The basics of children’s oral health

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Sugarfree chewing gum with dissolving Microgranules

Gently cleans your teeth in a way you can really feel

Recommend chewing Extra Professional sugarfree gum in between twice daily brushing and after meals and snacks to help your teeth clean

FDI World Dental Federation
Chewing of sugarfree gum - such as Extra - is beneficial to dental health
Evidence is growing for links between oral health and other health conditions. But sometimes, as the saying goes, prevention is the best cure, and we can all certainly play our part in maintaining oral hygiene and keeping a healthy lifestyle.

### Time to change

The 2006 provisional results of the Hong Kong Department of Health’s Behavioural Risk Survey show that one-fifth of adults do not brush their teeth twice a day, three-quarters do not floss daily, and three-fifths do not have an annual dental check-up.

To help improve this situation, we need to instil healthy habits among the next generation, and as soon as possible. This issue of *Expressions* features articles on the importance of oral health among children and how parents and caregivers in Hong Kong can promote good oral hygiene habits at an early age.

As we enter a new year, let us make a resolution to start out and stay healthy, and to make sure the next generation does so too.

### Golden pig, silver jubilee

This year is a special year—not only is it supposed to be an auspicious year in the Chinese calendar, but it also marks the 25th anniversary of the establishment of the HKU Faculty of Dentistry at the Prince Philip Dental Hospital.

The faculty’s *dent25 Silver Jubilee* is now in full swing and we hope that readers, particularly alumni, will take part in our jubilee celebrations, attend the Second International Conference on Evidence-based Advanced Dentistry, or leave a message of congratulations in the jubilee guestbook at <dent25.hku.hk>.

I wish you a Happy and Healthy New Year, Kung Hei Fat Choi, and Happy reading!
Faculty Focus

Hats off to Class of 2006!
The HKU Faculty of Dentistry proudly welcomed its newest generation of dentists at the Graduation and Prize Presentation Ceremony on 5 December 2006.

Forty-nine BDS graduates, 31 taught postgraduates, and 6 research (PhD) postgraduates had cause for celebration as they marked the start of their new careers and were formally admitted to Class of 2006.

The Guest of Honour at the evening’s ceremony was former government Chief Secretary Mrs Anson Chan (pictured lowest left, receiving a souvenir from Dr Charles Yeung). Mrs Chan congratulated the new BDS graduates, saying that they were very fortunate to have enjoyed ideal studying environments in Hong Kong, and that they should actively participate in community service and help the needy.

—Congratulations, Class of 2006!
[See <www.facdenthk.org> for more photo coverage.]

Should old acquaintance be remembered
Some students’ parting comments from the Graduation Yearbook 2006:

I hope we can all keep in touch after graduation and continue to build more precious memories
—Clara KW Wong

Try not to become a man of success but rather to become a man of value—Queenie YK Chan

Cheers and congrats everyone!—Peter WL Yip

Wish you all the best, my colleagues
—Ayco CO Au Yeung

Thank you to all tutors and classmates who have taught and helped me in these 5 years
—Linda NY Mok

Thanks to all teaching staff, auxiliary staff, as well as patients. We can’t graduate without your contributions—Walter UH Lam

We did it!—Alice SS Chin

To obtain one of the limited spare copies of the Yearbook, please e-mail the Faculty Secretariat at <dental@hkusua.hku.hk>.
Ushering in our silver jubilee

Celebrations for the HKU Faculty of Dentistry’s dent25 Silver Jubilee kicked off on a high note on 4 November 2006 at a fundraising concert given by accomplished pianist sisters Mary, Enloc, and Melody Wu at the Hong Kong Cultural Centre.

“The evening brought together charity, music, and dentistry, and all three share the common pursuit of bringing happiness to people’s lives,” says Dean Samaranayake. “We were privileged to have had these three distinguished musicians mark the start of our Silver Jubilee year in style.”

The Silver Jubilee Kick-off Concert included a world premier—Gustav Holst’s Jupiter from The Planets, arranged for one piano, six hands. The Chinese character for ‘joy’ appears in all three sisters’ names, so it was only fitting to play Jupiter, the Bringer of Jollity, explains Enloc Wu.

The Kick-off Concert was presented by the Tom Lee Music Foundation, produced by Global Cultural Services Co Ltd, and generously sponsored by the Sino Group, Tom Lee Music, and the Shun Hing Group. The main Silver Jubilee Gala Concert is planned for 15 November 2007, as part of the faculty’s official 25th anniversary celebrations during the week of the Second International Conference on Evidence-based Advanced Dentistry.

20th Annual Scientific Meeting

The HKU Faculty of Dentistry celebrated two decades of research excellence at its 20th Annual Scientific Meeting on 15 December 2006.

In his opening speech, Dean Samaranayake praised faculty staff and students for their continued innovation and hard work, as well as their strong dedication to fostering a healthy and productive research culture. The guest speaker, Prof Paul KH Tam, HKU Pro-Vice-Chancellor (pictured right), echoed these sentiments in his talk titled CERG [Competitive Earmarked Research Grants] results and implications. The Plenary Speech—Human adult stem cells including dental stem cells: an update and perspective?—was given by Prof CY Wang, Richard H Kingery Professor at the School of Dentistry, University of Michigan, and Honorary Professor at the HKU Faculty of Dentistry.

Coinciding with the scientific meeting was the release of the booklet Annual Research Publications 2005-2006—a formal record of the faculty’s research publications in the past academic year. The faculty reached “new heights” by publishing more than 130 articles in scientific journals and books, noted Prof Lim K Cheung and Dr W Keung Leung (Associate Dean and Assistant Dean for Research and Discovery, respectively). For the first time, the booklet included prizes and awards—a total of 13—won by faculty members.

Codes for cures for kids

Some of Hong Kong’s children were given a hands-on lesson in the genetic code, thanks to members of the HKU Faculty of Dentistry who ran a public workshop in Tai Koo Shing City Plaza on 28 October 2006.

Drs Dai Juan and Ricky Wong were among faculty members who took part in the workshop as part of the Hong Kong Innovation Festival 2006, organised annually by the Hong Kong Government Innovation and Technology Commission.

Participating children were given a chance to extract DNA from living tissue and look at light-microscope and X-ray pictures of how gene therapy can stimulate jawbone growth in rats—findings of research conducted by the faculty’s Biomedical and Tissue Engineering Research Group. “Gene therapy could offer new cures; in dentistry, children with craniofacial anomalies could have a better quality of life,” says Research Group Convenor Prof Bakr Rabie.

International Conference on Paediatric Dentistry

21st Congress of the International Association of Paediatric Dentistry
13-17 June 2007
Hong Kong Convention & Exhibition Centre, Wanchai, Hong Kong

Members of the HKU Faculty of Dentistry have helped plan this event and cordially invite all who are interested in paediatric dentistry to attend. The programme and list of speakers can be found at the website <www.iapd2007.com>.
The Royal College of Surgeons of Edinburgh (RCSEd), the oldest college of surgical specialists in the world, celebrated its 500th birthday recently by holding a surgical congress and anniversary celebrations in Aberdeen—\textit{in Aberdeen, Hong Kong, not Aberdeen, Scotland, that is.}

\textbf{Meeting Reports}

\textbf{Surgical meeting of East and West}

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\textbf{The Scotland-Hong Kong link}

The location, to be precise, was the Hong Kong Academy of Medicine Jockey Club Building—the headquarters of medical specialists, including surgeons and dental surgeons, who are registered in Hong Kong. Why did a Scottish surgical institution decide to celebrate a milestone birthday 6000 miles away in Hong Kong?

The RCSEd has actually had a very long and strong history with the College of Surgeons of Hong Kong, one of the constituent colleges of the Hong Kong Academy of Medicine. Furthermore, among the RCSEd Fellows and Members who live outside the United Kingdom, more can be found in Hong Kong than anywhere else in the world, explained RCSEd President, Mr John Smith, in his Welcome Message.

Thus, according to Mr Smith, the RCSEd deemed it only fitting to team up with the College of Surgeons of Hong Kong to commemorate the RCSEd Quincentenary by organising a conjoint scientific congress called \textit{Surgery: East Meets West} from 10 to 13 October 2006. The College of Dental Surgeons of Hong Kong and the Hong Kong College of Orthopaedic Surgeons also participated in the event.

\textit{Happy 500th, RCSEd!}

\textbf{Birthday prizes}

In attendance at the surgical conference were members of the HKU Faculty of Dentistry, some of whom were recipients of awards at the prize-giving ceremony on 12 October 2006.

\begin{itemize}
\item \textbf{Dean Samaranayake} was admitted to The Fellowship in Dental Surgery of the RCSEd \textit{Ad Hominem}. Fellowship \textit{Ad Hominem} is conferred to “doctors of distinction…who are deemed to have rendered special service to surgery in general or to the College, in particular”.

\item \textbf{Prof Tak-wah Chow} was awarded ‘The Dental Faculty Overseas Medal’ by the RCSEd Faculty of Dental Surgery. This gold medal is awarded for services to that faculty as well as for services to dentistry in general.

\item \textbf{Dr Ricky WK Wong} and \textbf{Prof Bakr Rabie} won the ‘Most Outstanding Free Paper in Dentistry/Oral and Maxillofacial Surgery Award’ for their presentation titled \textit{Effect of a phytoestrogen graft on bone formation}, in which the researchers concluded that a particular phytoestrogen isoflavone from plants is one of the most potent osteogenic compounds that could be used in a bone graft material.

\item \textbf{Dr SL Lau}, a postgraduate studying for the Advanced Diploma in Oral and Maxillofacial Surgery won the ‘Most Outstanding Free Paper (Trainee) in Dentistry/Oral and Maxillofacial Surgery Award’ for his presentation titled \textit{Recurrence related to treatment modalities of unicystic ameloblastoma: a systematic review}. With co-author \textbf{Prof Nabil Samman}, Dr Lau analysed studies of treatments for unicystic ameloblastoma (a locally malignant tumour in the jaw) and identified surgical resection as having the lowest recurrence rate (3.6%).
\end{itemize}
Prof Nabil Samman, Professor in Oral and Maxillofacial Surgery at the faculty, successfully took on the mammoth task of organising a regional conference in oral and maxillofacial surgery at the Hong Kong Convention and Exhibition Centre from 5 to 9 November 2006. Including pre- and post-congress courses at the Prince Philip Dental Hospital, the 7th Asian Congress on Oral and Maxillofacial Surgery lasted 1 week and was attended by 750 delegates and 50 accompanying persons from 48 countries and 5 continents.

Prof Samman and the Organising Committee and subcommittees arranged a programme of more than 350 free paper presentations and about 75 invited symposia whose speakers were a Who’s Who of world experts in topics such as reconstruction, trauma, distraction, pathology, implantology, cancer, and tissue engineering.

Photographic coverage of the congress can be found at the website <www.acoms2006.org>.

The organising society—the Asian Association of Oral and Maxillofacial Surgeons, of which Prof Samman is the President—is currently headquartered at the Hong Kong Association of Oral and Maxillofacial Surgeons in the faculty’s Oral and Maxillofacial Surgery Discipline on the second floor of the Prince Philip Dental Hospital. The association publishes a quarterly academic journal, the Asian Journal of Oral and Maxillofacial Surgery, whose website is <www.asianaoms.org>.

Denormalising tobacco

The HKU Faculty of Dentistry helped support the aims of the International Society for the Prevention of Tobacco Induced Diseases (ISPTID) by co-organising its 5th Annual Conference with the HKU Li Ka Shing Faculty of Medicine from 24 to 26 November 2006.

Dean Samaranayake was one of the chairs of the conference, and Drs Li-jian Jin and Esmonde Corbet were members of the Conference Organising Committee. In addition, Dr Jin, Dr W Keung Leung, and Ms L Ma (PhD student) gave symposium presentations on smoking and oral health issues. Guest speakers invited by the faculty included Prof Saman Warnakulasuriya (UK), Prof Denis Kinane (USA), Prof David Scott (USA), and Prof Vinay Hazarey (India).

“Dentists can support the denormalisation of tobacco and help reduce smoking and passive smoking in the community,” said Dr Jin. During their daily clinical practice, “dentists play an important role in patient education and promotion of smoking cessation.”

With this philosophy in mind, the faculty held a post-congress workshop titled Tobacco smoking cessation in dental practice: working with your patients at the Prince Philip Dental Hospital on 28 November 2006. The speaker was Dr Taru Kinnunen, who is a faculty member of the Department of Oral Health Policy and Epidemiology at the Harvard School of Dental Medicine, Boston, USA, as well as the school’s Director for the Tobacco Dependence Treatment and Research Program.

Photographic coverage of the 5th Annual Conference of the ISPTID can be found at the following website: <www.hku.hk/ptid/delegates-photos/conference/index.html>.
Here’s to good health
As Hong Kong celebrated the New Year at midnight on 31 December 2006, it also welcomed in its long-awaited citywide anti-smoking law.

The law prohibits smoking in the majority of indoor workplaces and public buildings, including restaurants, offices, schools, hospitals, and markets. The ban also applies to some open areas, such as public swimming pools, escalators, and open areas of hospitals.

The smoking ban, formally known as the Smoking (Public Health) (Amendment) Ordinance 2006, was passed into law on 19 October 2006. It is yet to cover businesses such as nightclubs and mahjong parlours, but is expected to do so by 2009.

“I hope the ban encourages smokers to quit. Smoking is one of the most important risk indicators for periodontal (gum) disease in Hong Kong, and especially so among people with type 2 diabetes. And smokers with periodontitis tend to have an inferior moderate to long-term response to periodontal treatment. The ban on smoking is good news indeed for Hong Kong.”

—Dr W Keung Leung
Associate Professor in Periodontology

“The ban on smoking has multiple benefits for all. People can eat and chat in public places in comfort, and not have to take the stench home in their hair and clothes. Also, the long-term effects of second-hand smoking on restaurant and bar employees, including oral cancer, will be eliminated, and the cost to health authorities will be reduced. The ban is a very welcome attempt to improve the public’s health in Hong Kong. But what would be even better is for smoking itself to become less popular and less practised.”

—Prof Nabil Samman
Professor in Oral and Maxillofacial Surgery

Eating smart at school
The Hong Kong Health Department has launched the campaign ‘EatSmart@school.hk’ and issued voluntary guidelines to vendors of primary school lunches, in an attempt to encourage healthy eating and prevent chronic diseases such as obesity, cancer, heart disease, and diabetes.

“Diet plays a major role in causing tooth decay and tooth erosion, and a range of factors influences what children eat and drink; availability is a key one. The Hong Kong Department of Health’s recent nutrition campaigns targeting school children offer a real opportunity to ensure that they adopt a balanced diet, for the benefit of their oral and general health.”

—Dr Colman McGrath
Associate Professor in Dental Public Health

The effort is in line with those of policy makers around the world who are realising the importance of good nutrition and a balanced diet at school. For example, the high consumption of sugars contributes to obesity, diabetes, and many other health problems, and is also a major cause of tooth decay. Tooth wear in children is often due to erosion of teeth by acidic fizzy drinks.

In 2005, France banned all school vending machines and last year, England banned the sale of junk food and fizzy drinks in schools and imposed strict standards for all school meals.

The Word of the Year for 2006 was ‘truthiness’, according to the online version of the Merriam-Webster Dictionary, one of the main authorities of American English.

The announcement was made in December 2006 after the dictionary’s website at <www.m-w.com> held a survey to look for the 10 words that people thought best summarised 2006.

The winning word is a satirical term meaning truth based on gut feeling rather than fact, as first defined in 2005 by comedian Stephen Colbert.

“Out with the junk, in with the healthy. More about Hong Kong’s school meal campaign can be found at the website <www.eatsmart.gov.hk>”

—Prof Urban Hägg
Chair Professor in Orthodontics and Chairman, dent25 Congress Organising Committee

Art: Characters: Tomlas

Word of mouth
Out with the junk, in with the healthy.
Hazards of being a dentist

Occupational health and safety problems are “rather common” among Hong Kong dentists, faculty members have reported.

Dr Thomas KL Li and colleagues found that among 208 registered dentists replying to a mailed survey, roughly three-quarters had experienced at least one work-related health problem in the previous 3 months. The most commonly cited were neck and lower-back pain (43%), allergic dermatitis of the hands (24%), and sharps injuries (17%). Only 59% said they had received safety training.

Noting that half of the respondents wanted further training, the researchers conclude that there is an “urgent need” to promote health and safety for dentists replying to a mailed survey, roughiy three-quarters had experienced at least one work-related health problem in the previous 3 months. The most commonly cited were neck and lower-back pain (43%), allergic dermatitis of the hands (24%), and sharps injuries (17%). Only 59% said they had received safety training.

Homeless men’s oral health

Homeless men in Hong Kong have poorer oral health than the general population and many admit they need dental care, a study conducted by faculty researchers has shown.

Dr Yan Luo and Colman McGrath examined and interviewed 140 homeless men and found previous or current tooth decay in more than 90% of them. On average, each man had nine decayed, missing, or filled teeth, and nearly all the men had periodontal pockets. In addition, 62% had bleeding gums or drifting teeth and 52% reported dental pain. More than 70% said they were aware they should be receiving treatment for their oral health problems.

To address these men’s “high levels of dental needs, both normative and perceived”, the authors recommend that “more accessible and affordable oral health services” be provided.

Juice to make cells zing

Just by adding a solution of naringin, a flavonoid commonly found in citrus fruits, faculty orthodontists have for the first time been able to boost the activity of cultured bone cells.

Using an osteoblastic cell line, Dr Ricky WK Wong and Prof Bakr Rabie performed a panel of biochemical assays to investigate the in vitro effects of adding naringin at different strengths to bone cells. Over 3 days, mitochondrial activity—a marker of cell proliferation—increased by as much as 80% and total protein synthesis increased by as much as 20%. At high naringin concentration (0.1 μmol), alkaline phosphatase activity—a marker of osteogenesis—increased by a maximum of 20%. Commenting on their findings, the authors suggest that “naringin has tremendous potential to be utilized in any application that requires stimulation in bone cell activities”.

Fungus attacks using both invasive and evasive tactics

The fungus Candida albicans normally harmlessly grows in our bodies, but it can sometimes cause disease—candidiasis—by forming tentacle-like hyphae. In the mouth, these hyphae invade the epithelium and this may be how the fungus bypasses one of our natural defence systems, according to Dr Qian Lu and colleagues from the faculty.

When challenged with an infection, the oral epithelium can automatically produce human β-defensins (hBDs), which are peptides that act as natural antimicrobials and attract immune cells to fight the infection. The researchers used an in vitro oral candidiasis model to demonstrate that the oral epithelium detects the C. albicans hyphae to trigger the hBD protective response by 12 hours. But the hyphae have the power to switch off that response by 48 hours. Mutant C. albicans and other Candida species that could not make hyphae did not penetrate the epithelium and were not able to switch off this surveillance mechanism.

The researchers also showed that the power of invading hyphae to fool the epithelial defences depended on proteinase enzymes secreted by the fungus. The authors point out that their findings reveal a “novel pathogenic mechanism of C. albicans” that needs to be “pharmacologically interrupted to turn on the endogenous antimicrobial peptides”.

Surgeons can correct cleft lip and palate either gradually, by distraction osteogenesis, or non-gradually, by osteotomy. But until now, it has been unclear how the two methods compare with each other clinically.

In the first randomised controlled trial comparing the two techniques, Prof Lim K Cheung and faculty colleagues randomly divided 29 patients into the two surgical groups and monitored treatment outcomes for a year. Analysis of the results revealed no significant differences between the two types of treatment in terms of intraoperative and postoperative complications. However, significant skeletal relapse tended to occur after osteotomy. Although distraction osteogenesis seemed to achieve better skeletal stability, this needs confirmation, say the authors.

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2nd International Conference on Evidence-based Advanced Dentistry

& Silver Jubilee Celebrations, HKU Faculty of Dentistry, PPDH & 14th Anniversary of the College of Dental Surgeons of Hong Kong

16-19 November 2007 ♦ Hong Kong, China

Online registration and abstract submission are now open. Full instructions and details of congress programme and pre- and post-congress workshops are available at:

http://dent25.hku.hk/congress

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- Oral Biosciences
- Implantology

Faculty of Dentistry, The University of Hong Kong
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Tooth decay (dental caries) is the most common dental problem in Hong Kong children. Nearly 8% of preschool children aged 1 to 3 years have caries, most frequently in their upper front teeth. And the proportion of children with signs of current or previous caries rises as they get older: from 29% among 4-year-olds to 52% among 6-year-olds. Caries in the primary teeth can progress rapidly, so it is of utmost importance to start good oral hygiene habits and dental visits at an early age.

Limiting risks of future problems
Prompt treatment of childhood caries will prevent later problems. If the pulp of a primary tooth dies, infection may spread to bony areas and lead to unsightly discoloration and growth defects in the crown of the permanent tooth. Premature loss of primary teeth by extraction can lead to malocclusion (an abnormal bite) because the natural shedding process is disrupted and inadequate space is left for the permanent teeth. This will increase the need for subsequent orthodontic treatment.

Investing in healthy smiles
Starting dental visits soon in childhood is essential to monitor oral health and check for, treat, and prevent caries and gum problems. Dental professionals will also educate parents or caregivers on proper tooth brushing, healthy eating habits, and protection against injury. The introduction of children to a dentist at an early age will also help to make them accustomed to the dental environment and reduce anxiety levels and apprehension towards future dental treatment.

Preventing caries will also prevent adverse consequences of caries. For example, dentists can apply fluoride agent or fissure sealant. And if cavities in the teeth are noted soon after they erupt, only minimal restorations will be needed and the child’s caries risk can be properly assessed and managed. Correction of some orthodontic problems in the primary dentition may lessen or even eliminate the need for orthodontic therapy in the permanent dentition.

If dental visits start early, children can enjoy a lifetime of ‘healthy smiles’.

Dr Cynthia Yiu, Prof Nigel King, and Dr Anut Itthagarun are from the Discipline of Paediatric Dentistry at the HKU Faculty of Dentistry.

References
3. <www.aapd.org/media/policies.asp>
Paediatric dentistry in Hong Kong

By Anut Itthagarun, Nigel King, and Cynthia Yiu

Services in paediatric dentistry in Hong Kong are provided by private clinics, government dental clinics, the School Dental Service, and the HKU Faculty of Dentistry. Paediatric dentistry in Hong Kong has been founded on a sound professional basis, and the clinical care provided for children is of the highest quality.

Private Practice

There are 1713 registered dentists in Hong Kong, most of whom work in private practice. Relatively few offer general anaesthesia or sedation for children, although several hospitals do have the facilities for restorative care under general anaesthesia.

Government dental clinics

The Government provides emergency care to members of the public, limited care to special-needs groups, and in-patient specialist care to patients in government hospitals. Therefore, any child who is in pain can seek emergency dental treatment at any one of the 12 specially designated government dental clinics.

Emergency treatment is also available at 44 dental clinics that are operated by voluntary organisations and charities. Dependants of monthly-paid members of the civil service are eligible for regular dental treatment at any of the 50 government dental clinics. In addition, the Government operates a School Dental Service (SDS).

School Dental Service

The SDS was established in 1978 with the aim of providing a basic form of dental care for all primary school children, including dental examinations, restorations, simple extractions, and prevention. The system has recently been expanded to include some kindergarten children.

The head teachers of schools are invited to take part in the scheme, and then the parents are issued with application forms. The joining fee is HK$20. Children aged 6 to 10 years are transported by bus to one of the seven SDS clinics during school hours. Children older than 10 years may be brought by their parents for dental care on Saturdays. Children at high risk are identified by screening exercises and assigned a high priority to receive treatment.

HKU Faculty of Dentistry

♦ Patient care—The Discipline of Paediatric Dentistry places an emphasis on the broader scope of paediatric dentistry, which aims to deliver quality care to children, including medically compromised and physically disabled children. Frequently, staff in the discipline are called upon to treat special-needs adults because of the difficulties these individuals have in obtaining oral health care.

♦ Education in paediatric dentistry—The undergraduate curriculum in Paediatric Dentistry and Orthodontics focuses on total patient care and is closely integrated with the orthodontic curriculum, so that students and their child and adolescent patients can benefit from the joint expertise of faculty staff. The faculty also provides postgraduate programmes in paediatric dentistry (advanced and postgraduate diplomas and Master in Dental Surgery), which form part of the pathways for qualifying as a specialist in the discipline in Hong Kong.

Useful websites

Hong Kong Department of Health, <www.info.gov.hk/dh>
HKU Faculty of Dentistry, <www.facdenthk.org>
Prince Philip Dental Hospital, <www.ppdh.org.hk>

Dr Anut Itthagarun (e-mail: <aitthaga@hkusua.hku.hk>) and Dr Cynthia Yiu (e-mail: <ckyyiu@hkucc.hku.hk>) are Associate Professors in Paediatric Dentistry and Prof Nigel King (e-mail: <profnigelking@mac.com>) is Professor in Paediatric Dentistry at the HKU Faculty of Dentistry.
Dr May CM Wong (pictured left), Assistant Professor in Dental Public Health, was awarded the HKU Faculty of Dentistry Research Output Prize 2006 at a HKU prize-giving ceremony on 21 December 2006. The annual ceremony recognises excellence in teaching and research, and this year the University Research Committee introduced the Research Output Prize category to let each faculty honour an author or a team of authors of a high-quality research publication. Dr Wong and co-authors Dr KF Lam and Prof Edward CM Lo had published a paper on how to use a well-known statistics software program to analyse complex data to predict the timing of multiple related events, such as tooth decay, which can occur between dental visits and can affect more than one site in a tooth and more than one tooth in the same person. [Wong MCM, Lam KF, Lo ECM. Bayesian analysis of clustered interval-censored data. J Dent Res 2005;84:817-21.]

Annual Scientific Meeting awards
The following individuals won prizes for best research presentations at the HKU Faculty of Dentistry’s 20th Scientific Annual Meeting held on 15 December 2006 at the Prince Philip Dental Hospital:
♦ Dr Li-wu Zheng, from the Discipline of Oral and Maxillofacial Surgery: Outstanding Oral Presentation (senior category)
♦ Dr Vicky WK Tsui, from the Discipline of Orthodontics: Outstanding Oral Presentation (junior category)
♦ Ms Anson CM Chau, from the Discipline of Oral Radiology: Outstanding Poster Presentation

Regional and international awards
In addition to the awards and honours received by faculty members mentioned elsewhere in this issue of Expressions, the following individuals have recently been recognised for their research and academic excellence:
♦ Dr Hannah Daiie P Chua (PhD student, pictured right, between supervisors Dr Margareta Bendeus and Prof Lim K Cheung) won the Best Oral Presentation award at the 7th Asian Congress on Oral and Maxillofacial Surgery, Hong Kong, for a presentation titled Long-term stability of cleft distraction osteogenesis versus orthognathic surgery.
♦ Dr Vicky WK Tsui (MOrth student) won the Hong Kong Society of Orthodontists Best Research Paper Prize at the 2nd Cross-Strait Four Regions Orthodontics Conference, Nanjing, China. Her research project, The effects of naringin on the growth of periodontal pathogens in vitro, was supervised by Prof Bakr Rabie and Dr Ricky WK Wong.
♦ Dr Mang-chek Wey (MOrth 2005), with supervisors Prof Urban Hägg and Dr Margareta Bendeus, won the Unilever Prize for Best Poster—How different mandibular advancements with functional appliances affect improvement in molar relationship—at the FDI World Congress, Shenzhen, China.
♦ Prof Brian Darvell earned a Doctor of Science (Dentistry) degree from the University of Birmingham, UK.
♦ Dr Li-jian Jin won the Outstanding Poster Presentation Award, Hiroshima Conference on Education and Science in Dentistry, Hiroshima, Japan.
♦ Mr Bernard Liang (BDS III student, pictured right with Dean Samaranayake) won the third prize in the Dentsply Asia/Southeast Asia Association for Dental Education/International Association for Dental Research Division Student Clinical Program 2006, held in Jakarta, Indonesia.

For a regularly updated list of awards and prizes, please visit <www.facdenthk.org/news06.htm>. 
Student ambassadors of the HKU Faculty of Dentistry travelled to Korea and Thailand last summer to strengthen relationships and promote cultural exchange with fellow dental students in Asia.

- **Seoul**—Four students, led by Wing-yi Lui (BDS II), represented the faculty at the 2006 Asia-Pacific Dental Students’ Association Congress held in Seoul, Korea, from 10 to 15 August 2006.
- **Thailand**—Between 24 and 28 October 2006, a group of 18 BDS I to III students visited the Faculty of Dentistry at the Thammasat University, Rangsit Campus, Thailand. The group (pictured right), led by Wing-yi Lui (BDS II) and Ching Lam (BDS II), met with students of the host faculty and their Dean, Dr Yupin Songpaisan, to compare curricula and facilities, as well as to exchange information about dental public health in the two parts of Asia.

### Open for learning
Faculty students and staff welcomed prospective students and their parents on 21 October 2006, as part of the HKU Information Day for Undergraduate Admissions 2006. Along with Dean Samaranayake and Dr Frederick Chu, Assistant Dean for External Relations, students organised and staffed a booth at the main university campus, while guided tours of the faculty took place throughout the day at the Prince Philip Dental Hospital.

An introductory guide, *Studying Dentistry in Hong Kong*, whose production was initiated by a team of BDS II students, was also distributed during the open day. The booklet can be downloaded from <www.facdenthk.org/about00.htm>.

### Globalisation of HKU
Among the goals of the HKU Centenary Vision for 2011 are partnering with society, reforming the curriculum, and advancing internationalisation. The latter aim is already being achieved, as was recognised in the latest edition of *The Times Higher World University Rankings*, which placed HKU as the 33rd best university in the world.

The annual listings take into account factors such as student and staff composition and the number of research citations per faculty member; items are weighted to give an overall score. Placing first was Harvard University, followed closely by Cambridge University and Oxford University.

The survey awarded HKU high scores for its international make-up and for what peers and recruiters around the world think of the university. HKU actually scored higher than Harvard University for how international the faculty (84% vs 15%) and students (27% vs 25%) are.

### Faculty is global too
Although the HKU Faculty of Dentistry is the only dental school in Hong Kong, it is a leading centre for dental education and research in the world, helped by its international outreach. Did you know...?
- About two-fifths of the faculty’s staff come from outside Hong Kong, from more than a dozen countries
- The majority of the faculty’s postgraduate courses are internationally recognised, and undergraduate and postgraduate courses are benchmarked to international standards
- About a third of the faculty’s 120 taught postgraduates are from 15 different countries outside Hong Kong: Australia, Canada, mainland China, India, Indonesia, Ireland, Japan, Macau, Malaysia, Pakistan, Qatar, Singapore, Thailand, UK, and USA

### Higher and higher: HKU rose in the World University Rankings in The Times Higher Education Supplement, from 39th in 2005 to 33rd in 2006

**Our scorecard**
According to the 2006 World University Rankings, The University of Hong Kong scored an overall 54.8%, making HKU:
- **33rd best** among all universities surveyed (joint with the University of Edinburgh)
- **31st best** among all universities for biomedicine
- **8th best** among all universities outside Europe and North America
- **6th best** among universities in Asia
- **3rd best** among universities in China
- **The top university** in Hong Kong
Class of 1986 reunion

BDS Class of 1986 marked the 20th anniversary of their graduation with a dinner and evening of celebration on 4 November 2006. In all, 41 alumni and their spouses attended the alumni reunion, held in the Chinese Recreation Club in Causeway Bay.

Remarking on the occasion, Dr Wilson Lee, President of the HKU Dental Alumni Association (HKUDAA), says he hopes all HKU dental alumni, including those who just graduated in 2006, will keep up a strong sense of community and mutual support by regularly meeting up with each other at alumni events and in class groups.

dent25 Silver Jubilee Celebrations

This year especially, all faculty alumni are invited to return to their alma mater to celebrate the faculty’s 25th anniversary. The dent25 Silver Jubilee is a fitting opportunity for alumni to remember their roots with pride and to strengthen or renew bonds by meeting up with former teachers and catching up with colleagues and contemporaries. Alumni are also entitled to a discounted rate to attend the Second International Conference on Evidence-based Advanced Dentistry in November 2007, and are welcome to make arrangements for year-group table bookings at the dent25 Silver Jubilee Gala Banquet. Please e-mail the HKUDAA at <dentalum@www.hku.hk> if you are interested in being a year-group representative or if you would like to organise an alumni reunion during the Silver Jubilee year.

More information about the HKUDAA and upcoming alumni events can be found at <www.hku.hk/dentalum>. The dent25 website at <dent25.hku.hk> also has a guestbook and a special page for alumni.

One year on...

Some promotional materials that the HKU Faculty of Dentistry has produced for the dent25 Silver Jubilee have used this photograph of two happy graduates posing at the 2005 graduation ceremony. But who are these two alumni and where are they now?

Dr Yvonne HE Chan (right): Time flies! Working in a private clinic in the year following graduation has exposed me to so much, and I realise that to be a good dentist, you really need to be familiar with treatment procedures and to be able to communicate effectively with patients. I now also realise the importance of not being afraid to make referrals and seek help when necessary.

I sincerely thank all of my previous teachers for their constant guidance and assistance; even now, I still seek their advice. My five years at the HKU Faculty of Dentistry have provided me with the fundamentals of dentistry, and, although I still have a lot more to learn, without those years of training and preparation, I would not be the dentist or person that I am today.

Dr George CC Lee (left): After obtaining my BDS degree, I had the precious opportunity of working as a Junior Hospital Dental Officer in the faculty’s Discipline of Oral and Maxillofacial Surgery. I gained valuable knowledge and experience from faculty staff and patients alike, and acquired basic oral surgical skills during the year.

I am very thankful for the kindness of members of the dental faculty, who inspired me to go on to study medicine in order to provide holistic care for my future patients. After I complete my MB, BS degree at The University of Hong Kong, I hope to be able to serve in the dental faculty again.

How employable are HKU dentists?

Very, according to data from the HKU 2005 Graduate Employment Survey. Figures in parentheses are from the 2004 survey.

<table>
<thead>
<tr>
<th>Working/studying by end of graduation year*</th>
<th>BDS Graduates</th>
<th>All HKU Graduates</th>
<th>Postgraduates</th>
<th>All HKU Postgraduates</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% (100%)</td>
<td></td>
<td>99% (99%)</td>
<td>100% (100%)</td>
<td>98% (96%)</td>
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<tr>
<td>$23,084 ($22,632)</td>
<td>$13,374 ($14,121)</td>
<td></td>
<td>$46,875 ($67,000)</td>
<td>$18,197 ($16,889)</td>
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<tr>
<td>2nd highest in HKU</td>
<td>Highest in HKU</td>
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*Includes emigration. Source: <www.hku.hk/cepc/survey/ges>
Flower power

Last summer, Mr Lawrence SP Fung and Mrs Alexandra LSW Fung donated shares of Hong Kong Economic Times Holdings Ltd to HKU to establish the Azalea (1972) Endowment Fund, estimated to yield at least HK$3 million per year in dividends. The first project to be supported will be the HKU Faculty of Dentistry’s Implant Dentistry and Research Centre. Expressions is proud to recognise the Fungs’ generosity and asked Mr Fung about this new Fund.

Q Why did you decide, as a couple, to donate to HKU in the form of an endowment?
Alexandra and I were classmates in the Social Sciences Faculty during our HKU years, and we both graduated in 1972. Our son also graduated from the University just 3 years ago. So, we all feel obliged to HKU for our education. We are grateful that we have the opportunity to give something back to our alma mater through the donation.

Q What will your Azalea (1972) Endowment Fund be used for each year?
The Endowment Fund aims to support HKU projects that will:
(1) Benefit Hong Kong as a whole;
(2) Benefit HKU and its undergraduates, postgraduates, or alumni in fulfilling its vision; or
(3) Help HKU to achieve its Centenary Vision.
The decision for allocation of dividends is taken by the Azalea Management Board under the leadership of its Chairman, Mr Kai-man Wong. Details on this set-up and more about the Fund can be read online at <www.hku.hk/alumni/azalea/index.html>.

Q You’ve said that azaleas are a reminder of exam time. Wouldn’t you rather forget that stressful time?
The use of the name ‘azalea’ for the Endowment Fund was first proposed to me by the Fund’s Chairman. Fortunately, I did not find those exam times very stressful. Rather, I had lots of colourful days at HKU, including enjoyable walks with my good friends alongside the azaleas. Those were truly unforgettable and cherished moments. Azalea is a good name.

Q When you were a student, some 35 years back, you were President of the HKU Students’ Union. What do you remember of that experience?
To be President of the Students’ Union meant a lot to me. It sharpened my analytical power, developed my EQ [emotional quotient] and deepened my conviction to serve Hong Kong’s society after my graduation.

Q In 1997, you were Chairman of the Class of 1972 Silver Jubilee Celebrations and your class raised $1.02M for HKU. What has driven your commitment to your alma mater?
Actually, in the summer of 2007, we are going to organise a 35th Anniversary Dinner Reunion for fellow graduates of 1972, and will again propose that we all donate to HKU. It’s very meaningful to have these opportunities to do more for our University.

We’re only following what other alumni at the University have done, and we can all make such a gesture to give something back to whichever university or school we belonged to.

Q How do you envisage HKU in the next 35 years?
I believe the University will scale even more new heights, and this includes, of course, the HKU Faculty of Dentistry. I will make it an important point to keep my dental hygiene in a good state in the coming years, and may also consider tooth implants if needed, so that I can enjoy chewing the University birthday cake 35 years later.

May I also take this opportunity to wish the HKU Faculty of Dentistry a Very Happy Silver Jubilee, and all faculty staff and students a fruitful 2007!

Watch your investment bloom
Your investment in the future of the HKU Faculty of Dentistry will ensure that it continues to nurture tomorrow’s leading dental clinicians, educators, and researchers. Please make a gift to the faculty by downloading the form at <dent25.hku.hk/donations.htm>, going online to the Mustard Seed Action scheme at <www.hku.hk/giving>, or calling the HKU Foundation Secretariat at +852 2857 8584. Gifts from HKU alumni and students will be matched by the Stanley Ho Alumni Challenge until October 2010.

Thank you for your support!
Implantology project: all set

Prof Tak-wah Chow, Professor in Family Dentistry, received an award of HK$500,000 in November 2006 from the SK Yee Medical Foundation to conduct dental implant research.

Together with co-investigators Prof Lim K Cheung, Dr Frederick Chu, Prof John Chai, and Dr Nam-chu Shum, Prof Chow will examine the role of fitting complete sets of implant-supported dentures in the oral rehabilitation of edentulous patients. These patients have no remaining natural teeth, so they rely entirely on artificial teeth to bite and chew food, says Prof Chow. “We really appreciate this funding to allow us to measure the difference that implant-supported dentures will have on these people’s lives.”

The SK Yee Medical Foundation is a charitable trust that was established by the late General SK Yee in November 1983.

Readers’ Expressions

First impressions

It has already been 1 year since the publication of the inaugural issue of Expressions. And judging from feedback and comments received so far, this newsletter seems to be fulfilling its aim of providing the HKU Faculty of Dentistry with a vehicle for informing dental and non-dental professionals, both at home and abroad, about the faculty’s developments, successes, and research achievements. Here’s what some readers have said about our newsletter:

♦ Expressions reads well and I think this is an excellent initiative. I look forward to the next issue.
   —Dr Stephen Hancocks, Editor-in-Chief, British Dental Journal

♦ I was very impressed with the information provided, the style, and the layout. Congratulations to the Faculty on its research output too: it’s great to see dentistry doing so well!
   —Prof Grant Townsend, Professor of Dental Science, The University of Adelaide, Australia

♦ Expressions is informative, interesting, and very presentable. I enjoy reading it and look forward to receiving it.
   —Prof Paul Tam, Pro-Vice-Chancellor, The University of Hong Kong

♦ Quite informative and interesting.
   —Dr S Ramachandran, Principal, Ragas Dental College & Hospital, Chennai, India

♦ Just brilliant!
   —Prof Crispian Scully, Dean, Eastman Dental Hospital, London, UK

♦ Outstanding!
   —Prof FC Smales, Former Dean of HKU Faculty of Dentistry (1998-2003)

These comments are extremely encouraging, and the Editorial Board would like to thank everyone who has contributed to our newsletter’s promising start. In particular, a big Thank You goes to all those who have authored articles, submitted material, or made suggestions for stories and news items.

We hope you continue finding Expressions interesting and informative in 2007. Do drop us a line and tell us what you think, by e-mailing the faculty’s Technical Writer at <tlane@hku.hk>.

Acknowledgement of advertisers

Expressions reaches more than 4000 first-readers and is also available online on the News page of <www.facdenthk.org>. In 2006, the support of the following companies helped to partly cover production and distribution costs of this public outreach endeavour:

♦ Wrigley
♦ 3M ESPE
♦ Pfizer Corporation Hong Kong Limited
♦ Hong Kong Dental Association

Expressions gratefully acknowledges these sponsors and welcomes support for the faculty’s publications in 2007. Interested sponsors of Expressions or the faculty’s Silver Jubilee souvenir book, Reflections, can find more details at <dent25.hku.hk/media.htm>.
Guide to teething and brushing

- When do teeth first appear?
- At what age should tooth brushing start?
- How do I choose an appropriate toothbrush?
- How should I care for my toothbrush?

When do teeth appear?

The first tooth appears at about 6 months of age, and a child will have all 20 primary teeth by about age 3 years. During teething, babies may become restless, lose their appetite, or drool more, and gums may develop harmless eruption cysts through which the teeth erupt. However, if a child develops a fever or diarrhoea, or is overly restless, visit your doctor. To soothe a teething child, try:

- Gently rubbing the gum with a clean finger, cool teaspoon, or wet gauze pad
- Using a clean teething ring or dummy/pacifier, but never dip these in honey, fruit juice, or syrup
- Asking your doctor or dentist for special ointment

Primary teeth start to shed and give way to adult teeth at about age 6 years. There are up to 32 adult teeth, and most appear by about age 14; the third molars (wisdom teeth) appear last [see Box].

When should brushing start?

When a baby’s teeth erupt, they can be brushed with a soft baby-toothbrush and a bit of water. Regular dental check-ups should begin by the age of 1 year.

Only from age 2 years onwards should fluoride toothpaste be used, and only a pea-sized amount, with adult supervision until age 6 years to encourage spitting out. Floss between all teeth once a day (see <www.toothclub.gov.hk> for suggested brushing and flossing technique). Don’t forget to wash your hands before and after brushing/flossing, and be green as you clean: don’t keep the water running unnecessarily.

How to choose a brush

- All conventional brush/bristle/handle designs, as well as electric toothbrushes (see your dentist before use), are effective at cleaning teeth
- Use soft bristles to avoid gum/tooth damage
- Use a brush head of an appropriate size:
  - 0-2 years: size of a HK10c coin (about 15 mm)
  - 2-6 years: size of a HK20c coin (about 19 mm)
  - 6-12 years: size of a HK50c coin (about 22 mm)
  - 12+ years: size of a HK$1 coin (about 25 mm)

Caring for your toothbrush

- Rinse your toothbrush well after use, to remove saliva, plaque, and particles of food and toothpaste
- Shake off excess water and store your toothbrush upright in the open air to let the bristles dry
- Avoid cross-contamination by not letting brushes touch and not sharing toothbrushes; some research has shown that tooth flushing spreads germs, so closing the lid before flushing, keeping your toothbrush far from the toilet, and rinsing the brush in an antibacterial mouthwash might help keep it clean
- Change your toothbrush regularly (eg each season), or if bristles are frayed or if you have been ill


Written by Trevor Lane, DPhil; edited by Cordelia Chan, BSc, RDH, and Cynthia Yiu, PhD, FHKAM (Dent Surg). This Patient Page is for general informational use and is not a substitute for diagnosis; for specific advice, please consult a dentist.
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