeth that have been knocked out should be put back into the tooth socket straight away, or it can be stored in skimmed milk, special salt solution (physiological saline), or saliva and taken to a dentist. Fractured parts of teeth that have fallen out should also be stored in that way and then taken to a dentist.

“Some think a knocked-out permanent tooth is useless, but if it's protected well in liquid such as physiological saline or skimmed milk and if a dentist is consulted straight away, it may be saved,” says student leader Ms Tiffany CL Chan (BDSIV). “Moreover, some teachers are not aware it isn't good to wrap the tooth in paper tissue or to touch the root—these actions may wipe off or damage cells and affect reinsertion into the gum.”

Meeting an urgent need

The educational campaign was inspired by two research articles highlighting the need for relevant teacher training. The first, co-authored by Prof Gary SP Cheung (*Dental Traumatology 2001;17:77-85*), showed that more than 90% of 166 Physical Education teachers from 65 randomly selected local secondary schools had never received training about knocked-out teeth.

The second, co-authored by Prof Lim K Cheung (*Hong Kong Medical Journal 2012;18:362-70*), showed that of about 600 local school teachers surveyed, only 1 in 3 knew that they should take a person with a dental emergency to a dentist

and 1 in 6 knew that a knocked-out permanent tooth should be put back. Only 1 in 12 said they had taken a course in dental first aid.

Continuing support

In addition to running the workshops, the project team has set up an e-mail address <jawfacedentaltrauma@hku.hk> for the public and for any teachers to ask questions about jaw, face, and dental trauma.

Posters in English and Chinese with easy-to-follow guidelines for dealing with dental injuries (courtesy of Dr C Young, Mr KY Wong, and Prof LK Cheung) can also be found at the project blogsite at <<http://tiny.cc/g8yl7w>>.



This Student Knowledge Exchange (KE) Project is in its second year of operation and is supported by the HKU KE Fund 2012-13 and 2013-14. The KE partners for the project in 2012-13 were the Anglican (Hong Kong) Primary Schools Councils and the Hong Kong Council for Educational Administration. In 2013-14, the KE partner is the Anglican (Hong Kong) Primary Schools Councils. ■

Oral health class for kindergarten teachers

The HKU Faculty of Dentistry is piloting a knowledge exchange (KE) programme to empower teachers and parents to effectively provide oral health education to preschoolers.

The KE project was kicked off on 16 July 2013 at the Prince Philip Dental Hospital by team leader [Dr Chun-hung Chu](#) (Clinical Associate Professor in Community and Family Dentistry) at a half-day workshop for about 100 teachers from kindergartens run by the Tung Wah Group of Hospitals. The event was repeated the next day for another 100 teachers from kindergartens run by the Po Leung Kuk.

The overall goal is to reduce the occurrence of early childhood caries— tooth decay in children younger than 6 years—which is present in half of Hong Kong’s preschoolers.

The disease can lead to pain and possible spread of infection to the rest of the body, Dr Chu explained in the workshop. The result can be reduced performance, reduced quality of life, the need to pay extra treatment costs, and even permanent effects such as incorrect alignment of the permanent teeth.

Two-pronged approach

Supported by the HKU KE Fund 2013-14, this Impact Project builds on a previous HKU-funded Impact Project led by Dr Chu that directly arrested tooth decay in preschoolers by applying a fluoride varnish onto affected teeth.

“In this new Impact Project, we are using a preventive strategy to fight early childhood caries,” says Dr Chu. “We are targeting the parents and kindergarten teachers by improving their knowledge of oral health and hygiene, so that they can pass on life-long preventive knowledge and skills to their children.”

Educational sessions are held at the Faculty for the teachers and at kindergartens for the parents. Meanwhile, the direct intervention approach using fluoride treatment is still being continued, with funding from the Mr and Mrs Steven Ho Foundation.

Practise what we preach

The involvement of parents and teachers in preventing early childhood caries was a recommendation made in a recent research article ([BMC Public Health 2012;12:767](#)) that was authored by Dr Chu, [Prof Edward CM Lo](#) (Chair Professor of Dental Public Health), and Dr Ping-lit Ho (dentist in the HKU University Health Service).

Because untreated tooth decay was detected in about half of 700 children from 7 randomly selected kindergartens, the authors reported there has been no change over the

past decade in “access to and use of proper dental care services”. They also found that tooth decay status was worse with higher snacking frequency and if parents had poor dental knowledge.

“We are targeting the parents and kindergarten teachers..., so that they can pass on life-long preventive knowledge and skills to their children.”

Hence, the new Impact Project teaches teachers and parents about healthy diets and preventive action including early visits to a dentist, says Dr Chu.

His team, which includes Prof Edward CM Lo, [Prof Cynthia KY Yiu](#), and Dr [Xiaoli Gao](#), is using workshops and demonstrations to increase knowledge and skills, together with small-group discussions to influence attitudes and motivate teachers and parents. The team is also distributing age-appropriate teaching materials on oral health and oral hygiene products, donated by Colgate-Palmolive (Hong Kong) Ltd, for the teachers to incorporate into kindergarten lessons. ■



KE champions

• **Dr Chun-hung Chu** (Clinical Associate Professor in Community and Family Dentistry) and team members **Dr Xiaoli Gao**, **Prof Edward CM Lo**, and **Prof Cynthia KY Yiu**, were awarded a grant of HK\$70,000 from the HKU Knowledge Exchange (KE) Fund 2013-14 for their Impact Project "Empowering kindergarten teachers and parents to deliver oral health education to young children". The external KE Partners are the **Po Leung Kuk, Tung Wah Group of Hospitals, and Colgate Palmolive (Hong Kong) Limited**.

• The following 10 Faculty KE mentors and student project teams have been awarded a total of HK\$196,050 from the HKU KE Fund 2013-14 to conduct Student KE Projects:

- **Dr James KH Tsoi** (Assistant Professor in Dental Materials Science) has been awarded HK\$16,800 to conduct the KE project "Be an Oral Healthy Musician: Dental Engagements with Chinese Wind Instrument Players" with the New Tune Music Association. He will mentor a student KE team consisting of Miss Betty LIANG (leader), Ms Dora CHU, and Miss Liying LUO.

- **Prof Colman McGrath** (Clinical Professor in Dental Public Health) has been awarded HK\$17,350 to conduct the KE project "Development of an 'App' for Oral Self Care Among Chinese Children" with the CCC Kei Faat Primary School (Yau Tong). He will mentor a student KE team consisting of Miss Teresa Cheuk Yu HO (leader), Miss Raechelle KOH, and Mr Chun Pang POON.

- **Prof Cynthia KY Yiu** (Clinical Professor in Paediatric Dentistry) has been awarded HK\$13,500 to conduct the KE project "Disclosing the Truth in Your Mouth" with The Independent Schools Foundation Academy. She will mentor a student KE team consisting of Mr Nichol Chun Wai TSANG (leader), Miss Sin Yi CHAN, Miss Chui Yi HO, Mr Ming Kong KWOK, Miss Yan Yee LAI, Mr Ken Jean LEW, Mr Ching Yeung LIU, Mr Lynton Edviano LOO, Miss Pui Ying MAK, and Miss Yingya PU.

- **Dr Yanqi Yang** (Clinical Assistant Professor in Orthodontics) has been awarded HK\$20,000 to conduct the KE project "Getting to Know More: Oral Health Consultations for Kindergarten Children and Their Parents" with the Hong Kong Society for the Protection of Children. She will mentor a student KE team consisting of Miss Wai Ling TSE (leader), Miss Sze Tung LI, Miss Yee Lok LAM, Miss Mei Yan LIU, Miss Pui Kwan KWOK, Miss Tsz Yan LI, Mr Kenneth Kai Hay YUNG, Mr Shing Chi CHAN, Miss Oi Tung WONG, Miss Melissa Rachel FOK, Mr Tak Fai TSE, and Miss Janet Sei Man CHAN.

- **Dr Gloria HM Wong** (Clinical Assistant Professor in Paediatric Dentistry), has been awarded HK\$35,800 to conduct the KE project "Giving an Identity to Undocumented Children in Chennai, India" with the India Lutheran Development and

Relief Agency. She will mentor a student KE team consisting of Dr Jayakumar JAYARAMAN (leader), Dr Tao PEI, and Dr Lingwei LI.

- **Dr Mike YY Leung** (Clinical Assistant Professor in Oral and Maxillofacial Surgery), **Prof Lim K Cheung** (Chair Professor of Oral and Maxillofacial Surgery), and **Prof Gary SP Cheung** (Clinical Professor in Endodontics) have been awarded HK\$20,000 to conduct the KE project "Management of Jaw, Face and Dental Trauma: Educational Campaign for School Teachers" with the Anglican (Hong Kong) Primary Schools Councils. They will mentor a student KE team consisting of Ms Tiffany Chi Lok CHAN (leader), Ms Karen Shun Ka LEE, Ms Christine Shuk Kwan TSE, Ms Mandy SHEK, Ms Echo Ying Yee CHAN, Mr Wilson Shun Wai AU, Ms Judith LUI TAM, Mr Jimmy Man Ho CHAU, Ms Annie Wing Ki LEUNG, Dr Mai Man CHONG, Dr Dion Tik Shun LI, Dr Mei Nee TAN, Dr Fong Siew HAN, Dr Lizen TANG, Dr Bosco Sheung Yu HUI, Dr Ming Yin LEUNG, Dr Kelvin Tai Yin NG, and Dr Kailing SIEW.

- **Dr Chun-hung Chu** (Clinical Associate Professor in Community and Family Dentistry) has been awarded HK\$20,000 to conduct the KE project "Oral Health Promotion Among Homeless People in Hong Kong" with St Barnabas' Society and Home. He will mentor a student KE team consisting of Miss Shinan ZHANG (leader), Mr Brian Hiu Shing KWOK, Miss Hwee Hsia ONG, Miss Ngai Yu CHEUNG, Miss Kay Shuen CHAN, Miss Jasmine Tak Kar LAW, Mr Ming Ho CHAN, Mr Wing Kei WU, Mr Chi Wai YIU, and Mr Ming Chak LEE.

- **Dr Dominic KL Ho** (Clinical Assistant Professor in Periodontology) has been awarded HK\$19,600 to conduct the KE project "Oral Health Promotion to the Disabled" with Hong Kong Rehabilitation Power. He will mentor a student KE team consisting of Miss Stephanie WONG (leader), Miss Carolle Kar Po MOK, Mr Ming Chun NGAN, Miss Venus Hoi Ching KWOK, Mr Sin Bo CHU, Mr Wing Tak LAI, Mr Chun Kit YIP, Mr Chak Fai YU, and Miss Chloe Hor Ching LEE.

- **Dr Katherine CM Leung** (Clinical Associate Professor in Oral Rehabilitation) has been awarded HK\$20,000 to conduct the KE project "Teeth for Life: Prevention and Replacement of Missing Teeth" with the Hong Kong Professional Teachers' Union. She will mentor a student KE team consisting of Mr Chun Pang POON (leader), Miss Teresa Cheuk Yu HO, Mr Ling Man WONG, and Mr Ho Yin CHAN.

- **Dr Winnie WS Choi** (Clinical Assistant Professor in Oral and Maxillofacial Surgery) has been awarded HK\$13,000 to conduct the KE project "Updates on First Aid Management of Maxillofacial and Dental Trauma" with the Hong Kong St John Ambulance and the Auxiliary Medical Services Christian Fellowship. She will mentor a student KE team consisting of Ms Cherrie Cheuk Yiu HUNG (leader), Dr Alvin Yue Hin KUNG, Dr Karen Kar Yan LAI, Mr Chris Ming Ho CHAN, Mr Chris Tat Chuen FOK, Miss Crystal Rui WANG, and Mr Andy Kwan Lok TSE.

Now available

• "美麗笑容由齒起" ("A beautiful smile starts with your teeth") by the Po Leung Kuk, with contributions by the HKU Faculty of Dentistry, contains oral health tips for elderly people in Hong Kong and is now available online at http://facdent.hku.hk/docs/2013/PoLeungKukElderlyBooklet_Pow.pdf.



The booklet can also be ordered for free through the Faculty KE Unit (e-mail, dentke@hku.hk). It accompanies a video of the same title, available online at <http://tiny.cc/u3rb8w>.



• "Dental News Bites" is a new video news bulletin available at the Faculty's YouTube account at <http://tiny.cc/u3rb8w>. The presenter for the first two episodes is Dr Stefani Cheung, MDS (Impant Dentistry) student.



• "口腔健康樂園" ("Healthy Mouth") is a children's colouring and activity book that teachers and parents may use to introduce oral health topics such as healthy eating and toothbrushing. It can be ordered for free from the KE Unit (produced with support from the HKU KE Fund 2012-13). Schools are welcome to order in bulk, while stocks last.



Staff moves

The Faculty bids a warm welcome to:

- Ms Fionna SI Sin, Executive Officer

...And congratulations to:

- **Dr Chengfei Zhang**, who has been tenured as Clinical Associate Professor in Endodontics.

...And a fond farewell to:

- **Dr Susan Bridges**, Assistant Professor in Comprehensive Dental Care
- **Dr Jin Jun**, Post-doctoral Fellow in Comprehensive Dental Care
- **Dr Philip Newsome**, Clinical Associate Professor in Comprehensive Dental Care
- **Dr Hemamala Samaranyake**, Research Assistant Professor in Oral Biosciences
- **Ms Jove OS Lam**, Executive Officer
- **Ms Debbie MY Siu**, Executive Officer

IADR and SEAADE awards



• **Prof Edward CM Lo** (Chair Professor of Public Dental Health) and **Prof Lakhman Samaranayake** (HKU Dean of Dentistry and Chair Professor of Oral Microbiology), pictured above 1st and 2nd from the left, were presented with Distinguished Service Awards by the International Association for Dental Research – South-East Asia Division (IADR-SEA) during the Welcome Reception Party of the 2nd Meeting of the International Association for Dental Research – Asia-Pacific Region on 21 August 2013, in the Crystal Hall, Plaza Athenee Hotel, Bangkok, Thailand.

• **Prof Lijian Jin** (Clinical Professor in Periodontology) was installed as the new President of the IADR-SEA and **Dr May CM Wong** (Associate Professor in Dental Public Health) was installed as the new Secretary of the IADR-SEA at the 2nd Meeting of the International Association for Dental Research – Asia-Pacific Region on 22 August 2013, Bangkok, Thailand.

• The following staff and students won research prizes at the 2nd meeting of the International Association for Dental Research – Asia-Pacific Region (IADR-APR) in conjunction with the 24th Annual Scientific Meeting of the South-East Asian Association for Dental Education (SEAADE) held in Bangkok, Thailand, from 19 to 23 August 2013:



- **Dr Crystal TY Lee** (BDS 2013) won the IADR/Unilever Hatton Divisional Award (SEA Division) – Junior Category, for her research project “Multidisciplinary management of dentofacial deformities in Hong Kong and Glasgow”. Her project supervisor was **Prof Lim K Cheung** (HKU); her co-supervisors were **Prof Ashraf Ayoub** and **Dr Philip Bennington** (University of Glasgow), and **Dr Balvinder Khambay** (HKU).

- **Ms Sarah SW Wong** (PhD student in Oral Biosciences; supervisors, **Prof LP Samaranayake** and **Dr CJ Seneviratne**, now at the National



University of Singapore) won the runner-up prize of the IADR/Unilever Hatton Divisional Award (SEA Division) Contest – Senior Category, for her research project “Intra-oral delivery of a novel antifungal for *Candida*-associated denture stomatitis”.



- **Mr Wilson SW Au** (BDS/IV student) won the first prize of the SEAADE-GC Asia Dental Student Prevention Table Clinician Competition for his presentation titled “Absolutely fabulous! But are they effective for oral health promotion? – A review and evaluation of oral self-care ‘Apps’”. The presentation was based on a BDS/IV Community Health Project supervised by **Prof Colman McGrath** (Clinical Professor in Dental Public Health), with the participation of **Ms Janet SM Chan**, **Ms Melissa Rachel Fok**, **Mr Chun-wai Mak**, **Mr Kenneth CK Wong**, and **Mr Antony KY Wong**.



- **Dr Yanqi Yang** (Clinical Assistant Professor in Orthodontics) was awarded the 2nd prize in the SEAADE Best Poster Presentation Award Contest for her research poster titled “Effects of students’ perception on their learning efficacy using e-models”, co-authored with **Dr Cheuk-hin Ho**, **Dr Jiajing Lu**, and **Dr Susan Bridges**.



- **Dr Michael Botelho** (Clinical Associate Professor in Oral Rehabilitation) won the SEAADE Best Oral Presentation Award for his research presentation titled “An evaluation of a clinical session diary – student and staff feedback”, co-authored by **Dr Susan Bridges**, **Prof Cynthia KY Yiu**, **Prof Roger Zwahlen**, **Dr Dominic KL Ho**, and **Dr Jeffrey WW Chang**.

Congratulations

• **Dr Yanqi Yang** (Clinical Assistant Professor in Orthodontics) has been awarded a grant of HK\$865,444 from the Health and Medical Research Fund of the Food and Health Bureau, HKSAR Government, to conduct the 2-year research project “A randomized controlled trial of a laser-aided orthodontic treatment for patients with periodontitis”. Her co-investigators are **Prof Lijian Jin**, **Prof Colman McGrath**, and **Dr Chengfei Zhang**.

• **Dr Xiaoli Gao** (Research Assistant Professor in Dental Public Health) has been awarded a grant of HK\$766,132 from the Health and Medical Research Fund of the Food and Health Bureau, HKSAR Government, to conduct the research project “Motivational interviewing and interactive risk assessment in changing adolescents’ oral health behaviours”. Her co-investigators are **Prof Edward CM Lo**, **Prof Colman McGrath**, and **Dr May CM Wong** at the HKU Faculty of Dentistry, and **Prof Samuel MY Ho** at the Department of Applied Social Sciences, City University of Hong Kong.

• At HKIDEAS 2013 (Hong Kong International Dental Expo And Symposium), which was held at the HK Convention and Exhibition Centre from 9 to 11 August 2013, **Dr Christie YK Lung** (Postdoctoral Fellow in Dental Materials Science; supervisor, **Dr Jukka Matinlinna**), received the first runner-up prize in the best poster award contest for his research poster “Surface modification of titanium by a polysiloxane coating on resin titanium bonding”, co-authored with **Dr Dan Liu**, **Dr James KH Tsui**, and **Dr Jukka Matinlinna**. **Dr Crystal TY Lee** (BDS 2013) received the second runner-up prize in the best poster award contest for her research poster “Profile and surgical management of dentofacial deformities in Hong Kong and Glasgow”. Her project supervisor was **Prof Lim K Cheung** (HKU); her co-supervisors were **Prof Ashraf Ayoub** and **Dr Philip Bennington** (University of Glasgow), and **Dr Balvinder Khambay** (HKU).

• **Ms Ying Zheng** (PhD student in Oral Diagnosis and Polyclinics) won the Best Poster Sunstar Award at the 10th Asian Pacific Society of Periodontology Meeting in Nara, Japan, 3-4 September 2013, for her research poster presentation titled “Genetic polymorphisms of Th2 cell regulatory and effector molecules in non-smokers with or without periodontitis”, which was co-authored by **Dr Lei Chai** (School of Dentistry, The University of Queensland), **Dr You-qiang Song** (HKU Department of Biochemistry), and **Prof W Keung Leung** (HKU Faculty of Dentistry). Her principal PhD supervisor is **Prof W Keung Leung** and her co-supervisors are **Dr You-qiang Song** and **Prof Lijian Jin**.



Prof Edward Lo conferred as Chair Professor



Prof Edward CM Lo was conferred with the title of Chair Professor of Dental Public Health in July 2013. Expressions asked him about this new title and his work in dental public health at the HKU Faculty of Dentistry.

How would you describe your career path?

In the past 25 years, I have been working and teaching in the field of dental public health at HKU, and I have led the Discipline of Dental Public Health since 1998. Throughout, I have tried to be a pioneer in the development of locally trained academic clinicians.

I am especially proud to be among the first BDS Class (1985) and also the first MDS Class (1987) of graduates of HKU. After completing my MDS degree, I worked in an NGO dental clinic for a few months, and then joined the Faculty as a full-time Lecturer in 1988. I obtained my PhD (HK) degree in 1995 through part-time study, being the first local dentist to have achieved this. I was promoted to the rank of Senior Lecturer in 1998 and Reader in 2003. The latter title was replaced by "Professor" in the new academic titling system. Recently, I was granted by HKU to use the title of "Chair of Dental Public Health" after having passed rigorous internal and external assessments.

What does dental public health mean to you?

I enjoy dental public health very much, as I like to work with people in various sectors of the community to promote the

oral health of different population groups. It is gratifying to see that the work of our Faculty team has contributed to a number of improvements in the oral health services in Hong Kong over the years. Examples of these improvements are the adjustment of fluoride concentration in the drinking water, provision of outreach dental services to kindergarten children and institutionalised elders, and increased use of preventive dental care.

What are your aspirations for the Faculty's role in Hong Kong's dental public health?

I would like to see more public oral health promotion activities implemented in Hong Kong using effective and appropriate approaches, and emphasising the interconnectedness between oral and general health. Close collaboration between the public and private sectors is important.

Our Faculty staff can serve as experts in the field to provide advice on all dental public health matters, while conducting research to generate new useful information. In addition, our Faculty will continue to be an important training centre for dental public health workers at all levels. ■

Faculty in the media

- 10 October 2013, Apple Daily, A17: "Food dye suppresses *Candida albicans*", [Dr Paul WK Tsang](#)
- 4 October 2013, Apple Daily, A16: "Elderly people do not seek help for loose dentures", [Prof Edward CM Lo](#)
- 1 October 2013, Health Plus magazine: "Half of preschoolers have tooth decay; schools and society should pay attention", [Dr Chun-hung Chu](#) & [Prof Edward CM Lo](#)
- 10 September 2013, Hong Kong Commercial Daily, A14: "Mussel power inspires HKU researchers to develop techniques to fortify teeth", [Dr Chun-hung Chu](#) & [Dr Ying Cao](#)
- 28 August 2013, Hong Kong Commercial Daily, A19: "HKU sets up foundation to improve birth registration", [Dr Jayakumar Jayaraman](#), [Prof Lakshman Samaranayake](#) & [Dr Gloria HM Wong](#)
- 8 August 2013, Apple Daily, A14: "70% teachers do not know how to handle dental trauma in schools", [Dr Mike YY Leung](#) & [Prof Lim K Cheung](#)
- 8 August 2013, Radio Television Hong Kong Morning News: "Faculty of Dentistry holds workshops for teachers teaching dental trauma", [Prof Lim K Cheung](#) & [Prof Gary SP Cheung](#)
- 31 July 2013, Metro Daily, P30, "49% local kids have tooth decay", [Dr Chun-hung Chu](#) & [Prof Edward CM Lo](#)

For the full media archive, please visit <<http://facdent.hku.hk/index.php/news-events/facultymedia>>



Research Highlight

Most young adults in Hong Kong have unhealthy gums

The gums of the vast majority of young adults in Hong Kong are in an unhealthy condition, a research team at the HKU Faculty of Dentistry has reported in the first published study on the oral health of the city's 18-year-olds.¹

Of a representative sample of local 18-year-olds, nearly all showed signs of poor gum (periodontal) health; only 6 (2%) of the 324 people in the study had completely healthy gums. In addition, 9 in every 10 people had calculus (also known as tartar, which is hardened dental plaque that needs professional removal). After comparing these results with those reported for other countries, the researchers write: "it seems that the periodontal status of the young adults in Hong Kong is worse than [in] mainland China". They conclude that the city's young adults have "unsatisfactory" gum health and hence need to be reminded to perform proper tooth cleaning to remove dental plaque, which is a major factor in the development of gum inflammation.

1. Lu HX, Wong MCM, Lo ECM, McGrath C. Risk indicators of oral health status among young adults aged 18 years analyzed by negative binomial regression. BMC Oral Health 2013;13:40

[Link to Medline abstract](#)

Invitations to India

The HKU Faculty of Dentistry was invited to celebrate the 15th anniversary of the Coorg Institute of Dental Sciences, Karnataka, India, by taking part in some high-profile events that were covered by the local and national press.

On 16 and 17 September 2013, [Prof Lim K Cheung](#) (Chair Professor of Oral and Maxillofacial Surgery) and Prof Urban Hägg (former Chair Professor of Orthodontics) were the two international guest speakers at a conference on orthodontics, dentofacial orthopaedics, and oral and maxillofacial surgery, called "Cognathics 2013". In addition to officiating at the opening ceremony of the event, Profs Cheung and Hägg delivered especially designed courses for the 400 postgraduates and representatives of dental colleges from across India.

On 24 September 2013, Prof Lakshman Samaranayake (Dean of Dentistry and Chair Professor of Oral Microbiology) was



© Coorg Institute of Dental Sciences, India

the Guest-of-Honour at the 2013 Graduation Ceremony of the Coorg Institute of Dental Sciences and at the opening ceremony of the institute's new hospital and pharmacy. On the previous day, he also delivered a course on integrating problem-based learning in dental education.

Summer Programme 2013

A total of 95 local and overseas students attended the 2013 HKU Summer Programme in Dentistry and Oral Health, organised by the HKU Faculty of Dentistry.

The week-long programme took place at the Prince Philip Dental Hospital

from 28 July to 3 August 2013, and gave participants a taste of life as a dental student. Activities included dental careers talks, clinic observations, problem-based learning tutorials, and manual skills training in the Simulation Laboratory and Virtual-Reality (Haptics) Training Unit.



FDI Updates

- **Dr Tin-chun Wong**, Hong Kong orthodontist and friend of the Faculty, was inaugurated as the President 2013-2105 of the FDI World Dental Federation—the world's largest non-governmental organisation for dental professionals—at the 101st FDI Annual World Dental Congress in Istanbul, Turkey, 28-31 August 2013.

- At the 2013 Congress, the FDI also issued and adopted its Istanbul Declaration, titled *Oral Health and General Health: A Call for Collaborative Approach*, to promote oral health as a human right and to raise global awareness of the link between oral and general health. **Prof Lijian Jin** (Clinical Professor in Periodontology) signed the Declaration as the Chair of the FDI Science Committee.

- The Declaration can be viewed at the FDI website: <www.fdiworldental.org>, together with the following five FDI Policy Statements that were adopted/revised by the FDI General Assembly during the 2013 Congress:
 - "Bisphenol-A in dental restorative and preventive materials"
 - "Non-communicable diseases"
 - "Oral health and the social determinants of health"
 - "Oral infection/inflammation as a risk factor for systemic diseases"
 - "Salivary diagnostics"

Mainland rendezvous

The HKU Faculty of Dentistry sent two delegations to mainland China this summer as part of the HKU-China 1000 Exchange Scheme 2013. The visits were arranged with two dental schools that have each signed a Memorandum of Understanding with the Faculty.

Visit to Sun Yat-sen University

By Nichol CW Tsang (BDSIIb)



The exchange programme hosted by the Guanghua School of Stomatology, Sun Yat-sen University, Guangzhou, lasted from 5 to 9 August 2013. It was a truly remarkable experience for the participating 20 undergraduates and postgraduates from the HKU Faculty of Dentistry and the 30 fifth-year undergraduates from the Guanghua School of Stomatology and other mainland China dental schools.

The academic visit certainly changed my impression of the mode of dental teaching and the teaching environment in mainland China. Various tours within the university campus and Guangzhou dental clinics gave me great insight into the differences between Guangzhou and Hong Kong in terms of the dental health care system and life as a student. The university's Medical Specimen Museum was fascinating,

and the tours of the dental hospital, teaching building, and Research Institute of Stomatology made me realise that some of their clinical, teaching, and research facilities are comparable to those at the Prince Philip Dental Hospital.

We also had a great time during the city sightseeing sessions at the Flower City Square, Ersha Island, Lu Lake, Yuntai Garden, and Baiyun Mountain. The farewell party on the last night provided an excellent opportunity for us to build a social network with the other dental students. We were delighted by the cultural entertainment and had the chance to play games and to perform on stage. The party, and our exchange visit, ended with a memorable group-singing performance. The trip was eye-opening, and we are very grateful to our hosts.



Visit to Shandong University

By Nathan Li Peng (PhD student in Periodontology)

A delegation of nine PhD students from the HKU Faculty of Dentistry led by my PhD supervisor, [Dr Chengfei Zhang](#) (Clinical Associate Professor in Endodontics), was invited to visit the School of Stomatology, Shandong University, Shandong, from 4 to 10 August 2013. This was the first exchange programme conducted after the signing of the Memorandum of Understanding between the two dental schools this April.

To strengthen communication and interaction between students from both universities, various cultural and academic exchange activities were organised. These included a visit to the university



campus and affiliated hospitals, a cultural tour of Confucius' hometown, parties, research symposia, and academic seminars.

During the visit, Dr Zhang delivered several keynote lectures and gave demonstrations on the diagnosis and clinical treatment of dental pulp diseases. Five of our PhD students also made presentations about their research studies so far and experiences as a research student at HKU.

Through this thoroughly enjoyable exchange programme, we not only gained a better understanding of Shandong University and its training system for dentists, but also made some new friends.

The visit was definitely an unforgettable experience and it helped to promote further cooperation between the two dental schools in the future. ■

Words on the streets

By Dennis WK Wong (BDSIII), DPHC Vice-Chairperson

The Dental Public Health Committee (DPHC) 2012-13 of the Dental Society, HKU Students' Union, successfully held two public oral health exhibitions: one at the Tsz Wan Shan Shopping Centre, Kowloon, on 26-27 October 2013, and one at the plaza of Sha Tin Town Hall on 9-10 November 2013.

The exhibitions, titled "周宜復齒" ("Gums should recover teeth"), aimed at explaining the causes, signs, and symptoms of gum diseases to members of the public, and to educate them about preventing gum diseases and maintaining good gum health. Activities included poster boards, individual consultations, group discussions, and games. Many

enthusiastic dental students offered to help in the event by giving oral hygiene instructions or introducing the content of the display boards. More than 2500 visitors participated in the two exhibitions and their feedback showed that they were all pleased to learn more about how to prevent and manage gum diseases. ■



Postgraduate memories

Two HKU Faculty of Dentistry alumni took part in the HKU Graduate School's Alumni Survey 1991-2011 and shared their HKU experiences in a booklet on the survey results. Their reminiscences are reproduced below, with permission from both authors and the Graduate School.



Dr Christine Sedgley (PhD 1996)
Professor and Chair, Department of Endodontology,
School of Dentistry,
Oregon Health & Sciences University, USA

Dr Christine Sedgley is currently Professor and Chair in the Department of Endodontology, School of Dentistry, Oregon Health & Sciences University (OHSU), USA, with numerous publications and awards to her credit. This year, she received the OHSU Student Council Faculty Award. In addition to teaching, she is involved in research on root canal infections and their clinical management. Her primary research focus has been on *Enterococcus faecalis*, a microorganism linked to persistent endodontic infections.

It was an interesting chain of events that let Dr Sedgley to undertake her PhD in Oral Microbiology in the HKU Faculty of Dentistry, which she completed in 1996.

"I had just completed postgraduate studies in Australia and had moved to Hong Kong for family reasons. I was unable to get a faculty position at HKU, and unable to work in my professional field as an endodontist in Hong Kong until completing board examinations, which would take about 1 year. After meeting Prof Lakshman Samaranayake, who was then Head of the Oral Biology Department [now Oral Biosciences Unit], I volunteered

as a Research Associate with the aim of learning about *Enterobacteriaceae* in the oral cavity," she said. Within a few months, she enrolled in the PhD programme under Prof Samaranayake's supervision, finding that he was a very supportive supervisor and that the Oral Biology facilities were well maintained by staff under his leadership.

Having a PhD has been important to Dr Sedgley for establishing an academic career. The postgraduate experience "taught me to work independently and persist despite obstacles, and provided an appreciation for diversity". She moved to the United States in 2000 to work at the University of Michigan School of Dentistry as an Assistant Professor in the Department of Cariology, Restorative Sciences and Endodontics. In January 2010, she took up her current position.

Dr Sedgley has enjoyed mentoring many students over the past several years. For current and future postgraduate students at HKU, she would give the same advice as she has given to her own students: "It is a wonderful opportunity to focus. However, you need to be prepared to put in a lot of effort and organise your time effectively." ■

The postgraduate experience "taught me to work independently and persist despite obstacles, and provided an appreciation for diversity."





Dr Otto LT Lam (BDS 2006; PhD 2012)
Clinical Assistant Professor in Oral Rehabilitation,
Faculty of Dentistry,
The University of Hong Kong

It was a fascination with research, and the excitement of discovering new things, that led Dr Otto Lam to undertake postgraduate studies in the HKU Faculty of Dentistry between 2007 and 2011. "I think that, in itself, contains the challenge to keep me on my toes and that's the kind of job I like to look forward to every morning," he explained.

Dr Lam chose to continue his studies at HKU, as it is consistently ranked as one of the top universities in Asia. He was drawn by the fact that the HKU Faculty of Dentistry has an especially outstanding reputation in research, and its achievements have garnered international recognition. Since graduation, he has continued in the Faculty of Dentistry in the position of Clinical Assistant Professor.

Dr Lam's postgraduate studies focused on oral health promotion interventions in stroke patients undergoing hospital-based rehabilitation. The broad aim of his study was to develop evidence-based oral care practices in stroke patients, so that the knowledge can eventually be used to improve and guide such interventions in hospital wards. For this research he was the recipient of the 2011 IADR Lion Dental Research Award for Junior Investigators.

Since graduating in 2012, he has already achieved an impressive list of publications in journals including the *International Journal of Cardiology*, *American Journal of Infection Control*, *Journal of Medical Microbiology*, *Journal of Clinical Periodontology*, and *Critical Reviews in Microbiology*.

Dr Lam has no doubt that his postgraduate experience at HKU has had a significant impact upon his professionalism. "At the beginning of my postgraduate studies, there were a lot of unknowns, and there was definitely a steep learning curve. Essentially, through the postgraduate programme, I learnt how to become an independent researcher. I learnt how to problem-solve, think on my own feet, and how to work around a problem, and these skills have been a great asset in tackling all sorts of issues encountered in an academic career, and not only research."

From the experience, he has also developed effective strategies for maintain a healthy work-life balance. "One strategy which I have tried to employ to help maintain a healthy balance between my studies and my personal life, is to keep myself organised by prioritising and partitioning each day for specific activities. Consequently, I can be fully engaged while I'm at work. Often, problems which I am unable to solve

"I learnt how to problem-solve, think on my feet, and how to work around a problem, and these skills have been a great asset in tackling all sorts of issues encountered in an academic career, and not only research."

at the time can be more easily solved after leaving it alone for a while, and coming back to it later with a fresh approach."

From his supervisors, Prof Colman McGrath, Prof Anne MacMillan, and Prof Lakshman Samaranayake, he learnt among many things, "that when you have a goal in mind, make a plan and then do it; don't be over-meticulous and worry about all the 'what ifs'"—a piece of advice that he would like to pass on to those who are starting on their postgraduate studies. ■

For dentists and alumni

• OMFS teaching opportunities

The Faculty is now inviting applications for (1) Tenure-Track Clinical Associate Professor/ Clinical Assistant Professor in Oral and Maxillofacial Surgery and (2) Part-time Clinical Lecturers (several posts) in Oral and Maxillofacial Surgery. For details, please log onto <http://jobs.hku.hk/index.php?dg=80>.



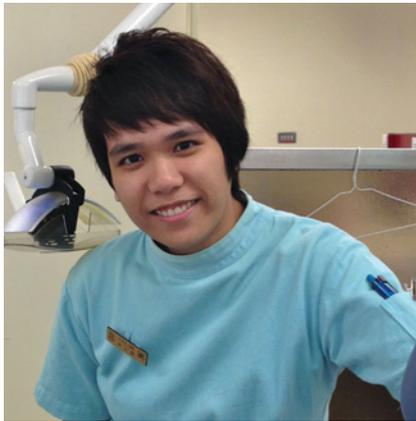
• Online sites for job opportunities

The HKU Dental Alumni Association website has a job site at <http://facdent.hku.hk/hkudaa/jobsite.html>. In addition, the HKU job site URL is <http://jobs.hku.hk>.

• Faculty Continuing Dental Education programmes

The latest timetables for the Faculty's continuing dental education programmes, including "Advances in Clinical Dentistry and Related Sciences – CE Course" can be downloaded from <http://facdent.hku.hk/cde>.

Crystal clear commendation



In September 2013, fresh alumna Dr Crystal TY Lee (BDS 2013) learnt that she had been “highly commended” in the 2013 Undergraduate Awards contest. *Expressions* asked her about this achievement and her student experience at the HKU Faculty of Dentistry.

What is the Undergraduate Awards (UA) contest?

According to the UA website (www.undergraduateawards.com), the UA is the world's only pan-discipline academic awards. The programme is currently under the patronage of the President of Ireland. Penultimate- or final-year students, or fresh graduates, are invited to submit an essay written as part of their

coursework, in 22 subject categories. Essays that win commendations mean that the entrants are shortlisted in their categories to win a trip to the annual UA Global Summit in Dublin. One winner is selected from the entrants from Ireland and one from the international entrants. This year, there were 3771 entrants from 182 institutions from 25 countries.

What was your highly commended work?

I submitted a research write-up titled “Profile and dentofacial deformities and multidisciplinary management in Hong Kong and Glasgow”, which was based on my undergraduate research project in the final year of my BDS studies. For me, the recognition marked the grand finale of my undergraduate studies. Although I didn't win top prize, the commendation meant that I was judged to be in the top 10% of entrants in the Medical Sciences category. I owe this accomplishment to my undergraduate research project supervisor, [Prof Lim K Cheung](#), and I would like to express my most sincere gratitude to him. It was such a huge blessing for me to be able to work under his supervision and mentorship, and to receive his support and advice during the project.

How was your time as a BDS student?

I had a fruitful time at the Faculty as an undergraduate student. Going from a high school graduate to now a dentist, I am proud to say that I've grown a lot. Of course, none of this was my own effort alone, and I feel very blessed to have received unwavering support from a great network of clinical and academic staff and mentors who were always there to walk alongside me during the BDS degree.

The 5 years of the BDS were definitely my happiest years. Yes, there were countless adrenaline rushes during assessments and exams, but looking back at these moments now certainly brings a smile to my face. These are common memories that we as alumni all share. All in all, my recipe for surviving and enjoying my BDS years consisted of being humble, being inquisitive, and most importantly, being myself.

I would like to take this chance to also congratulate the BDS Class of 2013. May we all cherish our passion in dentistry and build and enjoy our success in high-quality and ethical patient care! ■

Dr Dominic Ho re-elected as alumni president

Dr Dominic KL Ho (BDS 2005, MDS [Perio] 2008, AdvDip [Perio] 2009; Clinical Assistant Professor in Periodontology) was elected for the second year running as President of the HKU Dental Alumni Association (HKUDAA; website, <<http://facdent.hku.hk/hkudaa/>>) at its Annual General Meeting on 20 October 2013.

The evening's event was combined with a career talk for the audience of 119 alumni and BDS students, titled “Risk management in Endodontics”, given by Dr Alex WK Chan, specialist in Endodontics.

The updated HKUDAA Council is as follows:

President	Dominic KL Ho
Vice President	Dustin Wai
Honorary Secretary	Dominique Wong
Honorary Treasurer	Adrian K Hon
Publication Secretary	Wing-ho Chu
Social Secretary	Meier TC Tai
Council Members	Siu-fai Leung Franklin TT She Wilson Lee Jeni LI Hoi Ada CW Lo



1 COMPLETE SENSITIVITY TOOTHPASTE

Sensodyne® understands that dentine hypersensitivity patients have differing needs

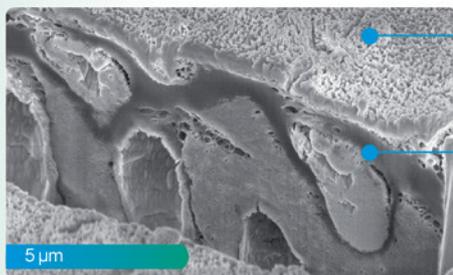
Sensodyne® Complete Protection, powered by NovaMin®, offers all-round care with specially designed benefits to meet your patients' different needs and preferences. With twice-daily brushing, Sensodyne Complete Protection:

- Is clinically proven to provide dentine hypersensitivity relief¹⁻³
- Contains fluoride to strengthen enamel
- Helps to maintain good gingival health⁴⁻⁶

Sensodyne® Complete Protection, powered by NovaMin® – an advanced approach to dentine hypersensitivity relief

- NovaMin®, a calcium and phosphate delivery technology, initiates a cascade of events on contact with saliva⁷⁻¹² which leads to formation of a hydroxyapatite-like restorative layer over exposed dentine and within dentine tubules.^{7,9-13}
- In vitro* studies have shown that the hydroxyapatite-like layer starts building from the first use⁷⁻⁹ and is up to 50% harder than dentine.^{9,14}
- The hydroxyapatite-like layer binds firmly to collagen within exposed dentine^{10,15} and has shown in *in vitro* studies to be resistant to daily physical and chemical oral challenges,^{9,14-17} such as toothbrush abrasion¹⁶ and acidic food and drink.¹⁴⁻¹⁷

In vitro studies show that a hydroxyapatite-like layer forms over exposed dentine and within the dentine tubules:^{7,9,10,12,13}



Hydroxyapatite-like layer **over** exposed dentine

Hydroxyapatite-like layer **within** the tubules at the surface

Adapted from Earl *et al.*, 2011 (A).¹³ *In vitro* cross-section SEM image of hydroxyapatite-like layer formed by supersaturated NovaMin® solution in artificial saliva after 5 days (no brushing)¹³



GlaxoSmithKline

GlaxoSmithKline Limited
23/F, Tower 6, The Gateway, 9 Canton Road, Tsimshatsui, Kowloon, Hong Kong
Tel: (852) 3189 8989 Fax: (852) 3189 8931 www.gsk.com.hk

References:

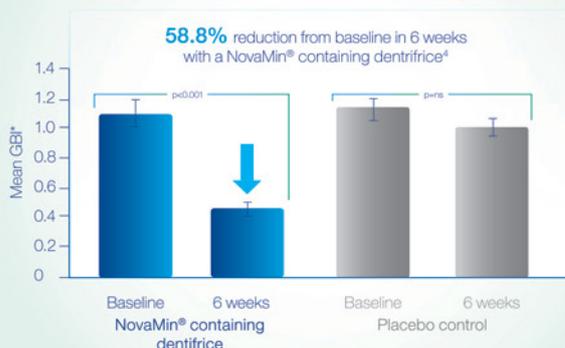
- Du MQ *et al.* Am J Dent 2008; 21(4): 210–214.
 - Pradeep AR *et al.* J Periodontol 2010; 81(8): 1167–1113.
 - Salian S *et al.* J Clin Dent 2010; 21(3): 82–87.
 - Tai BJ *et al.* J Clin Periodontol 2006; 33: 86–91.
 - Devi MA *et al.* Int J Clin Dent Sci 2001; 2: 46–49.
 - GSK data on file (study 23690684)
 - LaTorre G, Greenspan DC. J Clin Dent 2010; 21(3): 72–76.
 - Edgar WM. Br Dent J 1992; 172(8): 305–312.
 - Burwell A *et al.* J Clin Dent 2010; 21(Spec Iss): 66–71.
 - Efland SE *et al.* J Mater Sci Mater Med 2002; 26(6): 557–565.
 - de Aza DN *et al.* J Mat Sci: Mat in Med 1996; 399–402.
 - Arcos D *et al.* A J Biomed Mater Res 2003; 65: 344–351.
 - Earl J *et al.* J Clin Dent 2011; 22(Spec Iss): 62–67.
 - Parkinson C *et al.* J Clin Dent 2011; 22(Spec Issue): 74–81.
 - West NX *et al.* J Clin Dent 2011; 22(Spec Iss): 82–89.
 - Earl J *et al.* J Clin Dent 2011; 22(Spec Iss): 68–73.
 - Wang Z *et al.* J Dent 2010; 38: 400–410.
 - "Dentifrices" Encyclopedia of Chemical Technology 4th ed. vol 7, pp. 1023–1030, by Morton Puder Consumer Products Development Resources Inc.
 - van der Weijen GA and Hioe KPK. J Clin Periodontol 2005; 32 (Supp 1.6): 214–228.
- Sensodyne and Novamin are registered trade marks of the GlaxoSmithKline group of companies.
This information is for the use and reference by healthcare professionals.

Sensodyne® Complete Protection helps maintain good gingival health⁴⁻⁶

Good brushing technique can be enhanced with the use of a specially designed dentifrice to help maintain good gingival health.^{18,19}

In clinical studies, NovaMin® containing dentifrices have shown up to 16.4% improvement in plaque control and up to 58.8% reduction in gingival bleeding index, compared to control toothpastes.⁴⁻⁶

Significant reduction in gingival bleeding index (GBI) over 6 weeks with a NovaMin® containing dentifrice⁴



Adapted from Tai *et al.*, 2006.⁴ Randomised, double-blind, controlled clinical study of in 95 volunteers given NovaMin® containing dentifrice or placebo control (non-aqueous dentifrice containing no NovaMin®) for 6 weeks. All subjects received supragingival prophylaxis and polishing and were instructed in brushing technique.⁴ *GBI scale ranges from 0–3.



All-round care for dentine hypersensitivity patients¹⁻⁶

A COMPLETE SYSTEM FOR IMPROVED GINGIVAL HEALTH



MOUTHWASH

For additional daily plaque control³ with 0.075% CPC and 225 ppm F



TOOTHPASTE

(1450 ppm F)

For long-lasting^{4,5} antibacterial action and direct reduction² of gingival inflammation



DENTAL FLOSS

For daily interproximal plaque removal



INTERDENTAL BRUSHES

For daily interproximal plaque removal



TOOTHBRUSH

For effective plaque removal

CLINICALLY PROVEN RANGE TO FIT YOUR PATIENTS' INDIVIDUAL NEEDS

Colgate® Total® Pro-Gum Health System is the only system with clinically proven Triclosan / Copolymer Technology in a dual-action toothpaste

- Daily oral care for patients who have, or are at risk of, gum issues and associated problems such as bleeding gums
- A system that allows you to recommend specific product combinations

RECOMMEND COLGATE® TOTAL® PRO-GUM HEALTH – TAILORED TO THE GUM PROBLEMS OF YOUR PATIENTS

References 1. Amornchat C et al. (2004) Mahidol Dent J 24(2): 103–111. 2. Lindhe J et al. (1993) J Clin Periodontol 20(5): 327–334. 3. J Clin Dent 2011;22 (Spec Issue):195-199
4. Panagakos FS et al. (2005) J Clin Dent 16 Suppl): S1-S20. 5. Garcia-Godoy F et al., (1990) Am J Dent 3 (Spec Issue); S15-S26

Colgate®

www.colgateprofessional.com