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APM2016-139
Happy Birthday HKU!

By Lakshman Samaranayake, Dean

I hope you will join me in wishing The University of Hong Kong a Very Happy 100th Birthday! HKU is holding a 2-year-long celebration of its Centenary to commemorate the University’s incorporation by Ordinance in 1911 and admission of its first students in 1912.

The celebrations mark a significant milestone in the history of HKU and in tertiary education in Hong Kong—and also for Dentistry in Hong Kong, since more than half of practising dentists in the city are HKU alumni. There will in fact be extra cause to celebrate in 2012, when the HKU Faculty of Dentistry turns a respectable 30 years old.

The University and Faculty are using the high-profile Centenary to look to the future as well as to reflect on our rich history. The Faculty’s Pearl Jubilee in 2012 will coincide with HKU’s introduction of its 4-year undergraduate curriculum (and the Faculty’s 6-year BDS degree) and the inauguration of the Centennial Campus in Pokfulam. History is indeed still in the making.

The Faculty took part in the outdoor HKU Centenary Kick-Off Ceremony in January 2011. We are also planning to host or co-organise events in the next 2 years to celebrate the two anniversaries, while supporting HKU’s missions of Teaching/Learning, Research, and Knowledge Exchange. In 2011, our events include:

- Mentorship Programme 2010-2011
- Launch of virtual Centre for Innovation in Dental Education (CIDE)
- 9th Asia Pacific Society of Periodontology Meeting, 9-10 September 2011, <www.apsp.hk>
- International Symposium on Osteology, Periodontology, and Implant Dentistry, 1-3 December 2011
- HKU Centenary–HKU Faculty of Dentistry Pearl Jubilee Essay Contest 2011

Further details will be available on our website <http://facdent.hku.hk>.

In this issue, we review some knowledge exchange activities undertaken by our staff and students. Knowledge exchange is a vast and exciting area that intersects and interacts with Teaching/Learning and Research. We only have space for a taster, but also hope this newsletter is itself informative and educational.

Happy reading!
Will your salivary research take you to Rio de Janeiro, Brazil?

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Develop a salivary research abstract & WIN a trip to Rio de Janeiro, Brazil to attend the 2012 International Association for Dental Research General Session & Exhibition!

Submission Deadline:
February 2012

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Faculty wins five IADR awards

The International Association for Dental Research (IADR), the world’s largest non-government dental research organisation, has awarded five research prizes to staff and students of the HKU Faculty of Dentistry.


Dr Nihal Bandara (PhD student in Oral Biosciences and Periodontology) and Ms Thanuja Herath (PhD student in Periodontology) have each won a 2011 IADR/Colgate “Research in Prevention” Travel Award for research submitted for presentation at the upcoming annual IADR meeting. Dr Bandara’s presentation will be titled “Bacterial lipopolysaccharide modifies Candida albicans biofilm development at transcriptional level”; his supervisors are Dr R Watt, Prof LJ Jin, and Prof LP Samaranayake. Ms Herath’s presentation will be titled “Systems biology unravels novel biomarkers in heterogeneous PgLPS-HGF interaction”; her supervisors are Prof LJ Jin (Faculty of Dentistry) and Dr Y Wang (HKU Li Ka Shing Faculty of Medicine), and her research collaborators are Prof R Darveau (University of Washington, Seattle, USA), Dr CJ Seneviratne (Faculty of Dentistry), and Prof CY Wang (UCLA School of Dentistry, Los Angeles, USA).

Dr Otto LT Lam (PhD student in Oral Rehabilitation) has won the 2011 IADR/Lion Dental Research Award for Junior Investigators, for his research project “Evaluation of oral hygiene interventions in patients following acute stroke”. His supervisor is Prof C McGrath and his collaborators are Prof LP Samaranayake, Dr LSW Li (Director of the Rehabilitation Unit at Tung Wah Hospital), and Prof A McMillan (former Chair Professor of Oral Rehabilitation).

Mr Jack C Ji (BDS IV student) won a 2010 IADR/Unilever Hatton Divisional Award for the IADR South East Asia Division, for his project “Non-surgical periodontal treatment favorably modulates plaque biofilm and host response”. His supervisors were Prof LJ Jin, Prof LP Samaranayake, and Dr CL Seneviratne. He will compete in the international contest at the 2011 IADR meeting. Good luck!

“Our Faculty is thrilled to receive these prestigious research awards,” says Prof Lakshman Samaranayake, Faculty Dean. “Our staff and students aim for excellence in research design, execution, and reporting, so this international recognition will inspire us to redouble our efforts in conducting world-class dental research.” The research prizes will be presented at the 89th General Session & Exhibition of the IADR in San Diego, California, USA, in March 2011.

New mentorship scheme launched

A dental mentorship programme co-organised by the HKU Dental Alumni Association (HKUDAA) and the HKU Faculty of Dentistry was officially launched on 25 February 2011.

Throughout this year, local dentists will mentor pairs of second-year undergraduates through meetings and visits to mentors’ dental practices. Although several pilot mentorship schemes have taken place previously, the Mentorship Programme 2010-2011 is the first involving a whole student year-cohort, thanks to increased knowledge exchange (KE) efforts and impetus from 2010 being the HKUDAA’s 25th anniversary.

“When the HKUDAA turned 25, the Dean proposed mentoring to mark the occasion. We’re very grateful to the Dean, Deanery, and Knowledge Transfer Unit for their help, as well as Listerine (Johnson & Johnson) for supporting the scheme with a KE Grant,” says HKUDAA President Dr Michael SF Mui. “By sharing professional knowledge and providing support to mentees, dentist-mentors will be able to add another dimension of learning for BDS students, while strengthening bonds between alumni and our alma mater.”

Fab five: [Top row, L to R] Dr Xiao-li Gao, Dr Nihal Bandara, and Ms Thanuja Herath; [Bottom row, L to R] Dr Otto Lam and Mr Jack C. Ji.
HKU’s 25th cohort of postgraduates and 26th cohort BDS graduates were formally admitted to the HKU Faculty of Dentistry at the 2010 Graduation and Awards Ceremony.

A record number (15) of the 52 BDS graduands of Class of 2010 gained degrees with Honours at the ceremony, which was held at the Hong Kong Academy of Medicine Building, Aberdeen, on 7 December 2010.

In addition, 7 Postgraduate Diplomas, 56 Masters, 11 Advanced Diplomas, 1 MPhil, and 9 PhD degrees were conferred on postgraduates. Among graduating taught postgraduates were 7 recipients of the Master of Dental Surgery in Periodontology, Conjoint with Peking University, Beijing, China.

In attendance at the ceremony—along with families and friends, Dean Samarawarake, and Faculty academic staff—were Guest-of-Honour Dr the Hon Che-hung Leong (Chairman of the HKU Council), Dr Sigmund SM Leung (President of the Hong Kong Dental Association), Prof Roland T Chin (HKU Deputy Vice-Chancellor and Provost), and Dr Michael SF Mui (President of the HKU Dental Alumni Association).

Recipients of special prizes during the evening were Dr Cynthia KY Yiu (Faculty Outstanding Teacher Award 2009); Prof Lim K Cheung, Dr Philip KM Lee, and Dr Ka-chun Yeung (Distinguished Service Awards); and Prof Zhen-kang Zhang and Prof Xing Wang, Honorary President and President, respectively, of the Chinese Stomatological Association (Distinguished Collaboration Awards).

**New beginnings**

*Five years of our BDS journey was like a roller coaster ride. And now, we have made it! Congratulations to all of us!* —Dr Wendy MW Chiu

*It has been a very memorable 5 years. Without the support from friends and guidance from teachers, this would not have been possible. May we all continue to pursue our dreams, and may success and happiness be with us always.* —Dr Engee HW Ling

*The end of BDS life signifies the beginning of a new life. Wish you guys all the best.* —Dr Calvin WK So

*I would like to take this opportunity to thank all the professors, doctors, dental surgery assistants, patients, and technicians that helped throughout my BDS life. Without your guidance, I believe we couldn’t be where we are right now.* —Dr Cecilia WS Chan

*Good luck everyone!* —Dr Henry HN Liu
Nurturing leaders in dentistry

Representatives from the HKU Faculty of Dentistry gained valuable leadership and team-building skills during its inaugural “Dental Leadership Experience 2010” programme on 8 and 9 October 2010.

Held in the Gold Coast Hotel, Tuen Mun, the pilot programme was co-organised by the Faculty and Colgate-Palmolive, with the aim of giving staff from both organisations an opportunity to learn from each other. Dentists from Beijing University Dental School, Beijing Capital Dental School, and South Medical University Dental School (Guangdong) were also invited to increase cross-border understanding, knowledge exchange, and collaboration.

Consulting and training company Krauthammer developed and delivered an interactive curriculum that was designed to enhance practical and professional leadership behaviours. Activities during the programme included team-building games, discussions, and self-reflection.

“As well as gaining some valuable insight into people management and team leadership skills, I learnt a lot about myself during the 2 days,” says Dr Rory Watt, Assistant Professor in Oral Biosciences at the Faculty and one of the 20 participants. “The instructor was excellent, and I think all the participants went home having gained something useful from the course.”

Experts battle biofilms

HKU Faculty of Dentistry clinical staff took part in an expert panel meeting hosted by Listerine (Johnson & Johnson) on 15 November 2010.

The experts examined currently available evidence on methods of removing and preventing bacterial biofilms—layers of bacterial communities that quickly form on teeth and other surfaces in the mouth, which are hard to remove and lead to many oral health problems. The panel comprised (pictured, L to R): Ms Cordelia KP Chan, Prof Edward CM Lo, Prof Urban Hägg, Prof Niklaus Lang, Prof Lakshman Samaranayake, Dr William WM Cheung, Dr Runee Laiteerapong (Johnson & Johnson), and Prof W Keung Leung.

The resultant Discussion Paper, Taking Oral Care a Step Further: Clinical Aspects of Oral Biofilm Control and Prevention, is available online in the Faculty’s Knowledge Exchange Hub, at <http://facdent.hku.hk/engagement/ke>, under “For Health Care Professionals”.

Earning while learning

Colgate-Palmolive are offering two internships this year for Faculty students.

Following the success of last year’s internship scheme, the Faculty has collaborated once again with Colgate-Palmolive to provide an opportunity for one postgraduate and one BDS III-to-V student to gain industry knowledge-exchange experience for the month of August 2011. Based in Colgate-Palmolive’s Causeway Bay headquarters, the two “Academic Affairs Trainees” will assist the company’s Scientific Affairs Manager and Division in strengthening strategic links with key academics in the region.

Applications (CV and cover letter) must reach the Knowledge Transfer Officer of the Faculty’s Knowledge Transfer Unit, <dentktu@hku.hk>, by 29 April 2011. Queries can be e-mailed to Colgate-Palmolive’s Joey Chan, at <joey_chan@colpal.com>.
Radicle protection

Preventing root decay in elders requires more than just giving oral hygiene advice, a research team from the HKU Faculty of Dentistry has found.

In a 3-year study, about 300 elderly-home residents (average age, 79 years) received personalisation instructions on brushing teeth properly. They were then randomly assigned to have one of the following four substances applied on any exposed roots: 38% silver diamine fluoride solution every year, 1% chlorhexidine varnish every 3 months, 5% sodium fluoride varnish every 3 months, or water (placebo) every year. Of the 203 elders remaining in the study, those who received any of the three test treatments developed significantly fewer new cases of root decay than the placebo group (reductions of 71%, 57%, and 64%).

Given that the three chemicals are affordable, safe, and easy to apply, the researchers recommend their use together with promoting good oral hygiene for elders in the clinic or community, and that "non-dental professionals, such as primary health-care workers, can be easily trained to apply the agents".


Removing hidden extras

Some children have extra (supernumerary) teeth that remain unerupted and may lead to complications. However, exactly when these teeth should be surgically removed has been unclear. A study done by researchers in paediatric dentistry at the HKU Faculty of Dentistry suggests that early removal is better for the development of nearby permanent teeth.

Examinations were performed on 126 southern Chinese children who had been referred for the surgical removal of unerupted extra upper-front teeth. Removal of these teeth up to the age of 6 or 7 years resulted in the fewest complications for the two closest permanent teeth (upper central incisors). Extraction of extra teeth after this age was associated with more complications, and waiting until after 10 years of age led to the most tooth development problems. Because neighbouring permanent teeth typically have not yet erupted at age 6 to 7 years, removing unerupted extra upper-front teeth before this age "seems to be advantageous", the researchers conclude.


Value of implants

Although patients are likely to choose implant treatment to replace a missing tooth, they would be willing to pay only half the market price, according to two HKU Faculty of Dentistry researchers.

Dr Katherine CM Leung and Prof Colman McGrath asked 16 men and 35 women attending a primary care clinic how they would deal with a missing tooth, showing them photographs and diagrams of treatment using dental implants or fixed or removable partial dentures. Most patients preferred implant treatment: 94% for a front tooth and 84% for a back tooth. Nevertheless, they were only willing to pay half the typical implant fee: HK$11,282 for a front tooth and HK$10,205 for a back tooth. Patients who actually had missing teeth nominated lower prices, whereas women and the more educated nominated higher prices.

Dental knowledge in action

By Lakshman Samaranayake and Gary Cheung

Based in a teaching hospital, the HKU Faculty of Dentistry includes patient care and community engagement as two of its four missions. Knowledge exchange (KE) with patients and the community is thus a key Faculty area, which is supported by its KE Hub and KE Committee.

Community care

The Faculty organises two Community Outreach Services: one for kindergarten children (directed by Dr Chun-hung Chu) and one for disadvantaged groups (directed by Prof Edward CM Lo), with financial support from the government’s Health Care and Promotion Fund and the SK Yee Medical Foundation, respectively. In 2009-10, the two roving clinics provided free examinations, treatment, and oral education to 3000 children, 2300 residents of homes for the aged, and 200 adults with intellectual disability. In addition, Dr Chu leads a train-the-trainers programme to help kindergarten teachers deliver oral health education to their pupils, in conjunction with “Bright Smiles, Bright Futures”—an international project of Colgate-Palmolive that aims to increase oral health literacy and promote good oral care habits.

The Dental Public Health Committee of the HKU Students’ Union Dental Society also has a busy community-work schedule (see page 15), each year organising school/community visits, shopping mall exhibitions, and a campus oral health care campaign. Final-year BDS students are increasingly performing volunteer work in developing countries during their electives.

Beyond word of mouth

The KE Hub’s Knowledge Transfer Unit offers centralised publishing, web, marketing, liaison, and media-relations support. Other than making television and radio appearances, Faculty staff are regularly interviewed for or contribute to local newspaper columns on oral health, which are archived in the Faculty website’s Media Archive at <http://facdent.hku.hk/engagement/ke/media.html>. Printed KE materials include our newsletter, booklets, and patient leaflets.

Patient satisfaction

Since KE is two-way, the Prince Philip Dental Hospital in 2010 commissioned the HKU Social Sciences Research Centre to obtain and analyse patient feedback via a Patient Satisfaction Survey. Results suggested that waiting times could be shortened, but that dentists or students conducted careful examinations, were able to cure or relieve most problems, were able to explain procedures and charges, and always helped to avoid unnecessary expenses. These are encouraging results for our staff and students.

Professional development

The professional dental community is served by the KE Hub’s Postgraduate Education Unit and Continuing Dental Education Unit. National efforts in KE in dentistry include scholarship opportunities for mainland dentists to train at the Faculty.

Furthermore, the Wah-Ching Dental Sciences Development Project was initiated in 2010 following strategic meetings between the Faculty and Mr Li Yin, Vice-Minister of the Ministry of Health; Dr Yao-xue Zhang, Deputy Secretary General of the Academic Degree Committee of the State Council; Prof Xin Wang, President of the Chinese Stomatological Association; and Prof Tao Xu, Dean of the Peking University School of Stomatology. The project promotes cross-border dental training, research, education, and educator training, and is supported by seed-funding from Dr Wah-ching Tam.

On this note, we wish to thank all our partners, sponsors, and donors who support our missions and KE activities (see page 17).

Prof Lakshman Samaranayake, <lakshman@hku.hk>, is Director of the Prince Philip Dental Hospital, Dean of the HKU Faculty of Dentistry, and Director of the Faculty’s KE Hub and Knowledge Transfer Unit, and Dr Gary SP Cheung, <spcheung@hkucc.hku.hk>, is Deputy Director of the Knowledge Transfer Unit.

Making knowledge accessible

The Faculty’s web technologies for KE are handled by Senior Technical Officer, Mr Manson N Tong, <mansontn@hku.hk>, whose position is supported by the HKU KE Fund. Knowledge access is being increased by the following ongoing web projects:

- Database linking from HKU to Faculty webpages
- Improving website user-friendliness and feedback/e-alert systems
- Developing bilingual and multimedia webpages
- Developing the Faculty’s online KE Hub (<http://facdent.hku.hk/engagement/ke>—currently 9000 visits/month)
- Creating an intranet to support staff KE work, and searchable image libraries for staff KE presentations
- Database programming to support Faculty marketing
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* Additional seminars are held on other days; please check the website for details.
Marketing dental knowledge

By Li-jian Jin and Trevor Lane

In this era of knowledge exchange, researchers can no longer be complacent with publishing research findings in research journals.

For university academic and research staff, the motto used to be “publish or perish”. This tradition refers to career pressure to quickly convert research findings into journal articles that reach other researchers and become incorporated into future articles and books. However, now that The University of Hong Kong, as elsewhere, has formally added Knowledge Exchange to its missions, other forms of knowledge transfer are being encouraged.

Knowledge markets
The journal article remains the basic unit of new knowledge, but knowledge diffusion needs to extend beyond citations in journals and textbooks.

Academic, research, public health, and practical knowledge can be transferred to other knowledge markets such as governments, local and wider communities, industry, patients, schools, alumni, and professionals. Journal papers can be used and cited in policy papers, discussion papers, practice guidelines, professional and institutional newsletters and online reports, public lectures, non-academic books, consultation papers, and even blogs. In addition, open channels of communication allow future research and educational endeavours to address stakeholder feedback.

From microscope to marketplace
Knowledge that can be applied commercially can be patented to protect intellectual property rights in certain countries. The growing importance of knowledge economies is turning the researcher’s motto into “patent or perish”. Before making any potentially patentable content public, including in journal articles/letters, even mentioning specific future experiments in the Discussion section (see Box), HKU staff can contact the HKU Technology Transfer Office, <www.tto.hku.hk>.

From lab bench to dentist’s chair
Knowledge flows from theory and research to practice when a strong enough evidence base accumulates regarding short- and long-term effectiveness, benefits, risks, costs, safety, and so on. Published clinical evidence is reviewed systematically, evaluated, and summarised in reviews or practice guidelines—for example, by Cochrane reviews <www.cochrane.org/reviews> and the U.S. Institute of Medicine <www.iom.edu>.

Media matters
Science and health information can be broadcast widely through the mass media (TV, radio, newspapers, magazines, etc), but a balance has to be struck between publicity and research maturity, and between simplification and accuracy, to avoid misleading the public. The public will generally not know about research design and quality; hence, the strength of evidence, risks and benefits, limitations, and reference sources should always be stated in news reports. New health information should come from research journals, because journal peer review, although not perfect, is the accepted quality-control process by which experts appraise research evidence before it is deemed worthy to join the growing body of knowledge. However, news should never be based on journal abstracts alone.

Publishing matters
Authors of research papers containing urgent public health information should discuss with journal editors in advance the best way to handle journal review/publication and public reporting. According to research publishing guidelines of the International Committee of Medical Journal Editors <www.icmje.org>, which many biomedical journal editors use, authors must not allow the pre-release of unpublished data to the media, apart from presentation at research conferences. Once journal editors have accepted a paper for future publication, authors cannot leak the contents to the media. To encourage responsible reporting, some journals issue press releases to the media about an upcoming research article, but reporters have to promise to delay actual reporting until the journal publication date.

In a nutshell, knowledge transfer to non-academic audiences is a worthy goal, but needs to be done wisely, ethically, and responsibly.

Patent before you publish
Broadcasting, conference presentation, disclosure in grant applications, making dissertations/abstracts public, online posting, or any journal publishing, may jeopardise patent rights and lead to “publish and perish”. Tom Hockaday, Managing Director of Isis Innovation Limited, Oxford University’s technology transfer company, <www.isis-innovation.com>, told us:

“It is essential to file the patent application before the invention is published in any way at all (journal, paper, conference, meeting). However, there need not be any conflict between publishing research in academic journals and exploring opportunities for technology commercialisation through patenting: filing the first patent application need not take very long or delay research publication. A couple of key points: check the journal’s position over confidentiality of submissions before publication, and talk to your Technology Transfer Office early. At Isis, it is never our intention to prevent researchers from publishing their research.”

Prof Li-jian Jin, <ljjin@hkucc.hku.hk>, is the HKU Faculty of Dentistry’s Associate Dean for Research, Innovation, and Enterprise, and Dr Trevor Lane, <tlane@hku.hk>, is the Faculty Knowledge Transfer Unit’s Publishing Manager.
Dr Nipuna Parahitiyawa (former PhD student), Prof W Keung Leung and Prof Li-jian Jin (Professors in Periodontology), and Prof Lakshman Samaranayake (Chair Professor of Oral Microbiology) were awarded the Faculty Research Output Prize at the 2010 HKU Award Presentation Ceremony for Excellence in Teaching and Research on 17 February 2011.

The winning research output was a systematic review published in 2009 in the peer-reviewed journal Clinical Microbiology Reviews.* The authors comprehensively and critically assessed the currently published evidence of how oral bacteria can enter the blood circulation after tooth or gum trauma and cause infections elsewhere in the body. Unlike other reviews that have focused on the relationship between oral bacteria and infection of the heart, this review examined all other infections such as in the brain, bone, and lungs, and during pregnancy.

The authors found that tooth extractions accounted for most reported cases of spread of mouth bacteria to the body through the blood circulation. However, most reports of distant infection were based on low-level and circumstantial evidence. “Future research on the mouth-body link of bacterial infections needs to be based on genetic testing,” says Prof Samaranayake. “But the possible link that exists indicates the importance of oral health to bodily health and hence teamwork between dental and medical clinicians of different specialties.”


The Faculty bids a warm welcome to:

- Dr Li-wu Zheng, Clinical Assistant Professor in Oral Medicine
- Dr Ma Li, Research Associate in Comprehensive Dental Care
- Mrs Yvonne Koo, Faculty Secretary

...And congratulations to the following (re-)appointed Associate Deans:

- Dr Cynthia KY Yiu (Undergraduate Education)
- Prof Nabil Samman (Postgraduate & Continuing Education)
- Prof Li-jian Jin (Research, Innovation & Enterprise)
- Dr Cheng-fei Zhang (Greater China Affairs)
- Prof Tak-wah Chow (External Relations)

...And to:

- Dr Gary SP Cheung, who has been appointed Deputy Director of the Knowledge Transfer Unit
- Ms Jessica Wong, who has been retitled E-Learning Officer

...And a fond farewell to:

- Dr Pei-jun Zuo, Research Assistant Professor in Biomedical and Tissue Engineering

Faculty opens Oral Medicine Consultation Clinic

The HKU Faculty of Dentistry has established an Oral Medicine Consultation Clinic to take care of patients who have conditions affecting their mouth or jaws that do not require surgery. Expressions interviewed Dr Li-wu Zheng about the new clinic.

Where is the new clinic?
The Oral Medicine Consultation Clinic is on the second floor of the Prince Philip Dental Hospital.

What is Oral Medicine?
Oral Medicine focuses on diagnosing and treating non-surgical cases of oral diseases, such as conditions affecting the mouth’s lining (eg, autoimmune disease and sores that may later develop into cancer), pain in and around the mouth, and diseases of the salivary glands. Oral Medicine is a well-developed specialty area within dentistry in the United States and United Kingdom. Teaching and clinical staff in Oral Medicine are doubly qualified medically and dentally, or medically qualified and dentally trained, or dentally qualified and medically trained.

What services does the clinic offer teaching-patients?
For most cases of diseases and pain encountered at the Oral Medicine Consultation Clinic, drug treatment rather than surgery will be the major approach. However, if cancer is detected or if surgical intervention is needed, patients will be referred to other clinics for surgery.

The clinic is different from but complements other clinics at the Faculty. Unlike the recently opened Centre for Advanced Dental Care, the Oral Medicine Consultation Clinic doesn’t deal with tooth disorders, and unlike the Oral and Maxillofacial Surgery clinics, it doesn’t admit surgical patients.

The clinic also deals with disorders of the mouth that are linked to diseases affecting the body as a whole, such as bloodstream infections, diabetes, and long-term kidney disease. Our disease management approach is comprehensive and crosses different disciplines in dentistry. For example, our clinic works closely with the Disciplines of Periodontology, Oral and Maxillofacial Surgery, Oral Radiology, and Oral Biosciences. The clinic is under the administration of the Faculty Discipline Area of Oral Diagnosis and Polyclinics.

How did you enter Oral Medicine?
After I gained my DDS and MD degrees in mainland China and PhD at HKU, I underwent advanced training in Oral Medicine at the Eastman Dental Hospital, University College London, UK, and School of Dental Medicine, University of Pennsylvania, USA. I was then appointed Assistant Professor at the Department of Oral and Maxillofacial Surgery, Wuhan University, China, and then Research Assistant Professor at the Faculty here. In November 2010, I was appointed the Faculty’s Clinical Assistant Professor in Oral Medicine.

What are your academic and non-academic interests?
My research interests include oral mucosal disease and precancerous lesions, healing of compromised tissue (affected by heavy smoking, radiotherapy, etc), and regenerative dentistry.

In my spare time, my hobbies are travelling, swimming, and stone collecting.

Dr Li-wu Zheng, lwzheng@hkucc.hku.hk, is Clinical Assistant Professor in Oral Medicine at the HKU Faculty of Dentistry.
Conjoint Scientific Meeting 2010

14-16 December 2010

The third Conjoint Dental Scientific Meeting between HKU and a mainland university was held last December, together with the First Guangdong–Hong Kong Postgraduate Forum in Dental Science. The two events, co-organised by the HKU Faculty of Dentistry and Sun Yat-sen University Guanghua School of Stomatology, were held in the Chemlong Hotel, Guangzhou, and were attended by about 150 delegates from the two dental schools. The Keynote Lecture was delivered by Prof Yan-ying Xu, Division Director of the Department of Health Science of the National Natural Science Foundation of China. The conference also included a visit to the Guanghua School of Stomatology at the Sun Yat-sen University and discussion sessions on future grant application, research, and publishing collaborations. The following individuals won prizes for best research presentations:

Colgate Best Oral Presentation Prize
- Junior category: Dr Nihal Bandara

Colgate Best Poster Presentation Prize
- Senior category: Dr Susan Bridges
- Junior category: Dr Waruna Lakmal Dissanayaka and Dr Peihui Ding

Listerine Award in Investigative Periodontology: Dr Sisu Mo

Open Day

21 November 2010

About 200 visitors came to the joint Open Day of the HKU Faculty of Dentistry and Prince Philip Dental Hospital. Clinic, laboratory, and library tours were provided, as well as information sessions about problem-based learning.

Information Day

30 October 2010

Dr Stanley ML Lai (Assistant Professor in Periodontology; pictured top) gave an Admission Talk to about 250 potential dental undergraduates on the annual HKU Information Day. Three BDS V students (Mr Alex CH Cheung, Mr Oscar CK Lau, and Miss Ailsa HS Tam) also made presentations and answered questions from the standing-room-only audience. Before the talk, BDS student volunteers conducted guided tours around the Faculty and dental hospital.

HKU Centenary Kick-Off

9 January 2011

The University of Hong Kong held a Kick-Off Ceremony at the Stanley Ho Sports Centre to mark the start of its 2-year-long Centenary (see <http://100.hku.hk>). Fifty HKU Faculty of Dentistry staff and students joined the parade, waving mascots of balloons of “pearly whites”, to symbolise the Faculty’s Pearl Jubilee in 2012, coinciding with the second year of HKU Centenary celebrations.
From class to community

By Chun-wai Mak

The Dental Public Health Committee (DPHC), Dental Society, of the HKU Students’ Union organised an educational presentation at the Po Leung Kuk Ting Mau Kindergarten, Tsuen Wan, on 19 February 2011.

The kindergarten presentation was a parent-child activity on oral health education that aimed to encourage a healthy attitude towards oral health and to help the 60 participating children and parents develop correct oral habits. We provided a dentist’s talk, oral hygiene instructions, and class games. We were honoured to invite Dr Alex MH Chau to be our guest speaker for the dentist’s talk on "Dental caries in children" and "Eruption of permanent teeth". The parents participated enthusiastically in the talk and asked Dr Chau many questions. Their feedback showed they found the talk and oral hygiene instructions very beneficial.

During the 2009-10 Session, the DPHC under Chairperson Jennifer Yu took part in an Oral Health Exhibition with the Hong Kong Dental Association on 23 and 24 October 2010 at the Avon Mall in Fanling. We particularly enjoyed the mixing of dentists, dental students, and Faculty (Prof Edward CM Lo, Dr Dominic KL Ho, and Dr Edmond HN Pow) with school students and the public. This year, during our 2010-11 Session, the DPHC will hold oral health campaigns at the campuses of the Chinese University of Hong Kong and HKU, as well as further school visits. It’s always rewarding to give back to the community, and we look forward to contributing more to Hong Kong society!

Chun-wai Mak (BDS II) is Chairperson of the DPHC, Dental Society, of the HKU Students’ Union, <www.hku.hk/dentsoc>.

Our pledge, our commitment

By Melissa Fok

On 14 January 2011, 53 dental students from Class of 2014 embarked on their clinical journey in the Clinical Pledging Ceremony, witnessed by family members and Faculty representatives.

The ceremony marks the start of clinical training in the BDS programme, when students receive public patients and strive to deliver quality health care under the supervision of clinical instructors. Parents stood proudly as they witnessed our pledge to dedicate ourselves to excellence, continuous improvement, and professional integrity, and to engage with patients and deliver oral health care with confidentiality and compassion. We then received clinical name badges that will be worn in the Prince Philip Dental Hospital to symbolise our readiness to take on the challenges of a dental career.

The Guest of Honour, Dr William WM Cheung, World Dental Federation (FDI) Continuing Education Programme Manager for Asia-Pacific and Honorary Associate Professor at the Faculty, reminded us of the Four Es in Dentistry: Evidence-based dentistry, Education, Ethics, and Empathy. Indeed, the ceremony was the conclusion of the Faculty’s BDS Clinical Induction Programme—an eye-opening series of workshops that started in December 2010, on quality patient care and management, professionalism, and ethical values, led by Dr Cynthia Yiu, Dr Susan Bridges, Prof W Keung Leung, Dr Zac Morse, Dr Zenobia Chan, and Dr Jerry Liu.

On behalf of Class of 2014, I would like to thank the Organising Committee, Faculty members, BDS I and V student volunteers, and families and friends for their enduring support leading up to a memorable Clinical Pledging Ceremony. We feel privileged to be receiving quality education at the Faculty and we know the next few years will require hard work, but we are eager to accept the challenge with heartfelt gratitude.

Melissa R Fok (BDS II) is the Class Representative of BDS Class of 2014.
Learning while earning

By Michael Mui

With ever-increasing patient demands and advancing technology, how can our profession consistently be at the forefront of our field?

Fortunately, graduates can stay ahead by relying on our alma mater, which celebrates its centenary this year. HKU, through the Faculty of Dentistry, is committed to intellectually nourishing dental alumni and non-alumni, alike. Continuing education is a must, and has to be entrenched in our DNA as dentists. I will use the letters of the four DNA bases C, A, T, G to illustrate.

Comprehensive Approach

As dentists, we rely on evidence-based, ethical clinical practice and on evaluating new dental products on the market. However, "soft" skills are important additions to technical and clinical know-how so as to improve all-rounded professional development.

The Faculty's weekly evening (mainly Wednesdays) Oral Health and Sciences Seminar series is a perfect way of staying at the leading edge of both dental theory and practice. The time invested in this form of knowledge exchange is well worth it, and keeping the time slot free each week despite busy work schedules is a good habit of learning while earning. Some of the Faculty's taught postgraduate programmes have a part-time option, allowing dentists to advance careers while getting the best of both worlds (see <http://facdent.hku.hk/learning/pg_index.html>).

Soft skills that are essential to running a clinic include patient and staff communication, leadership, business, management, marketing, 360°-branding, finance and accounting, and entrepreneurship. Many of these areas are dealt with in the Faculty's intensive one-day course, The Business of Dental Practice, which Dr Philip Newsome (Associate Professor in Comprehensive Dental Care) is offering again this May, for the third year in a row. This popular course suits both recent graduates and seasoned practitioners wanting a refresher session, as well as paradental and management staff (see <http://facdent.hku.hk/cde> under the "Comprehensive Dental Care" module).

Town and Gown

The HKU Dental Alumni Association (HKUDAA) promotes the interaction between dental practitioners and HKU staff and students. Some HKUDAA members and associates have generously volunteered to participate in the HKUDAA–Faculty Mentorship Programme 2010-2011 (see page 6), thereby completing a virtuous circle in knowledge exchange, while enhancing alumni's coaching and interpersonal skills. Moreover, our alumni are among the 150 or so honorary or part-time teaching staff at the Faculty. With access to a world-class dental school just around the corner, we are lucky to be able to continue learning from well-known dentists and specialists, and to help pass on words of wisdom to future generations of dentists. Let's take full advantage of this synergy during the HKU Centenary and, in so doing, continue being a part of our alma mater's history!

Dr Michael SF Mui (BDS 2003), <msfmui@gmail.com>, is President of the HKUDAA. The HKUDAA website can be found at <http://facdent.hku.hk/hkudaa>.

Class of 1986 turns 25

Dr Dominic HC Lee (BDS 1986) writes:

It was a great pleasure to meet our classmates 25 years after our BDS graduation, on 22 January 2011 at a most appropriate and memorable venue: the Lounge and balcony of the Prince Philip Dental Hospital (PPDH). Fifty alumni, representing more than 70% of our cohort, braved the chilly weather to attend our BBQ homecoming. It was especially heart-warming to see old friends from overseas, meet colleagues’ spouses and children, and to learn that one of our second generation is a current HKU dental student! Special thanks go to the PPDH Senior Staff Association, PPDH caterers, and PPDH Office, for making this reunion such an enjoyable event.

Dr Michael SF Mui (BDS 2003), <msfmui@gmail.com>, is President of the HKUDAA. The HKUDAA website can be found at <http://facdent.hku.hk/hkudaa>.
The Faculty is grateful to all sponsors and donors who contributed to the Faculty in 2010. With your support and donations, we are able to continue achieving Excellence in Learning, Discovery, Patient Care, and Engagement.

In particular, we are very grateful to the Modern Dental Laboratory Co Ltd, care of Mr Godfrey Ngai, the company’s Director, for donating HK$10 million to create the Faculty’s second Endowed Professorship, following the first one donated in early 2010 by Dr Wah-ching Tam. The Dedication Ceremony took place on 8 December 2010 at the Vice-Chancellor’s Lodge, where Prof Li-jian Jin was named the recipient of the new Modern Dental Laboratory Professorship in Clinical Dental Science.

“This Endowed Professorship is historic since it is the first to come from the professional dental community,” says Dean Samaranayake. “I wish to sincerely thank Modern Dental Laboratory and Mr Godfrey Ngai, and also Prof Tak-wah Chow and his External Relations team for the wonderful work done in securing HKU’s first two endowed dental professorships.”

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Dean for External Relations, at <twchow@hku.hk>.
**Surgical quiz**

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

A middle-aged man visited the dental clinic because of red and white lesions on his tongue (Fig 1).

1. What is your diagnosis?
2. What is the aetiology of these lesions?
3. What is your approach in management?

**Patient quiz**

Use the information on the Patient Page (opposite, page 19) to find words that are connected with oral biofilms. See below for tips.

E C A R I E S C F P
S A E A H C R A L S
A R E C H O I I U U
E M U I P M N R O L
S G G D E M S E R U
I G N U F U E T I C
D W O U L N Q C D L
M O T O O I H A E A
U E O L S T I B L C
G K A F S Y T N R P

**Write expressions**

In science writing, the use of a slightly incorrect word or term can make a big difference in meaning or reduce the effectiveness of your message. In each of the following, can you spot the incorrect terms and correct them, or further improve the sentence for a general audience?

1. Keeping teeth and gums healthy neccesitates a regular and through oral hygiene regime.
2. Bacteria very easily infect peoples’ teeth and gums irregardless of their age.
3. When biofilm sufferers firstly practice flossing, they may aggravate gums, gum bleeding is suspicious for gingivitis.
4. A systemic review has recently proved that oral biofilms bacteria can enter into blood, where they cause systematic infections.


**Reader Survey prize winner:** To celebrate its fifth birthday, Expressions conducted a Reader Survey in 2010. Thanks to all readers who took the time to respond; the feedback and insight will be very useful to us. The winner of the Prize Draw Apple iPod, donated by Johnson & Johnson, was Ms Hoi-suen Wan (BDS I). Congratulations!

**HKU Centenary - Faculty of Dentistry Pearl Jubilee Essay Contest:** To celebrate HKU’s Centenary and the Faculty’s upcoming 30th anniversary, Expressions will hold an Essay Contest this year, based on what you think has been the most significant development in dentistry in the past 100 years. Keep a look-out for more details on our website and in the next issue. Thanks to a Knowledge Exchange Grant from Johnson & Johnson, the two grand prizes will be an Apple iPad2.

**Check your answers to this issue’s quizzes on the online Knowledge Exchange Hub of the Faculty’s website at <http://facdent.hku.hk/engagement/ke>.
What are oral biofilms?

Biofilms are layers of germs/microbes/micro-organisms growing on moist surfaces. They are found throughout the environment: inside pipes, in medical tubing during long-term use, on rocks, and probably on surfaces in your bathroom and kitchen. In the mouth, biofilms can form on the teeth (dental plaque), tongue, gums, tooth restorations, and appliances worn to straighten teeth. These oral biofilms can consist of one or more types or subtypes of microbes (see Box) and commonly contain millions of bacteria. In just a few minutes after cleaning your teeth, free-floating bacteria in the mouth will stick to all surfaces of the mouth and quickly multiply, secreting sticky substances that attract more bacteria to join the complex, expanding community.

What problems can biofilms cause?

- Biofilms on teeth turn food into acids, which attack the tooth surface (enamel) and lead to tooth decay and cavities (caries)
- Biofilms on teeth and gums produce substances that cause gum irritation and bleeding or swelling (gingivitis), eventually leading to severe gum disease (periodontitis), and bone and tooth loss. More than 90% of people in Hong Kong have some form of gum disease!
- Without regular removal, biofilms on teeth harden and become calculus/tartar, which traps stains and plaque, and can be removed only by dental professionals
- Oral biofilms can cause bad breath (halitosis) by rotting food particles that collect between teeth, around gums, and on the tongue

How can biofilm formation be prevented?

Visit your dentist regularly; he or she may recommend professional cleaning. After a professional clean, you can maintain oral hygiene by the following:

- Brush your teeth and tongue twice a day with a fluoride toothpaste; brush gently at an angle of 45° to the gums to reach below the gum line (remember to change your toothbrush every few months or when you see frayed bristles)
- Use dental floss to clean between teeth (remember to floss the back of your back teeth; see <www.toothclub.gov.hk> for recommended brushing and flossing technique; ask your dentist whether you need interdental brushes or special flossing products to clean between teeth, how to clean false teeth and oral appliances, and for the right oral care products for you, including disclosing solution/tablets that show up plaque (see top photos)
- Add the use of an antimicrobial mouthrinse/mouthwash that has been clinically proven to fight plaque bacteria; always follow product directions
- Have a balanced diet and reduce snacking; rinse your mouth with water after meals/snacks or chew sugar-free gum
- Give up smoking because gum disease is made worse by smoking; Hong Kong Department of Health Smoking Cessation Hotline: 1833 183; HKU Smoking Reduction Hotline: 2819 2692; 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 Lakshman Samaranayake, DDS, FRCPATH. 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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**AFTER**

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Scientific works cited: