Having a pearl of a celebration
Faculty kicks off its 30th anniversary
Total Oral Care Recommendation helps your patient to achieve better oral health.

**BRUSH FLOSS RINSE daily**

Clinically proven...

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<th>Daily Oral Care Routines</th>
<th>Mean Biofilm Reduction</th>
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<td>Brush + Floss + Rinse*</td>
<td>9.3% <em>(vs. brush + rinse</em>)</td>
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<td>Brush + Floss + LISTERINE</td>
<td>51.9% <em>(vs. brush + floss + rinse</em>)</td>
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References:
2. Control rinse was 9% hypochlorite.
Looking back, looking forwards

By Lakshman Samaranayake, Dean

In 2012, the HKU Faculty of Dentistry celebrates its past and embraces its future.

The Faculty marks its 30th anniversary this year, as well as the HKU centenary, and we will use the occasion to renew our vigour to achieve excellence in dentistry. We also mark 30 years of mutual partnership with the Prince Philip Dental Hospital: Hong Kong’s only dental teaching hospital, where we have been based since our establishment.

Our main Pearl Jubilee Celebrations take place on 2-3 June 2012 as a joint event with the World Dental Forum, culminating in a Gala Dinner (see pages 9-11). In particular, I warmly invite our alumni community, who make up more than half of Hong Kong’s registered dentists, to join us in celebrating our historic milestone.

Some alumni have already “Come back to give back” to their alma mater by mentoring our BDS students in our annual mentorship scheme, organised with the HKU Dental Alumni Association (see pages 12-13). I sincerely thank the participating dentists for taking time out from their jobs and using their spare time to volunteer and help us nurture our next generation of dentists.

Another Faculty-planned event this year is the joint annual meeting of the International Association for Dental Research South-East Asia Division and South-East Asia Association for Dental Education, on 2-4 November 2012 (see page 9). In addition, some Faculty staff are invited speakers at the 2012 FDI World Dental Federation World Dental Congress from 29 August to 1 September 2012 at the Hong Kong Convention and Exhibition Centre, organised by the Hong Kong Dental Association (see page 16).

The tagline for the FDI World Dental Federation’s 100th congress is “Join us in Hong Kong, world capital of oral health 2012”, which is very apt as a motto that the Faculty can live up to in this Pearl Jubilee year, and beyond.

This issue of Expressions features some articles consonant with this motto.

Happy reading!

Dean’s Message
Extra Professional has been specially formulated with Microgranules. In addition to helping to keep teeth clean, it is now formulated to give your patients that extra clean teeth feeling.

Recommend chewing Extra Professional to your patients so they can experience the feeling of clean teeth in between twice daily brushing and be encouraged to chew more frequently after meals and snacks to help reduce the risk of dental caries.

References for graph
- Jensen M.E. JADA, 1986; 113:252-266
Pearl Jubilee kicks off at graduation

The Faculty formally ushered in its 30th anniversary before an audience of 320 at the annual Graduation and Awards Ceremony at the Hong Kong Academy of Medicine Jockey Club Building on 7 December 2011.

After Dean Lakshman Samaranayake’s opening address, Guest-of-Honour Prof Roland T Chin (HKU Deputy Vice-Chancellor and Provost) officially kicked off the Faculty’s Pearl Jubilee Celebrations, which will last until the end of 2012.

Noting that 2012 will see both the Faculty’s jubilee and HKU’s second year of centenary celebrations, Prof Chin said the Faculty has “very quickly established an international reputation and has been directly contributing to the University’s world-class status”. To the graduands, Prof Chin advised: “Look back with pride at your education here at HKU and look forward with great optimism and confidence to rise up to the challenges and opportunities that will come your way in today’s rapidly changing world.”

During the evening, 51 graduands of Class of 2011 took the Hippocratic Oath for Dentistry and received their BDS degrees (13 with Honours). Two Postgraduate Diplomas, 42 Master degrees (including 4 Masters of Dental Surgery in Periodontology, Conjoint with Peking University, Beijing, China), 12 Advanced Diplomas, 1 MPhil degree, and 14 PhD degrees were conferred on postgraduates.

In addition, 61 students received academic prizes and scholarships, and Ms Lai-kuen Leung (Tutor in Dental Surgery Assisting), Dr Kin-yue Fung (Part-time Clinical Lecturer), and Prof Franklin RCM Tay (Honorary Clinical Professor) received Distinguished Service Awards.

The evening’s prize presenters included Guest-of-Honour Dr Wah-ching Tam (Honorary University Fellow), Dr Sigmund SM Leung (President of the Hong Kong Dental Association), and Dr Michael SF Mui (President of the HKU Dental Alumni Association).

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Parting messages

Congratulations to Class of 2011! Now it’s over, or it’s the beginning, depending on which way you look at it. Life is full of challenges and I hope we can all work hard to make our dreams come true.
—Dr Stephanie L Yun (BDS 2011)

Now we are dentists, I hope we can do our best to treat every patient well. I’ll remember the good old days during these 5 years.—Dr Joy WY Wong (BDS 2011)

We have not only graduated from university. We have graduated into society. I wish you all a fruitful career!
—Dr Justin KF Chan (BDS 2011)

Time flies but I still love dentistry as I did 5 years ago. I will not forget everything and everyone I met in these 5 years.
—Dr Bosco SY Hui (BDS 2011)

I wish you all the best in the future, excelling in not only your careers but every aspect of your lives. Keep in touch!—Dr Keith MY Leung (BDS 2011)
The HKU Faculty of Dentistry has purchased six “haptics” units that provide visual, touch, and audio simulations to train manual dexterity and hand-eye coordination for surgical procedures in dentistry.

Thanks to a generous donation of HK$1.5 million, the recently purchased six haptics (touch-feedback) systems have taken pride position within the newly established “Virtual-Reality (Haptics) Training Unit”, situated alongside the Faculty’s Simulation Laboratory on the sixth floor of the Prince Philip Dental Hospital. A “soft opening” of the state-of-the-art training unit was held as an in-house open day of the facility on 12 and 13 October 2011, during which teaching staff and students had an opportunity to try their hands, ears, and eyes on the six high-fidelity systems.

**Dental training takes flight**

Using two joysticks, the Simodont Dental Trainer systems simulate the 3D feel of dental instruments as well as different oral tissues. The sight (via 3D glasses) and sounds of dental procedures are also closely simulated.

The hardware of the Simodont machines was developed by Moog Inc., a company well known for making precision aircraft parts and advanced flight and driving simulator machines. The software was developed with the help of the Academic Center for Dentistry, Amsterdam, Netherlands.

“We are pleased to be the first dental school in Asia to have installed these hi-tech simulators for training dental operative skills, and we have already integrated the technology into our undergraduate problem-based learning curriculum,” says Faculty Dean, Prof. Lakshman Samaranayake. “The precision motion control, sensitive force-feedback, wide variety of dental cases included in the software, and recording of all trainee hand movements during procedures make the simulators an invaluable addition to our dental training programmes.”

**Cutting teeth on new simulators**

With the installation of the haptic simulators, Faculty students are able to drill or “cut” virtual teeth that reproduce the varying degrees of hardness of the different layers of healthy and decayed teeth.

“The virtual-reality teeth used for the Simodont units are developed from computed tomography scans of real teeth that are converted into coloured images on the display screen,” says Dr Michael Burrow, Clinical Associate Professor in Operative Dentistry. “This development lets students prepare teeth in real-life situations, which is not possible with uniform plastic, or ‘phantom’, teeth. Students will now be even better prepared and more confident to treat their patients.”

In addition, Dr Burrow explains, collecting natural teeth has been difficult for dental students for some time, because the occurrence of dental disease has decreased, treatment and patient demand now focus on trying to keep teeth, and treatment techniques have advanced such that more and more teeth are being saved. However, he adds, some parts of training still require the use of natural teeth, such as learning to perform root canal treatment.

**First-hand experience**

Students who have already used the Faculty’s haptic simulators have commented on their realistic textural feel. “The sense of touch is very important to the dentist, because some tooth problems cannot be clearly seen and treatment often has to rely on the dentist’s physical sense of feeling,” says Kelvin KW Choi (BDS II). “This virtual-reality tactile training simulates cutting very closely.”

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The American Dental Association (ADA) has launched the Chinese edition of its official society journal JADA (Journal of the American Dental Association) under the editorship of Prof Li-jian Jin (Modern Dental Laboratory Professor in Clinical Dental Science, Clinical Professor in Periodontology, and Associate Dean for Research, Innovation, and Enterprise).

The joint publishers of JADA Chinese Edition are the Hong Kong Dental Association (HKDA) and the Chinese Stomatological Association (CSA)—the two professional dental associations of Hong Kong and mainland China, respectively.

The appointed Honorary Editors are Dr Sigmund Leung (HKDA President) and Prof Xing Wang (CSA President), while Prof Li-jian Jin is the founding Editor-in-Chief. The Executive Editors are Dr Liang Han (CSA), Ms Anna Wu (HKDA), and Mr Alvin Kong from the HKU Faculty of Dentistry. The 23-member Editorial Board comes from Hong Kong, Beijing, Shanghai, Guangzhou, Chengdu, Wuhan, Xian, Macau, Taipei, and Los Angeles.

Gained in translation
With the ADA’s permission, the publishers of JADA Chinese Edition now jointly organise the Chinese translation (in traditional script) of selected articles from the monthly parent journal, JADA. Currently, JADA is one of the most popular dental journals worldwide among general dentists, and, as described in the JADA website, the United States’ “best-read dental journal”. JADA Chinese Edition will be produced quarterly.

The first issue of JADA Chinese Edition was published in December 2011. Among its 18 items are translated editorials, news, cover stories, “Clinical Practice” articles, research articles, “Trends & Perspectives” articles, and patient pages, all taken from the 2011 volume of JADA (volume 142). In the future, the JADA Chinese Edition editors and editorial board will also occasionally publish value-adding material in Chinese, such as editorials or special reports.

Spreading the word
According to Prof Jin, this translation and publication project started following an agreement between the ADA, HKDA, and CSA in 2010, so as to make valuable information from JADA available to the dental community in Greater China.

“Basically, we pick the most valuable papers (about 15-18) from the past 5 or 6 issues in the current year of the original journal, and then our editorial board members translate and proofread the articles,” says Prof Jin. “The initial comments from the ADA and our readers of the first issue, which we have just published, are very positive and encouraging.”

Prof Jin plans to make regular contact with the editorial board at national, regional, and international dental conferences throughout the year. The journal will also be distributed and promoted at these meetings. “Since the ADA routinely sends high-level delegates to major professional dental meetings I attend, I will be able to keep in touch with both the ADA and JADA, and discuss further ways of developing JADA Chinese Edition, as well as other possible collaborations.”

The Editorial Office of JADA Chinese Edition (ISSN 2224-8706) can be reached at: Editorial Board, The Journal of the American Dental Association Chinese Edition, Duke of Windsor Social Service Building, 8th Floor, 15 Hennessy Road, Hong Kong SAR, China; Tel: (852) 2528 5327; Fax: (852) 2529 0755.

Science shapers
Traditionally, research findings become science only once they are published in a peer-reviewed science journal. Among the HKU Faculty of Dentistry staff are the following science gatekeepers, as chief editors of international biomedical journals:

- **Prof Lakshman Samaranayake** (Chair Professor of Oral Microbiology) is Editor-in-Chief of the Journal of Investigative and Clinical Dentistry.
- **Prof Nabil Samman** (Clinical Professor in Oral and Maxillofacial Surgery) is Editor-in-Chief of the International Journal of Oral and Maxillofacial Surgery.
- **Prof Niklaus Lang** (Clinical Professor in Implant Dentistry) is Editor-in-Chief of the two journals Clinical Oral Implants Research and Oral Health and Preventive Dentistry.
How has your research work influenced surgical sciences?
Candida, a yeast related to brewer's or baker's yeast, causes the most common hospital-acquired fungal infection in the western world, and candidal infections are particularly common in debilitated patients. My findings have redefined the clinical epidemiology of candidal infections, as well as the complex behavioural patterns of Candida species within the human body, especially how the organisms interact with the host and how they develop drug resistance. Our data generated through some 300 publications have led to a deeper understanding of the prevention and management of systemic candidal infections in general, and oral candidiasis, specifically.

I must take this opportunity to pay tribute to more than 25 of my past PhD students and to my colleagues in the Faculty who have collaborated with me over two decades. Without their generous help, this work could not have been accomplished.

How did you first become interested in science?
My eyes were opened to science during my early childhood in rural Sri Lanka. On one summer's eve, I was struck by the twinkling of a nearby swarm of fireflies and was immediately drawn to their green darting glow. The next day, I rushed to the public library to find out the mechanism behind the insects' emission of light (the enzyme luciferase acting on the compound luciferin), although the librarian was reluctant to let me in as I was under-age! This natural curiosity and passion have always stayed with me and have driven me to become a clinician-researcher and to share my own research findings with the world.

Dean named a King James IV Professor

Prof Lakshman Samaranayake (HKU Dean of Dentistry, Chair Professor of Oral Microbiology, and Tam Wah-Ching Professor in Dental Science) has been appointed to a King James IV Professorship by the Royal College of Surgeons of Edinburgh, UK. Expressions asked him about this international recognition and prestigious, regal title.

Congratulations on the new royal title. What is the professorship awarded for?
The Royal College of Surgeons of Edinburgh, UK, awards the King James IV Professorship annually through open competition to surgeons or dental surgeons whose work has contributed significantly to the clinical or scientific basis of surgery.

What is the origin of the title “King James IV Professor”?
The Royal College of Surgeons of Edinburgh has its roots as the Barber Surgeons of Edinburgh. It was officially established by charter in 1505 to allow “barber surgeons” to practise surgery within the city. The charter was confirmed by King James IV of Scotland, who was himself a dental surgeon. Interestingly, legend has it that the King paid his subjects for volunteering to be his patients!

The College, with the College’s Faculty of Dental Surgery, established the professorship in 2001 to celebrate the new millennium, with permission from Her Majesty Queen Elizabeth II, the Queen of the UK, to use the name of King James IV.

Who are the other King James IV Professors?
Only 30 professorships (20 in surgery and 10 in dental surgery) have been awarded since the inception of the King James IV Professorship. These awardees are eminent surgeons and dental surgeons mostly in the UK and USA.

As the first Asian to be selected to receive this prestigious professorship, I am very pleased to represent Asia, and particularly Hong Kong and HKU, on the world map of excellence in research and development in surgical sciences.

Are there any special duties attached to the professorship?
The title of “King James IV Professor” comes with an obligation to deliver a special lecture to the College at a professional meeting. I will be lecturing on my main research focus of oral infectious diseases, especially those involving the fungus Candida.

How did you first become interested in science?
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Prof Lakshman Samaranayake trained and qualified as both a dentist and an oral pathologist, and is currently the world’s foremost expert in oral candidiasis according to Biomedexperts.com. He was bestowed with the highly coveted Distinguished Scientist Award by the International Association for Dental Research in 2010 for his significant contributions to the field of dental research. He has also been honoured by HKU, having received the Outstanding Researcher Award, Outstanding Research Student Supervisor Award, Research Output Prizes, and Tam Wah-Ching Professorship in Dental Science.
This year, the HKU Faculty of Dentistry celebrates both the HKU Centenary and the Faculty’s Pearl Jubilee. Two international events in dental knowledge exchange will be organised to commemorate the two anniversaries.

**Conference pairs**
The main Faculty Pearl Jubilee Celebrations and the World Dental Forum II will be held on 2-3 June 2012 at the Grand Hyatt Hotel, Wanchai, Hong Kong, as a conjoint event. The conference is sponsored and co-organised by Modern Dental Laboratory Co. Ltd, a Shenzhen-based commercial dental technology laboratory. A Gala Dinner, doubling as an Alumni Homecoming Dinner, will take place on 2 June 2012. To register, please visit the conference website at [www.dental30-wdf.com.hk](http://www.dental30-wdf.com.hk); more details can be found on the next two pages.

The Faculty will also organise the 23rd Annual Scientific Meeting of the South-East Asia Association for Dental Education (SEAADE) conjoint with the 26th Annual Scientific Meeting of the International Association for Dental Research South-East Asia Division (IADR SEA) on 2-4 November 2012, at the Prince Philip Dental Hospital and L’Hotel Nina et Convention Centre, Tsuen Wan, Hong Kong. The website for the 23rd SEAADE Annual Meeting is [www.seaade.org/hkseaade2012/index.htm](http://www.seaade.org/hkseaade2012/index.htm). Details of the 26th IADR SEA Annual Meeting, themed “Translational Dentistry”, will be announced soon on the Faculty’s website [http://facdent.hku.hk](http://facdent.hku.hk) and Facebook page [www.facebook.com/facdent](http://www.facebook.com/facdent).

**Pearly whites**
Ms Sau-wan Cheng, Knowledge Transfer Officer, explains the symbolism of the Faculty’s Pearl Jubilee logo.

The green HKU100 logo was a good start for design inspiration since it would be paired with ours. For the text, the wording format and style had to match, and the date range had to appear, to explain that the jubilee is 30 years since the Faculty’s formal establishment, and to allow early logo use in 2011.

A 3D graphic was used to contrast against the HKU100 logo, illustrating a pearl since pearly whites mean teeth. A close-up of the HKU lion’s mouth was included, but unfortunately, our lion at 100 years old is edentulous (toothless) and maybe requires implants. It is sticking out its tongue, reminding us of the traditional Chinese medicine practice of tongue inspection during health check-ups and reflecting our East-West heritage. In addition, our lion is letting us know of the increasing realisation of the close association between oral and systemic health.
COME AND JOIN US IN 2012!

We extend you a warm welcome in 2012, to the joint Pearl Jubilee (30th Anniversary) Celebrations of the Faculty of Dentistry, the University of Hong Kong, and the World Dental Forum II (WDF II) to be held at the Grand Hyatt Hong Kong from 2nd to 3rd June 2012. The Anniversary marks the Faculty’s 30 years of excellence in learning, discovery, patient care and community engagement, whereas the WDF II is a global initiative of the Internationally renowned Modern Dental Laboratory Limited to promote academic sharing and exchange of technical know-how among dental professionals. The meeting will feature a galaxy of world renowned speakers, and a Gala dinner on the night of 2 June 2012. The event will also commemorate the centenary of the University of Hong Kong.

Save the two days and mark your diary!

Contact & Address

Mr. Alvin Kong
Conference Secretariat
Faculty Pearl Jubilee • World Dental Forum II
Room 6B25, 6/F, The Prince Philip Dental Hospital
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Tel: (852) 2899 0330, Fax: (852) 2517 0544
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Dr. Guido van den Berg  
Practitioner in Implant dentistry  
Amsterdam  
The Netherlands  
Lecture title: Simple, implant-retained solutions for the resorbed mandible

Dr. John O. Burgess  
Assistant Dean for Clinical Research  
and Director of the Biomaterials Graduate Program  
University of Alabama in Birmingham, USA  
Lecture title: Clinical success of resin composite in posterior teeth

Dr. Michael Burrow  
Associate Professor in Operative Dentistry  
Faculty of Dentistry  
The University of Hong Kong  
Lecture title: Management of early caries lesions

Dr. Daniel Edelhoff  
Associate Professor, Department of Prosthodontics and Dental Material Sciences  
The Ludwig-Maximilians-University in Munich  
Germany  
Lecture title: New approaches in the rehabilitation of complex cases including CAD/CAM-technology

Professor Jack Ferracane  
Professor and Chair, Restorative Dentistry  
Director, Division of Biomaterials and Biomechanics  
School of Dentistry, Oregon Health & Science University, Oregon, USA  
Lecture title: Approaches for clinically addressing shrinkage stresses of tooth coloured restorative material

Dr. George Freedman  
Visiting Professor  
Università di Firenze, Florence, Italy  
Director, Instituto Dental Latino Americano  
Lecture title: New Materials & New Technologies and how they impact your practice

Professor Markus Haapasalo  
Professor and Chair, Division of Endodontics  
Head, Department of Oral Biological & Medical Sciences  
University of British Columbia, Vancouver, BC Canada  
Lecture title: Biofilms and Disinfection in endodontics: on the cutting edge

Dr. Joseph Kan  
Professor of Prosthodontics and Implant Dentistry  
School of Dentistry, Loma Linda University  
USA  
Lecture title: Anterior Implant Papilla Esthetics: Science, Art & limitations

Professor Niklaus Lang  
Professor in Implant Dentistry  
Faculty of Dentistry, The University of Hong Kong  
Hong Kong  
Lecture title: How have implants changed the world of restorative dentistry?

Professor Bart van Meerbeek  
Professor in Biomaterial Sciences  
Catholic University of Leuven  
Belgium  
Lecture title: Bonding to teeth, from basics to clinical application

Dr. Joerd van der Meer  
Honorary Research Associate  
Eastman Dental Institute, University College of London  
England  
Lecture title: Digital workflows in dentistry

Dr. Paul Milara  
Co-founder of the French Society of Esthetic Dentistry(SFDE)  
Specialist in Esthetic Dentistry, Private practice  
Paris, France  
Lecture title: Modern esthetic treatments

Dr. Ken Zhang  
Professional & Scientific Relations Manager  
Oral Care  
Procter & Gamble  
Lecture title: Evolution to Revolution 60 Years of Oral Care Development and Application in Daily Practice
Riding with giants

The HKU Dental Alumni Association – Faculty of Dentistry Mentorship Programme is based on the HKU mentorship scheme, but with the whole second-year cohort taking part and with practising dentists volunteering as the mentors.

The Inauguration Ceremony of the Mentorship Programme 2011-12, on 27 February 2012, marked the second time that the Faculty teamed up with its alumni to offer all BDS II students a chance to get to know local dentists. Mentees are organised as pairs to facilitate observation visits at their mentor’s clinical practice, at a time in the BDS curriculum when students start clinical training and receive public patients at the Faculty. Some mentors and mentees from the Mentorship Programme 2010-11 share their experiences and give some advice for this year’s participants.

Mentor: Dr Kitty YK Lam (BDS 2003)
It was my honour to be a mentor in the Mentorship Programme 2010-11. What happened between me and the two savvy dental student mentees, Karen SK Lee and Judith T Lui (pictured, first and second from left), was far beyond a one-way “give and take” situation. In fact, it was very dynamic. I was impressed by their eagerness to learn about their future profession. As the old adage goes, there are no stupid questions; and such thinking always leads to inspiration.

I believe all dental students are talented in their unique way, and it’s our duty as mentors to recognise their strength and encourage them to express it. This year has been an incredible experience for us. The friendship and rapport established will certainly last a long time.

Mentee: Judith T Lui (BDS III)
The mentorship programme last year was a rewarding and unforgettable experience. I cherished the close relationship with my mentor who is now my friend and someone I look up to. Mentors not only give advice should you encounter any difficulties in the clinic, but they also share their priceless experience and thoughts on life. My mentor gave me suggestions of what I could do during my university life that I never thought of before. Also, getting to know her nice friends has greatly expanded my social network.

The advice I give to all BDS II students is that you have to be committed to this relationship to get the most out of it: the door has merely been opened, so you have to go in and see the world from another perspective. It will definitely add to your BDS learning.

Mentor: Dr Arthur SK Sham (BDS 2005)
Our dentist-student mentorship scheme nurtures professional relationships in which two mentees and a mentor are matched to share professional and personal skills and experiences, as well as to enhance students’ career development. Throughout the programme, I enjoyed guiding my mentees, Moses SK Ko and Tomy YO Mok, to develop their own style. I also learnt more from mentoring in terms of offering encouragement, holding discussions, openness, mutual trust, respect, and a willingness to learn and share.

Mentee: Moses SK Ko (BDS III)
I enjoyed this mentorship programme very much. During the mentorship, my mentee partner and I visited two clinics where Dr Sham works. One was in the Kai Tin Shopping Centre (Lam Tin, Kowloon) and the other was at the Hong Kong St. John Ambulance Headquarters (Hong Kong Island). The former is a private clinic and the latter is a non-government clinic providing a free service to special-needs dental patients. I have learnt more not only about outside practice, including clinic rationale, layout, and equipment, but also about dental teamwork, patient management, and communication. I sincerely thank Dr Sham for being a good teacher as well as a life-long friend.

When I was first assigned two very bright mentees, Jellian TY Li and Serena WL Tse (pictured, far left and right), I had no idea what I was supposed to do. I did some research, and this was what I came up with: a mentor is like a tube of rainbow Mentos. I was to add flavour and colour to a mentee’s professional life. A mentor is a wise, trusted guide. Dentistry can be very lonely, but mentors have walked the road of Dentistry and have much to share.

Now the 2010-11 session is over, I can summarise the mentor-mentee relationship with 3Cs as advice for new mentors and mentees:

**Contentment:** Be content, learn to appreciate each other’s strengths, and try to accept each other’s weaknesses. Nobody is perfect.

**Commitment:** I now have two life mentees. Mentors need to stay committed for the relationship to flourish, even if it means receiving an emergency phone call in the small hours.

**Congratulations:** I wish mentors and mentees of the 2011-12 scheme all the best in this exciting relationship. I hope mentees will one day return as mentors to pass the baton on to the next generation of dentists.

---

Mentee: Jellian TY Li (BDS III)

BDS II students are privileged to have so many generous, experienced dentists to be their mentors and give a helping hand. It is still fresh in my memory when Serena and I first met Dr Fang at the mentorship inauguration ceremony last year. We were so excited and nervous. When it came to the first time visiting his clinic, we were so worried we knew very little about implantology, but he was very willing to show and explain his work to us. In addition, the visits showed the important soft skills that a professional should possess, which might never be learnt from textbooks. Besides clinic visits, we also texted and chatted about our study and life. We were incredibly lucky to have a friendly, caring, and responsible mentor to accompany us through this programme.

New mentees may wonder what this programme is about and in what way you and your mentor should interact. Clinic visits may be one way, but you have many other chances to learn from your mentor. There is no fixed guideline restricting how the mentorship should be carried out. It wholly relies on how you and your mentor define the word “mentorship”. The programme provides an invaluable opportunity to broaden your horizons and learn from your seniors. Enjoy and make good use of the time spent with your mentors.

---

Mentor: Dr Paul YW Lau (BDS 1985, MDS 1992)

The Mentorship Programme 2010-11 was a rewarding experience. It offered me and my mentees, Tiffany CL Chan and Kenneth KC Chow (pictured, left and centre), a very good opportunity to interact, and for us all to learn from each other’s gifts and talents.

I enjoyed sharing knowledge and experience, while offering my mentees a taste of clinic life to add value to their professional growth. On the other hand, my mentees were enthusiastic and brought new questions and ideas to me. I had a wonderful time with them.

The mentorship scheme is really a great programme and it successfully links alumni and students together. I recommend it to all my HKU Faculty of Dentistry alumni friends.

Mentee: Tiffany CL Chan (BDS III)

Last year’s mentorship programme was an excellent opportunity to learn from someone so experienced in our profession. We had a chance to observe procedures at Dr Lau’s clinic and to attend seminars held by the Hong Kong Society of Orthodontists, as well as to visit a dental exhibition in Guangzhou. More importantly, the mentorship programme allowed us to gain insight beyond our formal education and to acquire a more realistic perspective of the profession. A mentorship programme is often described as a “two-way street”; yet, my fellow mentee and I believe we were the ones who benefitted more from interacting with our mentor! The experience that we had was both inspiring and enlightening. We look forward to continuing this relationship well into the future.
HKU dental graduates are well prepared

By Cynthia KY Yiu

In preparation for its new 6-year BDS curriculum in 2012, the HKU Faculty of Dentistry conducted a survey to compare perceived levels of preparedness for dental practice between graduates from its previous and current curricula.

The Faculty’s traditional curriculum had very little integration between dental disciplines. In contrast, the integrated problem-based learning (PBL) programme, introduced in 1998, involves the study of basic biomedical sciences and social and behavioural sciences, alongside the study of clinical dental sciences and professional practice. Hence, the underlying sciences are learnt in their appropriate context. The integrated PBL curriculum also emphasises early clinical exposure. In addition, the development of psychomotor and clinical skills increases progressively across the 5 years.

Questionnaire survey
To compare self-rated levels of preparedness to practice dentistry, the Faculty mailed a questionnaire in 2002 and 2009 to graduates of the two different undergraduate dental curricula. The questionnaire asked about 59 work activities, covering nine main areas of dental practice.

Sixty-six percent of the 241 dentists who had graduated from the integrated PBL curriculum from 2004 to 2008 responded to the survey, compared with 45% of the 230 dentists who had graduated from the traditional curriculum from 1997 to 2001.

Cohort comparison
Profiles of the two cohorts of graduates were similar. Large proportions of graduates from both cohorts said they were “well prepared” or “very well prepared” for eight of the nine areas of dental practice (general patient management; practice management; periodontology and dental public health; conservative dentistry; oral rehabilitation; managing children and special-needs patients; oral and maxillofacial surgery; and drug and emergency management).

The single exception was in orthodontics, with the graduates from the integrated PBL curriculum saying they felt less well prepared than the traditional curriculum group. This finding is likely to be related to reduced clinical patient contact in the integrated PBL curriculum.

When the questionnaire replies for the 59 work activities were analysed, graduates from the integrated PBL curriculum felt significantly less well prepared than the other graduates in five activities. These were “replacing teeth with complete dentures”, “re-establishing an occlusal vertical dimension”, “performing minor tooth movement”, “recognizing, reporting, and following up neglect and abuse cases”, and “extracting impacted third molars”.

Strengths and weaknesses
Graduates from the integrated PBL curriculum also said that the strengths of the integrated PBL curriculum were good multidisciplinary clinical experience and the opportunity to develop transferable skills such as problem-solving, critical thinking, communication, and self-directed life-long learning. Perceived weaknesses were insufficiencies in clinical exposure to surgical extraction of third molars, provision of orthodontic treatment, and fabrication of complete dentures.

2012 curriculum
In conclusion, it is reassuring from the survey results that dental graduates from both integrated PBL and traditional curricula saw themselves as being well prepared for dental practice. Incorporating these findings, the Faculty’s “New Integrated Curriculum” will be developed and launched in the 2012-13 academic year to continue preparing dentists to be fit for practice.

Dr Cynthia KY Yiu, ckyiu@hkucc.hku.hk, is Associate Professor in Paediatric Dentistry and Associate Dean for Undergraduate Education at the HKU Faculty of Dentistry. The research mentioned above was published last September in the Journal of Dental Education (J Dent Educ 2011;75:1270-9).
Applying silver diamine fluoride (silver fluoride in ammonia) prevents tooth decay but it has been unclear how. HKU Faculty of Dentistry researchers have now shown in the laboratory that the fluoride, but not silver, component protects the enamel layer of teeth against acid attack.

Blocks cut from extracted human teeth were pretreated for 5 minutes with (1) 38% silver fluoride solution, (2) the equivalent concentration of fluoride ions from potassium fluoride or (3) silver ions from silver nitrate, or (4) water. The blocks were then immersed in acid for a week. High-resolution 3D analysis using X-rays (micro-computed tomography) revealed deep acid-eroded regions in the teeth that had been pretreated with water (average, 173.6 µm) or silver ions (156.3 µm), but shallow or no eroded regions in the teeth pretreated with fluoride ions (3.3 µm) or silver fluoride (0 µm).

Despite having a possible role in preventing tooth decay as an antibacterial agent, silver ions have “little effect in preventing enamel demineralization”, the authors conclude.

Genetics of crowding

Researchers from the Discipline of Orthodontics at the HKU Faculty of Dentistry have identified two genes that may be linked to tooth crowding in Hong Kong Chinese people.

DNA was obtained from the saliva of healthy individuals with an average age of about 16 years who had aligned jaws (skeletal class I relationship); 121 had no dental crowding and 133 had dental crowding of 5 mm or more in either jaw. Of the seven genes analysed, two genes—EDA (ectodysplasin) and XEDAR (X-linked ectodysplasin receptor)—showed single differences in certain regions (single nucleotide polymorphisms) that were associated with increased odds of having crowded teeth. This statistical association persisted after accounting for people’s age and sex.

The researchers recommend that future studies be done on larger groups of people and on the roles of EDA and XEDAR in tooth development.

Pain removal after tooth removal

Dexmedetomidine—a drug used in operations as an injected sedative—is also effective as a local pain reliever after dental surgery, according to a randomised controlled trial conducted by an HKU team that included two Faculty of Dentistry researchers.

Three groups of 33 adults underwent extraction of four impacted wisdom teeth under general anaesthesia. In the first group, the drug was injected into the circulation before surgery (1 µg/kg) and saline placebo was applied directly to the wound sites after surgery. In the second group, saline was injected before surgery and the drug was applied directly to the wound sites (1 µg/mL). In the third group, saline was given twice. The research team found that the second group (local dexmedetomidine treatment) had the lowest reported pain scores during mouth opening in the first 3 days of recovery.

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(The above preliminary speakers list is subject to final update.)

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Deadline for abstract submission 30 March 2012

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Asian Pacific Society of Periodontology Meeting

The 9th Asian Pacific Society of Periodontology Meeting, themed "Multidisciplinary management of periodontal diseases", took place on 9-10 September 2011 at the L’Hotel Nina et Convention Centre, Tsuen Wan, Hong Kong.

Chaired by Prof Li-lian Jinn, the organising committee provided a programme allowing over 200 scholars, researchers, and clinicians to network and share evidence, practices, and experiences in different modalities of periodontal therapy. The meeting was co-organised by the Faculty, Asian Pacific Society of Periodontology, Guangdong Provincial Stomatological Hospital (Southern Medical University), and Hong Kong Society of Periodontology and Implant Dentistry.

Boning up on bone regeneration

The Faculty co-organised the International Symposium on Bone Regeneration, Periodontology and Implant Dentistry with the Osteology Foundation on 1-3 December 2011 at the Harbour Grand Hotel, North Point. About 300 participants came to hear the 15 internationally renowned speakers at this continuing education event.

The Osteology Foundation is a Switzerland-based organisation that aims at promoting research, apprenticeship, and collaboration between universities and industry in the field of tissue regeneration in the mouth, jaw, and face using biological materials.

Recent receptions

The Faculty regularly arranges visits from overseas staff and students. Last November, Dean Samaranayake and Dr Jeffrey WW Chang hosted a group of elective students from Indonesia. And in February, academic delegations from South Korea and Indonesia received a guided tour of the Prince Philip Dental Hospital including the new Virtual Reality (Haptics) Training Unit—given by Dr Chun-hung Chu and Dr Jeffrey WW Chang, respectively. They also learnt about the HKU undergraduate dental degree curriculum and its integrated problem-based learning. On both occasions, Dr Susan Bridges gave a presentation on e-learning and Dean Samaranayake introduced corporate videos on the Faculty and on problem-based learning (which can be viewed at <http://facdent.hku.hk/about/factsheet.html>.

Faculty friends [From top]:
- 14 November 2011: Elective students from the University of Muhammadiyah Yogyakarta, Indonesia.
- 28 February 2012: Delegation from Seoul National University, South Korea.
- 10 February 2012: Delegation from the University of Sumatera Utara, Indonesia.
In addition to the other achievements mentioned in this issue of Expressions, Faculty staff and students have enjoyed the following recent successes:

**Dr Xiao-li Gao** (Research Assistant Professor in Dental Public Health) has been awarded a non-research grant of HK$255,000 from the Health Care and Promotion Fund of the Food and Health Bureau of the HKSAR Government, for the knowledge exchange project “Oral health promotion for and through Indonesian domestic helpers in Hong Kong”. The other project team members are Prof Edward CM Lo (Clinical Professor in Dental Public Health), Prof Colman McGrath (Clinical Professor in Dental Public Health), and Prof Lakshman Samaranayake (Chair Professor of Oral Microbiology).

**Dr Chun-hung Chu** (Clinical Associate Professor in Community and Family Dentistry) has been appointed as a Visiting Professor at the School of Stomatology of Anhui Medical University, Anhui, China.

**Dr Ricky WK Wong** (Clinical Associate Professor in Orthodontics) has been admitted to Fellowship in the International College of Dentists. He has also co-authored a chapter titled “Functional appliances” with Prof Urban Hägg (former Chair Professor of Orthodontics) in the book Orthodontics: Principles and Practice, edited by Daljit S Gill and Farhad B Naini, and published by Wiley-Blackwell (ISBN: 978-1-4051-8747-3). The following students won research awards on 24-25 November 2011 in Sichuan, China, at the Faculty’s Fourth Annual Conjoint Scientific Meeting, held with the Sichuan University West China College of Stomatology, Chengdu:

- **Miss Sarah SW Wong** (MPhil student in Oral Biosciences), won the Award for the Best Oral Presentation (Junior Category) for her research project titled “Discovery of novel antifungal small molecule for Candida infections”. Her supervisors are Prof Lakshman Samaranayake (Chair Professor of Oral Microbiology) and Dr C Jayampath Seneviratne (Research Assistant Professor in Oral Biosciences).

- **Miss Meng Zhang** (PhD student in Dental Materials Science) won the Award for the Best Poster Presentation (Junior Category) for her project titled “Effects of resin matrix composition on flexural properties of e-glass fiber reinforced composites”. Her supervisors are Dr Jukka Matinlinna (Associate Professor in Dental Materials Science), Dr Michael Botelho (Clinical Associate Professor in Oral Rehabilitation), and Dr Eija S Sailynoja (Honorary Associate Professor, HKU; Research Manager, Stick Tech Ltd, Turku, Finland).

**Update on BDS Class of 2010**

BDS Class of 2010 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/cecp/survey/ges>. Figures in brackets are from the 2009 survey.

<table>
<thead>
<tr>
<th>BDS Graduates</th>
<th>All HKU Graduates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working by end of 2010</td>
<td>100% (100%)</td>
</tr>
<tr>
<td>Not seeking full-time job</td>
<td>0% (0%)</td>
</tr>
<tr>
<td>Further studies / left HK</td>
<td>0% (0%)</td>
</tr>
<tr>
<td>Mean gross monthly income</td>
<td>HK$30,305 ($26,497)</td>
</tr>
<tr>
<td>Median gross monthly income</td>
<td>HK$30,000 ($25,500)</td>
</tr>
</tbody>
</table>

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**Staff moves**

The Faculty bids a warm welcome to:
- Dr Elvise YC Tsang, Principal Clinical Dental Instructor
- Dr Bao-ying Liu, Postdoctoral Fellow in Public Health & Healthy Ageing
- Dr Tai-chia Huang, Postdoctoral Fellow in Biomedical & Tissue Engineering
- Miss Jove OS Lam, Executive Officer
- Miss Kay-yen Li, Senior Technical Officer

...And congratulations to:
- Dr Jukka Matinlinna, who has been tenured as Associate Professor in Dental Materials Science
- The following (re-)appointees: Associate Deans: Prof Nabil Samman (Postgraduate & Continuing Education), Dr Cynthia KY Yiu (Undergraduate Education), Prof Li-jian Jin (Research, Innovation & Enterprise), Prof Tak-wah Chow (External Relations), Dr Gary SP Cheung (Clinical Affairs & Facilities)
- Assistant Deans: Dr Katherine CM Leung (Clinical Affairs & Facilities), Dr Susan Bridges (Undergraduate Education), Dr Chun-hung Chu (Research, Innovation & Enterprise), Dr Jeffrey WW Chang (Clinical Affairs & Facilities)

...And a fond farewell to:
- Prof Bakers B, Clinical Professor in Orthodontics
- Dr David DW Kuo, Clinical Assistant Professor in Periodontology
- Miss Bella KL Wu, Secretary II
- Mr Ho-ping Chan, Assistant Technical Manager
Faculty Research Output Prize goes to team studying antifungal resistance

The HKU Faculty of Dentistry Research Output Prize 2011 has been awarded to a team that published a journal article proposing a novel mechanism of antifungal resistance. Expressions asked team member Dr Jayampath Seneviratne (Research Assistant Professor in Oral Biosciences) about the award-winning project.

What was this research project about?
We studied Candida glabrata—a fungus that is commonly found in the mouth, but which frequently causes fatal infections in people with weak immune systems, such as patients with HIV/AIDS, cancer patients receiving chemotherapy, and transplant recipients.

C glabrata is known to be more dangerous when it is attached to surfaces as complex, multilayered communities, or “biofilms”, than when it is free-floating in liquid, in its “planktonic” form. So, we decided to study the molecular mechanisms that explain this difference in virulence. Our research paper was published in the international peer-reviewed journal Proteomics in 2010.

What did you discover?
We showed that C glabrata biofilms are much more drug- and chemical-resistant than free-floating cells. And by using sensitive whole-system methods to analyse protein expression (via proteomics) and gene expression (via quantitative real-time polymerase chain reaction), we found important differences in the total protein repertoires of cells in the two growth modes.

By looking at which genes and proteins showed a significant increase or decrease in expression in biofilms compared with planktonic cultures, we identified a possible new mechanism of antifungal resistance in C glabrata biofilms. The proposed mechanism relates resistance to the biofilm mode of growth and the fungal cells’ stress response.

What are the implications of your research findings?
Our results are relevant to dentistry, medicine, and surgery, and they open new directions in multiple fields of research that could have clinical benefit in the future.

In particular, the findings have implications in understanding fungal growth and infection, developing new or improved drugs, and finding new or improved ways of combating drug resistance. Resistance to currently available antimicrobial agents is a serious and ever-growing problem worldwide.

Who were the research team members?
Our journal article was co-authored by myself and Prof Lakshman Samaranayake (Chair Professor of Oral Microbiology) and Prof Li-jian Jin (Clinical Professor in Periodontology) from this Faculty, together with our collaborators Dr Yu Wang (Associate Professor at the Department of Pharmacology and Pharmacy, HKU Li Ka Shing Faculty of Medicine) and Prof Yoshimitsu Abiko (Nihon University School of Dentistry at Matsudo, Chiba, Japan).

Our team is very active in Candida research in general, and now we are researching more into the proposed mechanism of C glabrata resistance. We hope to be able to find ways of unlocking the potential clinical and translational benefits of our findings.

Thank you!

The Faculty is very grateful to all sponsors and donors who generously made contributions in 2011. With your support and donations, we are able to continue achieving Excellence in Learning, Discovery, Patient Care, and Engagement.

Donors, 1 January 2011 to 31 December 2011

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• HKU Alumni Prizes
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• Dental 85 [BDS Class of 1985] Prize in Elective Studies
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• Ho Ping Kwan Prize in Oral Rehabilitation
• Fearnhead Prize
• Ho Fook Prize
• GlaxoSmithKline Prize in Periodontology
• GlaxoSmithKline Postgraduate Prize in Periodontology
• To Wai-Ting Scholarship
• Mary Sun Medical Scholarships
• HSBC Scholarship for Mainland Students
• HSBC Hong Kong Scholarship
• Chater Memorial Scholarships
• The Tang Essay Prize
• HKU Foundation Scholarships for Outstanding Students
• HKU Foundation Entrance Scholarships

Special Thanks
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Every effort has been made to ensure the accuracy of these lists. We apologise for any errors or omissions.

Please continue to support Excellence at the HKU Faculty of Dentistry in its Pearl Jubilee year, by giving generously either online via the secure HKU site at <www.hku.hk/giving> or by contacting Prof Tak-wah Chow, Associate Dean for External Relations, at <twchow@hku.hk>.

Speaking of appreciation...

The International Team for Implantology (ITI) has provided ITI Scholarships to two visiting dentists—Dr Jia Hao from mainland China and Dr Aneesha Acharya from India—to conduct implantology research in the Discipline of Oral Rehabilitation. Dr Acharya told Expressions:

The ITI Scholarship year not only fulfilled but surpassed my expectations and was a life-enriching experience. I chose to apply to HKU for my scholarship visit, chiefly to get an opportunity to work under Prof Niklaus Lang’s mentorship while attending a world-class dental school within Asia that has a comprehensive programme in implant dentistry. The HKU Faculty of Dentistry possesses an environment conducive to learning and also great research facilities. The scholarship in HKU gave me a chance to observe an international avant-garde teaching hospital and to learn a lot about, and from, the way things work in Hong Kong.

In addition to academic learning, and true to Hong Kong’s reputation as a cosmopolitan and “world city”, I found warm and welcoming friends and was able to explore new and exciting cultures. I’m thankful to ITI, the HKU Faculty of Dentistry, and the Prince Philip Dental Hospital for letting me learn from the best and for making this great experience possible!
Guide to quitting smoking

How does smoking affect oral health?

Smoking cigarettes, cigars, or pipes, or chewing tobacco, exposes you to chemicals that reduce the body’s defences and healing ability, and increase your risk of many diseases including lung cancer, heart attack, and stroke.

Effects of smoking on the mouth include bad breath, stained teeth and tongue, mouth/lip/tongue cancer, elevated risk of gum (periodontal) disease, and reduced sense of taste. Visit a dentist if you have any of the following:

- Signs of mouth cancer include sores that do not heal; pain, numbness, or tenderness; lumps or rough patches; spots or patches that are no longer pink; difficulty in chewing, swallowing, or speaking; and a changed bite.
- Signs of gum disease include bleeding or swollen gums; receding gums and exposed tooth roots, which are prone to decay and heat/cold sensitivity; and loose teeth or loss of teeth.

How can you quit smoking?

Benefits of quitting include improved oral and overall health, reduced risk of tobacco-related diseases, improved health of others (because “passive smoking” also stops), a healthier baby if you are pregnant, and saved time and money. Quitting needs not just will power, but also careful, realistic planning. Some suggested steps are shown in the Box.

It would also help to avoid alcohol; throw away cigarettes, ashtrays, and lighters; remove cigarette smells and stay in tobacco-free areas; reduce and manage stress; have regular, healthy meals; and get enough sleep.

Be prepared to find ways, or seek professional help, to cope with the temporary symptoms of nicotine withdrawal, such as craving, digestion problems, dizziness, irritability, and anxiety. Nicotine replacement therapy can help in quitting.

How can you stay smoke-free?

Persevere, say “I can do it”, and keep reminding yourself of your motivators. Stay smoke-free one day at a time and reward yourself daily. Plan to buy something with the money you save, and celebrate on target dates and on your quit anniversary. It may take more than one attempt to quit; when planning the next attempt, learn from experience, talk to family or friends, re-examine smoking triggers, and decide on a different method or combination of methods of coping. Local support, consulting services, and resources are available to help you:

- Hong Kong Department of Health Smoking Cessation Hotline: 1833 183; Hospital Authority Smoking Counselling and Cessation Programme Hotline (Quitline): 2300 7272; HKU Smoking Reduction Hotline: 2819 2692; HKU Female Smoking Cessation Hotline: 2819 2697; HKU Youth Quitline: 2855 9557
- Hong Kong Council on Smoking and Health website: http://smokefree.hk (Chinese) or http://smokefree.hk/en/home (English); Tobacco Control Office, Hong Kong Department of Health website: www.tco.gov.hk


Written by Trevor Lane, DPhil; edited by Xiao-li Gao, BDS, PhD. This Patient Page is for general informational use and is not a substitute for diagnosis; for specific oral health advice, please consult a dentist.
**Surgical quiz**

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

An 80-year-old Chinese woman with halitosis presented with bleeding gums and multiple mobile teeth (Fig 1). The orthopantogram showed bone loss around the teeth in the mandible (Fig 2).

1. What are the presenting features that differentiate this case from periodontal disease?
2. What are the investigations required?
3. What is your diagnosis?

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**Clinical practice quiz**

What would you advise these young adults wanting to close a gap between the upper central incisors (maxillary midline diastema) with no obvious underlying cause?

(1) A woman with small teeth and generalised spacing.
(2) A man with tetracycline-stained teeth.
(3) A man with proclined upper incisors.
(4) A woman with overall good alignment, but limited time and resources for dental treatment.
(5) A woman with distally tilted upper central incisors.

**Write expressions**

Which word in each pair is better, and why?

1. Cigarettes or other smoked tobacco is / are known to aggravate / irritate the gums and make people loose / lose teeth.
2. Tooth staining is a classic / classical indicator / indication of smoking.
3. When quitting smoking, ensure / insure that you choose / chose a stress-free quit date.
4. People quitting smoking can be put / placed on nicotine replacement therapy.
5. Data from the UK’s National Health Service show / shows that the number of smokers using its quitting services is / are continually / continuously rising.


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**Follow-up:** Thank you to all entrants of the 2011 HKU Centenary – Faculty of Dentistry Pearl Jubilee Essay Contest. The top-prize winners are Mr Andrew CK Poon (TWGHS Sun Hoi Directors’ College, NT) in the Schools category and Dr Shiu-yin Cho (alumnus, BDS 1990) in the Faculty category. Their essays will appear in the next issue of Expressions.
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<th>Sensodyne® potassium formulations</th>
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<tbody>
<tr>
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<td>An advanced formulation delivers clinically proven relief and around the clock protection from the symptoms of dentine hypersensitivity.</td>
</tr>
<tr>
<td>Creates an effective and lasting barrier to the symptoms of dentine hypersensitivity</td>
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</tr>
</tbody>
</table>

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Finally, instant* sensitivity relief patients can take home.

A breakthrough: Pro-Argin™ Technology

BEFORE¹

In Vitro SEM photograph of untreated dentin surface.

The tubules that lead to sensitivity are open

AFTER¹

In Vitro SEM photograph of dentin surface after application.

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²Instant relief is achieved with direct application of toothpaste massaged on sensitive tooth for 1 minute.


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Instant relief achieved with direct application of toothpaste massaged on sensitive tooth for one minute and continued relief with subsequent twice-daily brushing.³

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