From Asia to the world
Internationalising the BDS curriculum
Finally, instant* sensitivity relief patients can take home.

A breakthrough: Pro-Argin™ Technology

**BEFORE**

In vitro SEM photograph of untreated dentin surface.
The tubules that lead to sensitivity are open

**AFTER**

In vitro SEM photograph of dentin surface after application.
The tubules are plugged for instant, lasting relief

With Pro-Argin™ Technology, you can finally provide instant* and lasting relief from dentin hypersensitivity using the Colgate® Sensitive Pro-Relief™ Treatment Program:

- In-office desensitizing paste
- At-home everyday toothpaste

Pro-Argin™ Technology works through a natural process of dentin tubule occlusion that attracts arginine and calcium carbonate to the dentin surface to form a protective seal that provides instant relief.

*Instant relief is achieved with direct application of toothpaste massaged on sensitive tooth for 1 minute.

Scientific works cited:

The results are revolutionary

Instant relief achieved with direct application of toothpaste massaged on sensitive tooth for one minute and continued relief with subsequent twice-daily brushing.

When applied directly to the sensitive tooth with a fingertip and gently massaged for 1 minute, Colgate® Sensitive Pro-Relief™ Toothpaste provides instant sensitivity relief compared to the positive and negative controls. The relief was maintained after 3 days of twice-daily brushing.

Visit www.colgateprofessional.com to learn more about how instant relief from dentin hypersensitivity can impact your practice.
We were pleased to learn recently that The University of Hong Kong was ranked 21st and 23rd among the world’s top 200 universities in 2010–11 by the Times Higher Education (THE) and Quacquarelli Symonds (QS), respectively.

The THE rankings also show that HKU is currently the top university in Asia—confirming the conclusion of the QS Asian University Rankings for the past 2 years—and the top in Asia for Clinical, Pre-clinical, and Health programmes.

To remain world-class, our University and Faculty are embracing internationalisation. This term has a plethora of meanings, and an all-inclusive approach is our ambitious aim in this 21st century. This issue of Expressions reviews how our Faculty incorporates a global outlook and creates opportunities for international exchange and cooperation.

Our 2010 BDS Curriculum includes the new HKU Core Curriculum, which aims to develop whole-person learning, multiculturalism, and community awareness. Recent efforts have also been made to further internationalise our curriculum (see pages 9 and 11). Research and academic collaborations, exchange visits, and major meetings abroad are the norm (see pages 6, 13, 15, and 16), and we strive to instil international awareness throughout the whole Faculty, as well as to promote engagement with both local and worldwide audiences.

Our Faculty caters to the needs of both local and visiting students, and has a truly international team of staff. Some new international teaching staff join our Faculty this year (see page 14). This is despite the chronic global dearth of dental academics, and is testament to the Faculty’s high reputation among our international peers.

Finally, international peer review is our mainstay of quality assurance for academic and research activities, and I was honoured to be named a Distinguished Scientist by the International Association for Dental Research earlier this year (see page 5).

I hope that this issue will show how our Faculty is continuously finding ways of ensuring that all our graduates, while being “locally” trained, are internationally aware, internationally engaged, and internationally competitive.

Happy reading!
Newly added Vitamins C and E, it gives your gums a nourishing feel.

Sugarfree gum with microgranules, cleans teeth in a way you can feel.

Recommended by FDI World Dental Federation. Chewing sugarfree gum, like Extra, is proven to benefit dental health.
HKU Dean of Dentistry named IADR Distinguished Scientist

Dean Lakshman Samaranayake has received the 2010 Oral Medicine and Pathology Research Award from the International Association for Dental Research (IADR), the world’s largest non-government dental research organisation.

Presented on 14 July 2010 at the 88th General Session and Exhibition of the IADR in Barcelona, Spain, the Oral Medicine and Pathology Research Award came with the title of IADR Distinguished Scientist, and is one of only 16 discipline-specific awards granted annually by the IADR.

“The Oral Medicine and Pathology Research Award is one of the highest honours bestowed by the IADR”, according to the association. Supported by Unilever Oral Care and awarded by an international selection committee, the IADR Distinguished Scientist Award for Oral Medicine and Pathology recognises “outstanding and sustained peer-reviewed research that has contributed to the understanding of the mechanisms governing the health and disease of the oral cavity and associated structures, principally encompassing skin, bone, and the oral soft tissue”.

“I’m proud to be the first Asian from Asia to receive this coveted prize and Distinguished Scientist title,” says Prof Samaranayake. “For scientists from this part of the world to be recognised globally for dental research achievements is perhaps long overdue, so this award sends a clear message of encouragement to dental researchers all over Asia to keep striving to advance research to improve oral health.”

Over the past three decades, Prof Samaranayake has contributed to the scientific literature on oral infections caused by Candida yeast, infection control in dentistry, and oral microbial diseases in general, including more than 300 original, peer-reviewed research and review articles.

Hailing from Sri Lanka, Prof Samaranayake is considered a pioneer clinician-scientist in oral mycology and clinical microbiology, and is named the world’s foremost expert on oral candidiasis in <www.Biomedexperts.com>. He was the first to describe the adhesion of the fungus Candida to oral appliances and tissue surfaces of the mouth, “leading to the currently fashionable candidal biofilm era of research in mycology”, the IADR notes.

Prof Samaranayake has also been honoured by The University of Hong Kong through the HKU Outstanding Researcher Award in 2001, Research Output Prize in 2009, HKU Outstanding Research Student Supervisor Award in 2001, and Tam Wah-Ching Endowed Professorship in Dental Science in 2010, the first endowed university professorship in dentistry in Hong Kong. In 2005, his alma mater, the University of Peradeniya, Sri Lanka, honoured him through a Doctor of Science (honoris causa) degree, making him the first Sri Lankan dental professional to have received this award.

Award of distinction:
Prof Lakshman Samaranayake (above, right) receives the IADR 2010 Oral Medicine and Pathology Research Award from IADR President Prof David Williams.

Prof Lakshman Samaranayake, <lakshman@hku.hk>, is Dean, Chair Professor of Oral Microbiology, and Tam Wah-Ching Professor in Dental Science at the HKU Faculty of Dentistry.
Asian collaborations

The HKU Faculty of Dentistry has recently signed two international collaboration agreements to encourage mutual academic and research exchanges and joint activities.

Dean Samaranayake signed an Academic and Research Collaboration Agreement with the Faculty of Dentistry of Chulalonghorn University, Bangkok, Thailand, on 14 August 2010, as part of their 70th Anniversary Celebrations. He also attended an international Deans’ Forum on the topic of “Future trends of dental education” during a 3-day anniversary conference.

“We would like to thank Prof Samaranayake for his kind participation,” said Dr Wacharaporn Tasachan, Dean of the Chulalonghorn University Faculty of Dentistry (1st photo, seated left). “We keenly look forward to developing collaborations in both academic and research activities, and further support and encouragement is appreciated.”

On 15 September 2010, a Memorandum of Understanding was signed between the HKU Faculty of Dentistry and the Kulliyyah (Faculty) of Dentistry of the International Islamic University Malaysia (IIUM).

Dr Akbar Sham Hussin, Dean of the IIUM Kulliyyah of Dentistry (2nd photo, seated right) said, “Our Kulliyyah

endeavours to excel in dental education and technology, and has embarked on an aggressive venture of international networking with renowned dental institutions of the world. We’re very happy to partner with the HKU Faculty of Dentistry and learn from each other, and explore opportunities for academic and research cooperation.”

Universities and academic institutions that are interested in initiating Memoranda of Understanding can contact <dentktu@hku.hk>.

Institutions in mainland China and the rest of the world that currently have agreements with the HKU Faculty of Dentistry can be found at <http://facdent.hku.hk/engagement/collaborations/china.html> and <http://facdent.hku.hk/engagement/collaborations/rest.html>, respectively.
First Fulbright success

Dr Nalaka YS Jayaratne (PhD student) recently received a 2010-2011 Fulbright Hong Kong Junior Scholar Award, which will allow him to conduct research in the United States as part of his PhD studies.

J
Jayaratne, a dentist from Sri Lanka and the first student from the Faculty to win a junior Fulbright award, will use his scholarship to travel to and study at the Harvard Medical School for 9 months this year. He plans to gain further experience in the use of computers in 3-D modelling to help with his PhD research, which is on the topic of 3-D imaging of jaw and facial deformities before and after surgery. His PhD is supervised by Dr Roger Zwahlen and Prof Lim K. Cheung, in the Discipline of Oral and Maxillofacial Surgery.

Jointly sponsored by the Hong Kong Research Grants Council and the Fulbright Program of the United States, the Fulbright Hong Kong Junior Scholar Award enables experienced Hong Kong postgraduates to spend up to 10 months as visiting scholars at major American universities. The award is administered by the Hong Kong–America Center (website, <www.cuhk.edu.hk/hkac/mainframe.html>), which aims to promote understanding between Hong Kong and American societies through educational and cultural exchanges.

Dr Jayaratne (PhD student) recently received a 2010-2011 Fulbright Hong Kong Junior Scholar Award, which will allow him to conduct research in the United States as part of his PhD studies.

Dr Jessica JY Peng (PhD student) undertook an industry internship with Colgate-Palmolive this August, as part of the Faculty’s industry-related activities in knowledge exchange (KE).

Acting as an Academic Affairs Trainee, under the supervision of Ms Tiffany Huang, Director of Colgate-Palmolive’s Professional Oral Care (Greater Asia Division), Dr Peng participated in a specially designed 1-month internship programme in Hong Kong and Guangzhou.

Activities included an early caries detection project in which she learnt how to use a non-invasive fluorescence-imaging system to detect tooth decay (caries), as well as routine field visits to clinics, where she introduced a patient evaluation programme for newly launched dental products to dental professionals.

She also helped to prepare the Dental Leadership Experience project, a soon-to-be-launched leadership training KE programme co-organised by Colgate-Palmolive and the Faculty.

Industrious knowledge exchange

"When I received the Dean’s e-mail circular about the Faculty’s KE goals, such as the encouragement of combining research and learning with industry, I was very interested. When I saw the poster about the internship, I jumped at the chance," says Dr Peng, a dentist from mainland China who is now in her second year of her PhD, supervised by Dr MG Botelho in Oral Rehabilitation and Dr JP Matinlinna in Dental Materials Science.

"I’ve always been keen to understand how dentists take up new dental products and if laboratory testing justifies product claims. The internship provided valuable insight into how products reach clinicians and patients, and how business teams and international partnerships work."

"We were very pleased with this pilot internship project involving a Faculty postgraduate and hope to offer internships next summer for both postgraduates and undergraduates," says Ms Katty Leung, Assistant Manager of Colgate-Palmolive’s Professional Oral Care.

Companies, businesses, and clinic owners interested in organising internships or placements can contact <dentktu@hku.hk>.
Catalysing drug discovery

By mutating a single point in an enzyme from a yeast, a research team including Dr Paul Tsang from the HKU Faculty of Dentistry has managed to improve the enzyme’s ability to speed up a chemical reaction that is key in the search for new antibiotics.

The researchers first computer-modelled the 3-dimensional structure of the enzyme D-amino acid oxidase from the yeast *Trigonopsis variabilis* to predict which amino acids in the protein sequence of the enzyme are important for its activity. They then substituted a single amino acid by site-directed mutagenesis—that is, by designing special DNA primer sequences, cloning the mutated gene using the polymerase chain reaction, and expressing the mutated gene in bacteria. Changing the 54th amino acid (from phenylalanine to tyrosine) made the enzyme more heat-stable than the naturally occurring enzyme and increased the rate of conversion of the antibiotic cephalosporin C (CPC) into the product glutaryl-7-aminocephalosporanic acid.

The mutated enzyme was also less prone to feedback-inhibition by the product. Given that this chemical reaction is the first of two steps in making CPC-related antibiotics, the mutant enzyme could be “a potential candidate for industrial bioconversion of CPC”, the researchers conclude.


Genes to downsize jaws

Facial deformities often involve excessive growth of the lower jawbone at the joint (the condyle) and are notoriously difficult to treat. A team at the HKU Faculty of Dentistry has added to the evidence that gene therapy may be a promising alternative to conventional surgery.

Realising that new blood vessels are needed for bone growth, Dr Qian-feng Li, Dr Ricky Wong, and Prof Bakr Rabie made circles of DNA carrying the human gene for vastatin—an inhibitor of blood vessel formation—and injected them into the jaw joints of eight rats. Three weeks later, tissue sections showed 22% fewer new blood vessels and a 33% smaller area of new bone than tissue sections from eight rats that had received DNA carrying a control gene. Because the DNA carrier (recombinant adeno-associated virus type 2 vector) is deemed safe in rats, the research team suggests that its “approach deserves further exploration” as possible gene therapy in dentistry to treat condylar overgrowth.

[Li QF, Wong RWK, Rabie ABM. Hong Kong Dent J 2010;7:8-11.]

Two’s a crowd

The fungus *Candida* and the bacterium *Pseudomonas aeruginosa* can both attach to medical devices and cause infection, but researchers have only recently discovered how the two organisms interact when they share the same surface.

A team from the HKU Faculty of Dentistry found that when the two organisms were cultured together, they reduced each other’s growth and ability to attach to a plastic surface as biofilms. After 2 days, cell killing reached 99% to 100% for *C albicans*, *C tropicalis*, and *C glabrata*. At the same time, the *P aeruginosa* population decreased by 32% to 78% in the presence of *C albicans*, *C krusei*, or *C glabrata*, whereas it increased by 72% in the presence of *C tropicalis*.

Although the findings overall suggest mutual inhibitory effects, “further work is necessary to clarify the molecular basis...and to understand the pathobiology of mixed bacterial-fungal infections”, the authors conclude.


Oral health in children with cerebral palsy

Preschool children with and without cerebral palsy (CP) show significant differences in their oral health status, according to a research team from the HKU Faculty of Dentistry.

The researchers clinically examined 72 preschool children with CP from 23 Hong Kong special schools and compared the results with those of age- and sex-matched controls from mainstream preschools. The two groups had a similar caries status, caries experience, and prevalence of enamel defects and dental trauma. The CP group, however, had higher mean plaque and gingival index scores, and a higher prevalence of tooth wear, anterior open bite, overjet, and oral mucosal lesions. These differences have implications for the “advocation for oral health care for children with CP”, the analysts comment.


Expressions 2010, Issue 3
Internationalising the curriculum

By Susan Bridges

The University of Hong Kong has established internationalisation as one of its major strategic initiatives for enhancing the student learning experience. How can the HKU Faculty of Dentistry comprehensively address the multifaceted aims of internationalisation?

Global citizenship
To encourage global citizenship among students, coordinated university- and faculty-level efforts are needed. In its 2009-2014 Strategic Development Plan, HKU proposed that: “To prepare students for global citizenship, it is essential that an international perspective pervades the curriculum across the University. Explicit attention must be paid to the global relevance of our programmes if they are to be attractive to a diverse international student population.” Accordingly, University operational priorities in internationalisation include increasing the diversity of the student body, enhancing English as both the medium of instruction in classes as well as the lingua franca of the campus, and ensuring the global relevance of the curriculum.

For the HKU Faculty of Dentistry, internationalisation has been a long-standing strength in terms of staff and student recruitment, incoming and outgoing exchange opportunities, and curricular and co-curricular activities. At staff level, initiatives include international teaching and learning collaborations, Faculty representation on local and international education organisations, and lunch-time staff development sessions on dental education, with invited international guest speakers. Students themselves have also successfully organised international collaborations. Examples of the excellent student initiatives in co-curricular activities are described on page 16.

Word of mouth

In my second year, I took part in the International Peer Review (IPR) project and was excited to be able to collaborate with overseas students online.

I had just finished the Operative Dentistry component and had started to learn the skills and techniques in cavity preparation. For my IPR assignment, I shared my experiences and progress with a class II cavity preparation in a BLOG.

The online platform was surprisingly easy to use and transferring my PowerPoint files was straightforward. Soon after I uploaded my slide presentation, I received very encouraging feedback, and it was very interesting to see how different, and similar, the same procedures were in other renowned dental schools, such as in the United States. It was not only novel but also encouraging to be in touch professionally with my peers, and a great benefit of the IPR is my now widened network with other dental students in this global village.

Mr Nicholas YT Tsang (BDS III)

In terms of curricular opportunities for our undergraduates, Dr Philip Newsome, as the BDS V Elective Programme Coordinator, has since 1994 overseen the BDS V Student Elective Programme, which aims to expand fifth-year students’ horizons during 2- to 3-week electives at dental schools around the world (see page 12). The programme exemplifies another necessary element in integrating internationalisation in the curriculum—namely, successful collaboration with other dental schools.

When designing our 2010 BDS Curriculum, in preparation for the 6-year curriculum in 2012, we took the opportunity to enhance internationalisation even further by introducing an international component into the curriculum through a “virtual” exchange: the International Peer Review (IPR) project.

International Peer Review
The IPR project began with the University of British Columbia through start-up funds from the Universitas 21 (U21) Dentistry group. In this project, students across institutions meet in a dedicated online environment to share their progress during early Simulation Laboratory work.

In 2009-10, HKU BDS II students joined peers from dental faculties in Canada (University of British Columbia, University of Saskatchewan), the United States (University of California, San Francisco), Australia (University of Melbourne), England (University of Birmingham), and Mexico (Tecnológico de Monterrey) to exchange and review clinical assignments that used an evidence-based approach. After developing their assignments under the supervision of their clinical tutors, students across institutions were randomly allocated to dedicated online communities. Then, students uploaded a professional introduction with their assignment, and they reviewed their peers’ work using a BLOG format (www.diastemas.net; see Box).

Evaluation of the IPR has shown benefits in terms of development of academic and professional clinical skills and life-long education skills, as well as an excellent basis for continuing professional engagement with international colleagues. Academic staff, too, have found the enhanced network with dental educators to be a stimulating and professionally worthwhile experience. Initiatives such as the IPR project and electives programme illustrate how we can encourage a global outlook among our undergraduate students, while providing valuable learning experiences to enhance their potential as future dental professionals.

Dr Susan Bridges, <sbridges@hku.hk>, is Assistant Professor in Dental Education and E-Learning, and Assistant Dean (Curriculum Development) at the HKU Faculty of Dentistry.
Congratulations to Class of 2010!

Your new journey has just begun, so let the HKU Faculty of Dentistry and the HKU Dental Alumni Association be your life-long travel companions. We are here to support you throughout your new career and help you stay in touch with your alma mater, give you practical advice, provide continuing education and networking opportunities, and offer discounts for Faculty events.

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The Faculty of Dentistry, The University of Hong Kong, offers a wide range of research and taught postgraduate programmes, conducted in English and organised by internationally renowned staff. Applications for 2011-12 programme enrolment are now being accepted. Brighten your future and register today at <http://facdent.hku.hk>.

Dentists & Auxiliary Staff! ...keep up-to-date and earn CDE points at the Oral Health & Science Seminars, Wednesdays, 6:00-7:30 pm. Visit <http://facdent.hku.hk/cde> for the latest list of topics, and to apply for a Season Ticket, which also entitles you to 10% off our CDE courses.

Clinical Attachment Week 5-14 January 2011

The teaching area of Endodontics, Comprehensive Dental Care, of the HKU Faculty of Dentistry will hold a clinical attachment programme for general dentists and young endodontists who wish to update their knowledge in surgical and non-surgical endodontics. Both local and international dentists are welcome.

The programme includes:

- Setting up and using the operating microscope in clinical practice
- Lab practice with an operating microscope for various endodontic procedures
- Clinical demonstration of various endodontic procedures under the operating microscope

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Clinical Attachment Week

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For more information and to register, please log onto: <http://facdent.hku.hk/newsevents>
Going places: the elective evolves

By Philip Newsome

Expressions last reported on the BDS V Elective Programme in 2006, and the intervening 4 years have seen our final-year students continue to visit a wide range of overseas dental institutions. Students are now increasingly visiting places far off the beaten track.

When the BDS V elective was introduced in 1994, the thinking behind the initiative was that destinations would be university dental schools and that our students would widen their knowledge by observing how dental education and care are delivered in other parts of the world. They would then contrast this with what happens at the HKU Faculty of Dentistry, and present a report of their experiences and reflections on their return.

Community care
In recent years, a growing number of students have chosen (or perhaps more appropriately “elected”) not to visit dental schools for the 2- to 3-week elective period, but instead to step out of their comfort zone and travel to countries far less developed than Hong Kong. There, they volunteer as dental care workers in underprivileged areas, and I am very much in favour of this trend. This does not mean that I am against the conventional electives to dental schools—far from it, as these visits still have merit in informing our students not only about dental education but also about that particular country’s culture and customs. However, I feel that visiting a less fortunate society and becoming actively involved in dental care, rather than being a passive observer, hugely magnify the understanding and appreciation of how other people live and work.

Life-long learning
All our students report positively on the benefits of the elective programme wherever they visit, but, again, it is my strong belief that the experience of pro-actively helping people less fortunate than oneself has a very profound effect that lives with a person for the rest of his or her life. This programme is truly “elective” in that students are free to choose which countries, communities, and institutions they wish to attend. Still, I hope that in the years to come, more students consider using their elective as an opportunity to undertake volunteer work abroad. I am confident that they will not regret it.

Dr Philip Newsome, <newsome@hkucc.hku.hk>, is Associate Professor and BDS V Elective Programme Coordinator at the HKU Faculty of Dentistry.

My time in Tanzania

Four students who went to Tanzania won 2009/10 BDS V Elective Prizes. Mr River CY Lau and Mr Raven CY Tam visited SDA Hospital (1st photo, left and right) and Mr Leo YH Wong and Mr Newmann CK Sum visited Mt Meru Regional Hospital (2nd photo, far left and right).

Newmann writes:

Non-stop wars, millions of starving children, horrible living environments, extreme poverty, a high prevalence of diseases like AIDS… These things are what we all hear and read about Africa. Although they sound terrifying, it is unfair for us to make any comments without actually experiencing life in this continent.

I’m glad I had a chance not only to visit but also to work in Tanzania. Working in a government hospital enabled me to see the real face of this developing country. The experience was invaluable in making me realise how fortunate it was for me to have been born in a developed region of the world. We should therefore be thankful and treasure our lives always.

I wish I could return to Tanzania or go to other developing countries as a volunteer, as I believe that it is our professional responsibility to serve our global community.
Reaching the world stage

The University of Hong Kong recently finished setting up online HKU ResearcherPages for all its professorial and research staff, to help the public easily find out who HKU and Faculty of Dentistry researchers are.

As a part of the HKU Scholars Hub at http://hub.hku.hk, the HKU ResearcherPages provide a platform for our Faculty’s professorial and research staff to display their research expertise, list their research publications and research collaborators, and link to their CV, all in one place. Members of the media, governments, industry, and academic and non-academic institutions can discover all about our researchers much more readily than before, whether through search engines or links to the HKU ResearcherPages from the Faculty’s own website at http://facdent.hku.hk.

Increasing visibility
While increasing access to research publications and expanding international researcher networks are an accepted part of the traditional research-publishing cycle, HKU’s wider aim of knowledge exchange (KE) is to promote two-way engagement with all sectors of society, especially non-university audiences.

“The social and international impact of our research may be boosted by letting the whole world find out who our researchers are and what they do, and access their research output,” says Dean Lakshman Samaranayake. “Of course, the initial research needs to be useful and of the highest quality to begin with.” HKU’s encouragement of Open Access publishing and archiving has also been key in increasing document access.

Facing the world
The Faculty of Dentistry was actually the first faculty at HKU to fully comply in the HKU ResearcherPages initiative in 2009. “We’ve been keen to enhance public access to research outputs,” says Dean Samaranayake. “For the past 3 years, our Faculty has been top among HKU faculties in terms of annual research outputs per research-grade staff member, according to the HKU Management Information Unit.”

In the long term, HKU ResearcherPages will contribute to raising the global reputation of individual researchers, the Faculty, and HKU, and secure HKU’s position on the world map of education, research, and KE. Getting the name right on research articles is thus important during manuscript preparation and publication, starting with the name of the “Faculty of Dentistry, The University of Hong Kong”, on the title page. This will let automated web crawlers and search engines find our research outputs more easily, ensure correct attribution in databases, and increase accuracy of various performance indicators.

HKU ResearcherPages also increase interconnectivity, by linking to some HKU databases, AuthorID of Elsevier’s Scopus database, and ResearcherID of Thomson Reuter’s Web of Knowledge database. Furthermore, once assigned a ResearcherID account, researchers can create and edit “badges” as electronic name cards that link back to their full personal online archives. Researcher details can be used in this way to connect to others through cyberspace and form international collaboration networks, rather like a “Facebook” for researchers.

What’s in a name?
To enhance KE, networking, media and public accessibility, and global visibility, a researcher should ideally have a consistent “stage” name. This will help in building a consistent CV and online identity. However, preferred names, Asian name order (commonly, surname first), differing English spellings of Chinese names, hyphenation, and conventions of indexing services (eg, Medline/PubMed includes only two initials per person) mean that one name may have multiple variants throughout cyberspace. Fortunately, HKU ResearcherPages minimise this problem by allowing HKU staff to list alternative name formats, and its alias facility links verified research outputs to a unique personal identifier so as to ensure the completeness of records.

“We hope that the Faculty’s involvement in HKU ResearcherPages will help boost the access, use, application, and implementation of our research,” says Prof W Keung Leung, Associate Dean (Research and Discovery) at the HKU Faculty of Dentistry. “In this age of KE, we want to maximise accessibility, transparency, and international engagement.”
Congress congrats

Congratulations to the following staff and students, who won research prizes at recent international conferences. (More news on awards and achievements can be found at <http://facdent.hku.hk/newsevents/detail/2010award.html>.)

- 88th General Session & Exhibition of the International Association for Dental Research (IADR), Barcelona, Spain, 14-17 July 2010:

  —Dr Fan Xue (PhD student) won Second Prize in the Bernard Samrat Award Competition, Craniofacial Biology Group, for his presentation titled "Identification of SNP markers on 1p36 and association analysis of EPB41 with mandibular prognathism in a Chinese population". His supervisors and co-authors are Dr Ricky WK Wong and Prof Bakr Rabie in the Discipline of Orthodontics.

  —Dr Takao Watamoto (former research assistant) won the IADR Arthur R Frechette Award (Prosthetic Group), for his 1-year postdoctoral research project on virulent attributes of Candida infection, which was supervised by Prof LP Samaranayake and Dr CJ Seneviratne in the Discipline of Oral Biosciences.

  —Ms TDK Herath (PhD student) won the IADR/Lion Young Investigator Dental Research Award for a presentation titled "Porphyromonas gingivalis LPS modulates the immune-inflammatory response in human gingival fibroblasts", which was based on collaborative work with Prof RP Darveau (USA), Dr CJ Seneviratne (HKU), Dr Q Lu, and Prof CY Wang (USA). Her supervisors are Prof Li-jian Jin, Dr Q Lu, and Prof CY Wang (USA). Her presentation titled "A clinical trial on the effect of modified manual toothbrush and electric toothbrush in Hong Kong stroke patients", which was based on a BDS IV Community Health Project that was supervised by Dr Anthony HH Wong and Dr Daisy SH You (Honorary Staff in Dental Public Health).

- 37th Congress of the Asia Pacific Dental Students Association, Tokyo, Japan, 16-20 August 2010:

  —Miss Alisa HS Tam (BDS V student) won Second Prize in the Scientific Research Competition for her presentation "Oral health status of Chinese elderly people with dementia". Her presentation "Oral health status of Chinese elderly people with dementia" was co-authored by Miss Carol Li, Dr QH Zhi, Dr Jukka Matinlinna, and Michael Botelho, Dr John Dyson, Dr Ricky Wong, and Dr Lap-ki Chan.

- 21st Annual Scientific Meeting of the South East Asia Association for Dental Education (SEAADE), Taipei, Taiwan, 19-21 September 2010:

  —Dr Cynthia KY Yiu (Associate Professor in Paediatric Dentistry) won the Best Oral Presentation Award for her presentation titled "Evaluation of dental graduates from the HKU integrated PBL curriculum", co-authored by Prof Colman McGrath, Dr Susan Bridges, Dr Esmonde Corbet, Dr Michael Botelho, Dr John Dyson, Dr Ricky Wong, and Dr Lap-ki Chan.

  —Miss Patricia M Yeung (BDS V student), representing her BDS group, won the Gold Medal in the Project-based Category of the SEAACDE–GC Asia Student Prevention Table Clinician Program for her presentation titled "A clinical trial on the effect of modified manual toothbrush and electric toothbrush in Hong Kong stroke patients", which was based on a BDS IV Community Health Project that was supervised by Dr Anthony HH Wong and Dr Daisy SH You (Honorary Staff in Dental Public Health).

- 24th Annual Scientific Meeting of the IADR South East Asia Division, Taipei, Taiwan, 20-21 September 2010:

  —Mr Jack C Ji (BDS IV student) won First Prize in the junior category of the IADR/Unilever Hatton Divisional Award for his presentation titled "Non-surgical periodontal treatment favorably modulates plaque biofilm and host response", which was co-authored by Dr KY Lo, Dr CJ Seneviratne, Dr X Li, and supervisors Prof Lakshman Samaranayake and Prof Li-jian Jin.

  —Miss Annie CY Kwok (BDS III student) won Second Prize in the junior category of the IADR/Unilever Hatton Divisional Award for her presentation titled "Silver and fluoride ions in remineralization of enamel and dentine", which was co-authored by Miss Carol Li, Dr QH Zhi, and supervisor Prof Edward CM Lo.

  —Dr RAPM Perera (PhD student) won the Charles T Kean Memorial Award. • 88th General Session & Exhibition of the International Association for Dental Research (IADR), Barcelona, Spain, 14-17 July 2010:

- 88th General Session & Exhibition of the International Association for Dental Research (IADR), Barcelona, Spain, 14-17 July 2010:

  —Dr Fan Xue (PhD student) won Second Prize in the Bernard Samrat Award Competition, Craniofacial Biology Group, for his presentation titled "Identification of SNP markers on 1p36 and association analysis of EPB41 with mandibular prognathism in a Chinese population". His supervisors and co-authors are Dr Ricky WK Wong and Prof Bakr Rabie in the Discipline of Orthodontics.

  —Dr Takao Watamoto (former research assistant) won the IADR Arthur R Frechette Award (Prosthetic Group), for his 1-year postdoctoral research project on virulent attributes of Candida infection, which was supervised by Prof LP Samaranayake and Dr CJ Seneviratne in the Discipline of Oral Biosciences.

  —Ms TDK Herath (PhD student) won the IADR/Lion Young Investigator Dental Research Award for a presentation titled "Porphyromonas gingivalis LPS modulates the immune-inflammatory response in human gingival fibroblasts", which was based on collaborative work with Prof RP Darveau (USA), Dr CJ Seneviratne (HKU), Dr Q Lu, and Prof CY Wang (USA). Her supervisors are Prof Li-jian Jin, Dr Q Lu, and Prof CY Wang (USA). Her presentation titled "A clinical trial on the effect of modified manual toothbrush and electric toothbrush in Hong Kong stroke patients", which was based on a BDS IV Community Health Project that was supervised by Dr Anthony HH Wong and Dr Daisy SH You (Honorary Staff in Dental Public Health).

- 37th Congress of the Asia Pacific Dental Students Association, Tokyo, Japan, 16-20 August 2010:

  —Miss Alisa HS Tam (BDS V student) won Second Prize in the Scientific Research Competition for her presentation "Oral health status of Chinese elderly people with dementia". Her presentation "Oral health status of Chinese elderly people with dementia" was co-authored by Miss Carol Li, Dr QH Zhi, Dr Jukka Matinlinna, and Michael Botelho, Dr John Dyson, Dr Ricky Wong, and Dr Lap-ki Chan.

- 21st Annual Scientific Meeting of the South East Asia Association for Dental Education (SEAADE), Taipei, Taiwan, 19-21 September 2010:

  —Dr Cynthia KY Yiu (Associate Professor in Paediatric Dentistry) won the Best Oral Presentation Award for her presentation titled "Evaluation of dental graduates from the HKU integrated PBL curriculum", co-authored by Prof Colman McGrath, Dr Susan Bridges, Dr Esmonde Corbet, Dr Michael Botelho, Dr John Dyson, Dr Ricky Wong, and Dr Lap-ki Chan.

  —Miss Patricia M Yeung (BDS V student), representing her BDS group, won the Gold Medal in the Project-based Category of the SEAACDE–GC Asia Student Prevention Table Clinician Program for her presentation titled "A clinical trial on the effect of modified manual toothbrush and electric toothbrush in Hong Kong stroke patients", which was based on a BDS IV Community Health Project that was supervised by Dr Anthony HH Wong and Dr Daisy SH You (Honorary Staff in Dental Public Health).

- 24th Annual Scientific Meeting of the IADR South East Asia Division, Taipei, Taiwan, 20-21 September 2010:

  —Mr Jack C Ji (BDS IV student) won First Prize in the junior category of the IADR/Unilever Hatton Divisional Award for his presentation titled "Non-surgical periodontal treatment favorably modulates plaque biofilm and host response", which was co-authored by Dr KY Lo, Dr CJ Seneviratne, Dr X Li, and supervisors Prof Lakshman Samaranayake and Prof Li-jian Jin.

  —Miss Annie CY Kwok (BDS III student) won Second Prize in the junior category of the IADR/Unilever Hatton Divisional Award for her presentation titled "Silver and fluoride ions in remineralization of enamel and dentine", which was co-authored by Miss Carol Li, Dr QH Zhi, and supervisor Prof Edward CM Lo.

  —Dr RAPM Perera (PhD student) won the Charles T Kean Memorial Award. Grants granted

—Prof Lim K Cheung (Chair Professor of Oral and Maxillofacial Surgery), Prof W Keung Leung (Professor in Periodontology), Dr Jukka Matinlinna (Associate Professor in Dental Materials Science), Dr Cynthia KY Yiu (Associate Professor in Paediatric Dentistry), and Dr Cheng-fei Zhang (Clinical Associate Professor in Endodontics) won General Research Fund 2010-2011 awards from the Hong Kong Research Grants Council in June 2010.

—Dr Chun-hung Chu (Clinical Associate Professor in Family Dentistry), as principal investigator, has been awarded an SK Yee Medical Foundation Grant for HK$ 1,248,016 to conduct a 2-year project titled “Outreach dental care service to control tooth decay in disadvantaged kindergarten children”. The project co-investigators are Prof Edward CM Lo (Professor in Dental Public Health) and Ms CW Ng (Health Service Clinic In-Charge, Hong Kong Christian Service).

—Dr Chun-hung Chu (Clinical Associate Professor in Family Dentistry) and Prof Edward CM Lo (Professor in Dental Public Health) have been awarded a "Bright Smiles, Bright Future” Dental Health Education Grant of HK$ 220,000 from Colgate-Palmolive, to train kindergarten teachers in Hong Kong for 2 years to deliver oral health education.
Dr Tazuko K Goto joined the Faculty in November 2010 as Clinical Associate Professor in Oral Radiology. She is an oral and maxillofacial radiologist from Japan and is a Certificated Senior Specialist of the Japanese Societies for Oral and Maxillofacial Radiology and the Temporomandibular Joint. Her experience in the dental and medical fields has been gained from working in departments such as Oral and Maxillofacial Radiology and Oral and Maxillofacial Surgery, Kyushu University Hospital, Japan; Diagnostic Imaging, Kyushu Medical Center, Japan; The Hospital for Sick Children, Faculty of Medicine, University of Toronto, Canada; and Oral Health Sciences, The University of British Columbia, Canada.

Dr Goto's research interests include brain function mapping using functional magnetic resonance imaging (fMRI), 3-D imaging of the morphology and function of the head and neck using MRI and computed tomography, and clinical diagnostic imaging of the head and neck. Her hobbies are music, reading, drawing, and calligraphy. She also likes to play ball sports such as baseball, golf, and volleyball, and was a glider pilot during her university days.

Dr Michael Burrow joined the Faculty in August 2010 as Clinical Associate Professor in Operative Dentistry. He hails from Adelaide, Australia, and completed his Bachelor's and Master's degrees at the University of Adelaide. He was awarded a scholarship by the Japanese Ministry of Science, Sport and Education to study for a PhD at the Tokyo Medical and Dental University, which he completed in 1994, being the first Australian dentist to do so. He subsequently became Lecturer at the School of Dental Science at the University of Melbourne, where he was Clinical Dean for 8 years and was promoted to Professor in 2007.

Dr Burrow has a strong research interest in adhesion of tooth-coloured dental materials to tooth structure, and has authored more than 140 publications in refereed journals. He looks forward to living in Asia again and in particular seeing the scenery, arts, and crafts of the different cities and regions in China.

Dr Zac Morse joined the Faculty in August 2010 as Principal Clinical Dental Instructor. After graduating from the university dental school in his hometown of Adelaide, Australia, with a Bachelor of Dentistry degree and a Bachelor of Science in Dentistry degree with First Class Honours, he received additional postgraduate training in pain and anxiety control at the University of Sydney. He gained his PhD at the Nippon Dental University, J Japan, where he became Associate Professor at the university’s Niigata Campus. He later moved to the South Pacific Islands of Fiji, where he taught at the Fiji School of Oral Health and was appointed Associate Director for Research at the Fiji School of Medicine.

Dr Morse is thrilled to be back in Asia and to be part of Asia’s leading university. Regarding pedagogy in dentistry, he believes there are basically two types of teaching approaches: the “cop” type and the “coach” type; he much prefers the latter.

Dr Dominic KL Ho joined the Faculty in July 2010 as Principal Clinical Dental Instructor. He received his Bachelor of Dental Surgery degree from the HKU Faculty of Dentistry in 2005 and won the Hong Kong Dental Association Prize in the same year. Following a period of work experience, he chose to undertake the training pathway to become a periodontist, gaining a Master of Dental Surgery degree in Periodontology in 2008 and an Advanced Diploma in Periodontology in 2009, both also at the Faculty. He obtained the Diploma of Membership in Restorative Dentistry of the Royal College of Surgeons of Edinburgh in 2010.

Dr Ho’s research and teaching interests lie in cone-beam computed tomography, periodontology, and operative dentistry. In his spare time, he enjoys listening to jazz and hiking in the Hong Kong countryside. He is an avid photographer and particularly likes to focus on macro (close-up) photography.

Dr Zac Morse

And a fond farewell to:

• Dr John Dyson, Clinical Associate Professor in Oral Rehabilitation
• Dr Frederick CS Chu, Clinical Associate Professor in Family Dentistry

Where our staff come from

Total: 100 academic staff

Find out more about our Faculty staff’s experience, research and teaching expertise, as well as research outputs and awards, at the Faculty website at <http://facdent.hku.hk> under “Disciplines & Academic Staff”.

Welcome to new Faculty staff
Welcoming Tea

25 August 2010

Prof Lakshman Samaranayake, Dr Cynthia Yiu, Dr Michael Botelho, Dr Susan Bridges, and Dr Zac Morse hosted a Welcoming Tea for Freshers to allow new BDS I students to meet some of their teachers and find out about the Faculty in an informal setting. Earlier in the day, the Freshers had attended the HKU Inauguration Ceremony for New Students, where Vice-Chancellor Lap-chee Tsui spoke about HKU as an internationalised campus.

International booth

Faculty booth marketing materials, designed by the Knowledge Transfer Unit in collaboration with the HKSAR Government’s Brand Hong Kong Management Unit, made their debut this year as a part of the Faculty’s international marketing campaign. Featuring the new BrandHK “lion” logo designed by world-famous designer Alan Chan, and using the motto “Asia’s World City”, the Faculty marketing backdrop and banners have toured three tradeshows so far.

The first exhibition was part of the 1st Hong Kong International Dental Expo and Symposium (HKIDEAS), held at the Wanchai Convention and Exhibition Centre from 18 to 20 June 2010. The second was the 88th General Session and Exhibition of the International Association for Dental Research in Barcelona, Spain, from 14 to 17 July 2010, and the third was the 24th Meeting of the IADR South East Asia Division and 21st Meeting of the South East Asia Association for Dental Education, Taipei, Taiwan, from 19 to 21 September 2010.

A specially designed corporate marketing card, Faculty newsletters, and promotional booklets were given to delegates visiting the Faculty booth at the conferences. A slideshow and the Faculty’s professionally produced corporate video (available on YouTube under “HKU Faculty of Dentistry”, and also at <http://facdent.hku.hk>) were also showcased.

“They were a real catalyst in letting our staff and students engage with passers-by and discuss what World-Class Dentistry in Asia’s World City has to offer them.”

Summer Programme

26-30 July 2010

Sixty-one prospective students (35 local and 26 from the UK, US, and Canada) took part in this year’s HKU Dentistry and Oral Health Summer Programme. The Organising Committee, led by Dr CH Chu, put on a fun-filled week-long programme, with the assistance of student leaders and helpers. Included were a PBL tutorial, library skills sessions, tooth modelling, and introductions to the Simulation Laboratory, oral radiology, infection control, oral hygiene, and primary care. Topics of lunchtime lectures included “Dentistry as a career”, “Dental facial deformities in Hong Kong”, and “An introduction to Orthodontics”.

produced and video (available on YouTube under “HKU Faculty of Dentistry”, and also at <http://facdent.hku.hk>) were also showcased.

“Our booth, promotional material, and video attracted a lot of interest,” says Dean Lakshman Samaranayake.
Beyond Hong Kong

By Steven Wong

Having the chance to be the International Relations Secretary of the HKU Students’ Union (HKUSU) Dental Society during this academic year has been the greatest gift to me since I was admitted to the HKU Faculty of Dentistry as a BDS student.

There are four main annual international events organised by the HKUSU Dental Society—namely, the Exchange Programme between the National University of Singapore (NUS) and HKU, the Asia Pacific Dental Students Association (APDSA) Annual Congress, the APDSA Mid-Year Meeting, and the Annual Study Tour.

The NUS-HKU Exchange Programme this year took place in April and July. In April, around 20 NUS dentistry undergraduates visited the HKU Faculty of Dentistry. We arranged a variety of activities like a hospital visit, school visit, and a city tour, so that they could get to know more about dental education in Hong Kong and also about Hong Kong life. In return, 20 students from our Faculty visited the NUS Faculty of Dentistry in July, and the NUS students very kindly accompanied us around Singapore. Through this exchange, we developed a precious friendship with the NUS dental students.

In August, we travelled to Japan to join this year’s APDSA Annual Congress, which took place in Tokyo from 16 to 20 August. During the event, we attended the scientific competition, oral seminars, and a city tour. Because there were many Asian countries represented at the congress, we made a lot of friends with dental students from many different universities from our continent. We were also very proud of Ailsa Tam (BDS V), who won the second prize in the Scientific Research Competition.

I have learnt so much beyond textbooks and degree work by organising events for the Dental Society International Affairs Section. Arranging overseas visits with and meeting dental students abroad has really been an eye-opener into different cultures and international cooperation.

Mr Steven K Wong (BDS II) is International Relations Secretary of the HKUSU Dental Society, Session 2009-2010. The webpage of the International Affairs Section of the HKUSU Dental Society is <www.hku.hk/dentsoc/internationalmain.html>.
Recent reunions

Dr Alex WK Chan (BDS 1990, MDS 1993), Class of 1990 Class Representative, writes:

To celebrate its 20th anniversary, BDS Class of 1990 held a homecoming dinner on 18 July 2010 at the King Palace Restaurant in Central, Hong Kong. A few of the 31 classmates who attended the event especially returned from overseas and a few brought their family members. After rekindling friendships and realising that some of us have not seen each other since graduation, we unanimously decided not to wait decades before our next homecoming.

Update on BDS Class of 2009

Despite the continued global recession and a general fall in graduate salaries, BDS Class of 2009 enjoyed a 100% employment rate and relatively high monthly income, second only to Medicine graduates, according to the latest HKU Graduate Employment Survey, <www.hku.hk/cepc/survey/ges>. Figures in brackets are from the 2008 survey.

<table>
<thead>
<tr>
<th></th>
<th>BDS Graduates</th>
<th>All HKU Graduates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working by end of 2009</td>
<td>100% (97.5%)</td>
<td>76% (80%)</td>
</tr>
<tr>
<td>Not seeking full-time job</td>
<td>0% (2.5%)</td>
<td>1% (1.3%)</td>
</tr>
<tr>
<td>Further studies</td>
<td>0% (0%)</td>
<td>23% (18%)</td>
</tr>
<tr>
<td>Mean gross monthly income</td>
<td>HK$26,497 ($26,667)</td>
<td>HK$16,625 ($18,755)</td>
</tr>
<tr>
<td>Median gross monthly income</td>
<td>HK$25,500 ($29,000)</td>
<td>HK$12,533 ($14,583)</td>
</tr>
</tbody>
</table>

Dr Finn Geoghegan (MOrth 2009) writes from the UK:

Several HKU Faculty of Dentistry postgraduate alumni from the UK held a mini-reunion on 4 September 2010 to reminisce about their time in Hong Kong. Pictured, from left to right, are Dr Anika Ahrens (current Faculty PhD student), Dr James MacLaine (MOrth 2009), Dr Finn Geoghegan (MOrth 2009), and Dr Olivia O’Neil-Dunne (MDS[Prosth] 2008).

Alumni can let us know of reunions and events by e-mailing <dentktu@hku.hk>. News and notices will be regularly uploaded to the HKUDAA website at <http://facdent.hku.hk/hkudaa>.
Surgical quiz

By Dr Philip KM Lee (BDS 1986, MDS[OMFS] 2000),
Specialist in Oral and Maxillofacial Surgery

An eight-year-old girl presented with a recurrent fluctuant swelling at the right floor of her mouth (Fig. 1). The size of the swelling was changeable but persistent and presented without symptoms except a mild disturbance of tongue movement (Fig. 2).

1. What is your diagnosis?
2. What is the recommended treatment and what precautions are needed during treatment?

To be understood quickly and by a wide audience, writers need to avoid or paraphrase specialist language and adopt a clear, plain style.

Two useful tips are “KISS” (keep it short and simple) and “SWYM” (say what you mean). Short words and sentences are generally more direct and easier to understand than longer ones. Turning nouns (e.g., simplification) into verbs (e.g., simplify) and converting passive verb forms to the active can clarify a sentence’s meaning. Clearly identifying the subject of a phrase and removing useless words can also improve communication.

Quick quiz
How can these sentences be improved?

(1) The whitening of one’s dentition can be executed with varying degrees of success or failure by the domestic utilisation of commercial pharmacy purchased modalities such as special ingredient containing dentrifices.

(2) Aiming to improve their aesthetic appearance, many products designed to chemically bleach teeth or chemically dissolve or physically scrub away stains by gentle abrasive action can now be brought by customers in high-street retail outlets.

(3) If used wrongly, people might cause damage to their oral soft tissues during the period of time of their dental bleaching product utilisation.

(4) It goes without saying that, as a general rule, people making future plans for their teeth to be whiter in colour should be mindfully aware of any possible side effects that may perhaps be exerted by over-the-counter whitening kits that can be purchased by the general public.


Tips for Patient quiz

1. Search for related words in the text.
2. Use mental associations to find connections.
3. Look for synonyms or related terms.


Birthday survey: Expressions is 5 years old! So, please let us know what you think of our newsletter so far. Fill in our Reader Survey at <http://facdent.hku.hk/newsevents> before 15 December 2010 for a chance to win Faculty souvenirs!

Check your answers to this issue’s quizzes on the Knowledge Exchange webpage of the Faculty’s website at <http://facdent.hku.hk/engagement/ke>.
How do dentists whiten teeth?

Teeth get discoloured by food (eg, berries), drink (eg, tea, coffee) and smoking, as well as by tooth trauma, some drugs, and excessive fluoride exposure during tooth development. If you think you need whitening treatment, visit your dentist to receive a full-mouth check-up, discuss your medical history, find out if the tooth discoloration is deep (intrinsic) or on the surface (extrinsic), and discuss treatment options:

- **Chairside bleaching**: while the gums are protected with gel or a rubber shield, the dentist will apply a strong bleaching agent to the teeth, sometimes shining a light or laser during the procedure. Each session typically lasts half an hour to 1 hour and more than one appointment may be needed.
  - **Prescription bleaching**: the dentist will take impressions of the teeth to make customised mouth trays for the home use of a prescription bleaching kit; the trays are filled with a mild bleaching agent and worn as advised (eg, overnight or twice a day). The dentist will show you how to use the product safely and will recommend the treatment period and follow-up arrangements. This method is sometimes used after or between chairside bleaching visits.
  - **Bleaching after root canal (endodontic) therapy**: after performing root canal therapy, the dentist may insert a slow-release bleaching agent into the tooth to bleach it from the inside.
- "**Dental bonding**": for cases in which bleaching will not work, the dentist may recommend covering a tooth surface with a ceramic (porcelain) veneer or a thin layer of filling material (composite resin) that is shaped and hardened.

How do store-bought whiteners work?

Non-prescription (over-the-counter) whitening products that are available in shops vary in their mechanism and effectiveness of whitening (see Box):

- **Bleaching agents**, applied with a special brush or pen, as a strip, or in a mouth tray, are designed to bleach away deep stains; some whitening toothpastes contain a low concentration of bleaching agent. **Always talk to your dentist first about bleaching**.
- **Abrasive toothpastes and toothpastes containing destainers** do not bleach teeth but remove stains present on the surface (enamel) only.

Tips on keeping teeth white

It must be remembered that the bulk of each tooth (dentine) is naturally slightly yellow and yellows with age. In addition, deep stains are generally more difficult to treat than surface stains, and not all stains can be whitened. Most importantly, white teeth do not necessarily indicate healthy teeth, so visit your dentist regularly and keep your teeth clean by:

- **Brushing teeth** with a fluoride toothpaste twice a day, making sure to reach all teeth; and using floss or an interdental cleaner once a day to clean between teeth [note: over-aggressive brushing damages your teeth and gums]
- **Avoiding food and drink that stain teeth**, or rinsing with water after eating/drinking these
- **Arranging professional teeth cleaning** with your dentist, who may refer you to a dental hygienist
- **Giving up smoking**: Hong Kong Department of Health Smoking Cessation Hotline: 1833 183; HKU Smoking Reduction Hotline: 2819 2697; HKU Female Smoking Cessation Hotline: 2819 2692; Hong Kong Council on Smoking and Health website: <http://smokefree.hk> (Chinese) or <http://smokefree.hk/en/home> (English)


Written by Trevor Lane, DPhil; edited by Chun-hung Chu, BDS, ABGD. 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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