



THE COLLEGE OF DENTAL SURGEONS OF HONG KONG

AUTUMN NEWSLETTER 2022



2022 Winter Scientific Meeting & 29th Annual General Meeting

Date: 6 November 2022 (Sunday)

Time: 09:00 -17:00

2022 CDSHK Conferment Ceremony

Date: 27 November 2022 (Sunday)

Time: 15:00 – 21:00

**Venue: The Run Run Shaw Hall, HKAM
JC Building, Aberdeen**

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PRESIDENT'S MESSAGE

Dear Fellows and Members,

Thank you for reading this Newsletter.

The current 5-year term of our accredited training centres has come to an end in October 2022. A vigorous re-accreditation exercise, organized by Dr. Simon HO (Vice-President, Education and Examinations), took place during the hot summer. The visitation team, comprised of myself (President), Dr. Simon HO (Vice-President, Education and Examinations), Dr. Julianna LIEW (Censor-in-Chief) and Dr. Yiu Kai WONG (Immediate Past President), visited a number of training centres, covering all the specialties. During the visits, we met with the centre supervisors, trainers and trainees, and had a chance to take a tour of the training facilities. We were very impressed by the dedication of the supervisors and trainers who devoted a lot of time to arranging and providing training to the trainees within and outside their office hours and office spaces, and the tremendous effort paid by the trainees to fulfil the training requirements. We are also grateful for the administrative support provided by the training centres without which training would not be possible.



This year is the last year of the 3-year CME/CPD cycle. Conducting CME activities has been adversely impacted since the outbreak of the COVID-19 pandemic in 2020. With the concerted effort from many, including the CME organisers, providers and administrators, speakers, attendees etc, the College can fulfil its goal, to promote the advancement of knowledge in the field of dentistry. To this end, I must thank the CME Sub-

committee, under the exemplary leadership of Prof. Wai Keung LEUNG, Vice-President (General Affairs and CME), which has worked very hard throughout the year to vet and accredit numerous activities that attracted CME points, as well as to liaise with different parties on CME matters. The Subcommittee has also reviewed and updated the CME/CPD guidelines which will be implemented in the coming 2023-2025 cycle. The new guidelines are being posted on the College webpage.

The Winter Scientific Meeting themed 'Dentistry and Medicine – Inter- and Intra-Disciplinary Networking Part 3: Oncology and Reconstruction' will be held on 6 Nov 2022. This topic is a continuation of the last two Scientific Meetings that were very welcomed by the participants. Hundreds of Fellows, Members, Trainees and dentists, as well as members of the allied healthcare sectors, were attracted to these biannual events.

The Dental Young Fellows Chapter (DYFC) has been very active in organising activities for our Young Fellows. During the summer, the Committee reached out to undergraduate dental students and graduates of the Faculty of Dentistry HKU to introduce our specialist training pathways and the MGD Programme. Young Fellows representing the eight specialties held in-depth discussions in small groups with the attendees. The two-way dialogues enabled a deep understanding of the needs of both sides.

This is my twelfth year serving on the College Council. During this journey, I have been given precious opportunities to serve in all the Office Bearer posts. There are a lot of constructive advice, useful suggestions, timely assistance and unfailing support given to me by the past Presidents, past and current Council members, Specialty Boards, Committee chairpersons and members, as well as the Secretariat. I am deeply grateful to all of them.

Next year, the College will celebrate its 30th anniversary. Looking back on the past decade, the College has grown on many different fronts. I would like to take this opportunity to wish the College every success in the future, and everyone good health and joy.

Dr. Katherine Chiu Man LEUNG
President

NEW CME GUIDELINES / CYCLE

The new CME cycle (2023-2025) starts on January 1, 2023 so Fellows and Members can feel free to visit our website for more details. The CME Sub-committee especially would like to thank the lead of Dr. Julianna Liew, her subgroup members Dr. Daniel Fang and CME Sub-committee Secretary Dr. Walter Lam in drafting, updating and revising the Principles and Guidelines on CME and CPD 2023-2025 document at:

http://www.cdshk.org/Forms/CME/CDSHK%20CMECPD%20Guidelines%20for%20Cycle%202023-2025_20220530_finaliseforpublish.pdf

or scan the QR code below:



Prof. Wai Keung LEUNG
Chairman, Continuing Medical Education Sub-committee

SCIENTIFIC MEETINGS

Report of CDSHK's Spring Scientific Meeting

As we have received a lot of positive feedback about the 'Dentistry and Medicine – Inter and intra-Disciplinary Networking' of the Winter Scientific Meeting 2021, the College held Part 2 with the theme of Sleep Disordered Breathing (SDB). This time, we had 367 online and 71 physical attendees at the Pao Yuk Kong Auditorium.

Our President, Dr. Katherine Leung, kicked off the event and welcomed our audience. The morning session explained what SDB is, how it is related to the dental profession, and the diagnosis and investigation of the condition. We were privileged to have the following speakers: Dr. Siu Chung Fung, Dr. Angus Ho, Dr. Michael Chao and Dr. Crystal Ng from OMFS and Orthodontics, United Christian Hospital, who introduced the importance of multidisciplinary management of obstructive SDB. Dr. Daniel Ng from the Hong Kong Sanatorium & Hospital and Dr. Kah Lin CHAO from North District Hospital focused on the diagnosis, pathophysiology and management in the perspectives of Paediatric and Adult Respiratory Medicine respectively. Next, we had Mr. Alex Sum from United Christian Hospital introduce the procedure of sleep test and its interpretation. The morning session was completed by Dr. Natalie Leung explaining the role of ENT surgeons in SDB evaluations. This session was chaired by Dr. Jeni Ho and Dr. Ki Yung.

In the afternoon, the focus was on the interdisciplinary treatment of SDB. Dr. Vicky Tsui and Gu Min from The University of Hong Kong discussed the orthodontic treatment. Dr. Zion To, Dr. Ivan Ying and Dr. Teresa Lo from United Christian Hospital presented the ENT and maxillofacial surgical treatments. Dr. Stephan Chan from the Hong Kong Children's Hospital explained how myofunctional therapy could help with the management of SDB. This session was chaired by Dr. Kum Chun Sing and Dr. Sam Kim. In the end, we had a panel discussion which was probably one of the best panel discussions I have personally attended over the years.

I would like to thank our speakers, moderators, members of the CDSHK Scientific Meeting Committee and the Council, College Secretariat and the HKAM technical team for their collaborative efforts to make this webinar and physical meeting run smoothly. I would also like to thank the attendees of this meeting; we have received positive feedback and many contributory comments which resulted in the upcoming Part 3 of Dental and Medical networking in the Winter Scientific Meeting this year. Finally, I would also like to acknowledge the support from our sponsors – 3M Hong Kong Limited, Colgate-Palmolive, DePuy Synthes and GlaxoSmithKline Consumer Healthcare (HK) Limited which have played an important part to the success of the event.

Dr. SHE Tsang Tsang Franklin
Chairman, Scientific Meetings Committee

DENTAL YOUNG FELLOWS (DYF) CHAPTER

Dental Young Fellows Committee (2022-2023)

Building on the efforts of our predecessors (Dr. Tom HO, Dr. Julianna LIEW and Dr. Yolanda LAW) in the past few years, the Dental Young Fellows Chapter (DYFC) has finally come to the era of open election. It is my honour to be elected as the Chairman in this remarkable term and to work with my committee members:

Dental Young Fellows Committee (2022-2023)

Chairman: Dr. SO Cheuk-hang, Gary

Deputy Chairman: Dr. CHEUNG Wan-tin, Amelia

Secretary: Dr. WONG Lok-wun, Mildred

Members: Dr. BUT Yu-tin, Andrew

Dr. CHAN Kit-ying, Alice

Dr. NG Sheung-chun, Amy

Dr. TSANG Yiu-cheung, Elvis

Dr. YEUNG Yat-cheong, Charles



*From left to right: Dr. Amy NG, Dr. Gary SO, Dr. Amelia CHEUNG, Dr. Alice CHAN,
Dr. Mildred WONG, Dr. Elvis TSANG, Dr. Charles YEUNG, Dr. Andrew BUT*

An Introduction to CDSHK Specialist Training Pathways

Our first event this year, “An Introduction to CDSHK Specialist Training Pathways”, was successfully held in early July. More than 50 fresh graduates and senior dental students who are interested in specializing joined this physical event on 9 July 2022.



Dr. Katherine LEUNG, President of CDSHK, giving the introductory talk

Followed on the introductory address from the College President, three sharing sessions chaired by eight different specialists were held simultaneously. This particular mode of peer sharing received positive feedback from the participants, enabling them to ask questions on specific topics face-to-face.

Sharing Sessions and Peer Sharing





DYFC serves as a platform to establish connections among Young Fellows (those attaining a Fellowship in the past 10 years are eligible) and Trainees of different specialties; thereby giving mutual support during their training or post-Fellowship life.

“Quality patient care and doctors’ well-being go hand in hand.” <HKAM Well-being Charter>

DYFC cares about the thinking and ideas of our Young Fellows. If you would like to share any successful business tips, new insights in College development, or even obstacles hindering your training, or activities or workshops that you want us to organize... please feel free to contact us. We look forward to all your suggestions and support for our upcoming events.

Dr. Gary SO Cheuk Hang
Chairman, Dental Young Fellows Chapter (2022-23)

FELLOW'S HABITAT AND LIFE

Fellow's Habitat and Life

By Dr. Wong Lok Wun, Mildred & Dr. Cheung, Amelia Wan Tin

Dr. Mak Yiu Fai is proud to be the first locally-trained Endodontist in Hong Kong. He has dedicated nearly 20 years serving the Hong Kong community, finding pleasure in solving many patients' toothaches.



Dr. Mak Yiu Fai, the first locally-trained Endodontist in Hong Kong

When we first walked into Dr. Mak's clinic, we instantly felt a sense of calmness and professionalism. On the way to his surgery room, a masterpiece on the wall caught our attention. At first glance, we saw a photograph illustrating Dr. Mak and his nurse working on a patient under a microscope. Upon closer examination, we realized that it was actually an exceptionally detailed and lifelike painting! Dr. Mak explained with pride that it was a gift from a patient who attended his clinic for multiple root canal retreatments and caries management due to severe dental pain. "We occasionally receive gifts and cards from our patients, but this was definitely a big surprise for me and the team. I am very grateful to all my patients, and I treasure every gift from them." The painting was a testimony to the professional mannerism as Dr. Mak was working, from the eyes of an appreciative patient.

When asked how his journey in Endodontics began, Dr. Mak replied with his trademark smile: "I did not choose Endodontics, Endodontics chose me." Believing that further education would make a difference in his career, Dr. Mak quit his job in the University Health Service and furthered his studies by enrolling

in the Master of Dental Surgery in Conservative Dentistry programme in his alma mater. He chose Conservative Dentistry with the intent to save teeth by learning how to make complex crowns and bridges. However, life did not go as planned. One month into the programme, his professor had to depart from the University. This was a blessing in disguise. Professor Gary Cheung offered him a chance to join the newly-started MDS programme in Endodontics. He found his calling and became the first ever graduate of the Master of Dental Surgery in Endodontics programme from the University of Hong Kong. Furthermore, he became the first locally-trained Endodontist to start his own private practice in Central in 2003, in partnership with his wife, Dr. Shirley Lai.

Starting a practice limited to Endodontics was indeed challenging given that he was the first locally-trained specialist in this domain. At the time, it was not common for general dentists to refer patients to specialists for treatment. This was further complicated by the SARS outbreak which created further challenges in maintaining a fledgling business. Luckily, their struggles were short-lived and Dr. Mak's determination and practice philosophies led to prosperity in his practice over the years.

The fundamental philosophy for the success of Dr. Mak's thriving private practice is his ability to establish rapport with his patients. "Putting yourself in the patient's perspective is the key to building good relationships with your patients. Treat them like how you would like yourself or your family member would like to be treated by another doctor." His selflessness in putting his patients first also made his practice flourish. As a team leader, he can better accommodate emergency cases and strives to allocate same-day appointments for his patients who seek immediate pain relief.

Dr. Mak showed us a handmade "thank you" card given by a young patient, who suffered a traumatic injury to her upper incisor on the evening of Christmas Eve. "Luckily, we managed to pick up that call. The girl went home with an intact front tooth and celebrated a painless Christmas. Letting my patients go home with relief from pain gives me the greatest satisfaction."



A young patient gave a handmade "thank you" card to Dr. Mak



Another handmade "thank you" card

Dr. Mak's practice philosophy is simple yet profound: "treat every patient nicely with good chairside manners, the best treatment protocol and the highest quality of work. Incorporate the latest technology and equipment." Besides building rapport with patients, Dr. Mak expresses that communication with the referring dentist is equally important.

Dr. Mak Yiu Fai believes that a private practice can only expand when the clinician is willing to pursue additional training and be updated with the latest scientific evidence. He sets a good example by attending conferences, participating in hands-on courses and lectures, and reading current literature. He is certain that knowledge exchange within our dental community can benefit all clinicians.

Despite a full day's work, Dr. Mak was still energetic and poised. He says that the ergonomic microscope and his daily practices are key to a stress-free practice. "We start the morning aiming to finish work by 6pm." He lived by this practice, knowing that by avoiding overtime, fatigue and accidents can be prevented. In addition, a good work-life balance is essential in private practice. Dr. Mak spends a lot of his free time indulging in sports activities, including squash, tennis, boxing, jogging, weightlifting and football. He echoes the common belief that sports can clear one's mind and reduce stress. This is particularly important for an endodontist, who constantly needs to perform under a high level of concentration and precision.

MEET OUR HONORARY FELLOW

Interview with Dr. Francis Chau - Honorary Fellow

By Dr. Angeline Lee on 20 September 2022



Dr. Angeline Lee was interviewing our Honorary fellow, Dr. Francis Chau

1. His background

Dr. Francis Chau graduated in 1983 with a Bachelor of Dental Surgery from the University of Sydney in Australia. After graduation, he returned to Hong Kong and worked in the Government Dental Service until the end of 1992. Since then, he has set up and worked in his private clinic located in Central. Dr. Chau also has a law degree (LLB) from the University of London and a Master of Business Administration (MBA) degree from the University of Hong Kong (HKU). He has also achieved a diploma level in French during his leisure time. He was granted as an Honorary Fellow of our College and the Royal Australasian College of Dental Surgeons (RACDS) in 2015 and 2016, respectively.

2. His roles in RACDS

After obtaining the FRACDS from the RACDS in 1999, Dr Chau joined the Regional Committee of RACDS in Asia as he strongly supported the concept of continuing dental education. His roles involved:

- Coaching candidates by helping them to prepare for the RACDS's Primary and Final Examinations
- Organising examination venues for regional candidates
- Organising scientific meetings

He then served as the regional representative for a few years before being elected as the Executive Officer of the RACDS Council from 2008 to 2012. He was later elected as the RACDS President from 2012 to 2014.

3. Reasons for him to pursue postgraduate training after practising as a general dentist for so many years

In his clinical practice, Dr. Chau has always been interested in all aspects of oral rehabilitation. Due to the rising popularity of Implant Dentistry, Dr. Chau decided to pursue a master's degree in Oral Rehabilitation at HKU around 20 years ago. He wanted to learn more about implant dentistry to offer his patients comprehensive treatment options.

4. A paradigm shift in Prosthodontics

When asked about the paradigm shift in Prosthodontics, Dr Chau said there are increasing varieties of armamentariums, including materials and equipment, and sophisticated dental treatment made possible by advanced technology. However, an increase in life longevity also means an increased demand for dental healthcare among senior citizens. He sees the need for everyone to think ahead of time on whether the dental treatment offered to patients today can still be "maintained" and "managed" by the patients themselves, the dentists or the caretakers in their senior years. His philosophy is that "prevention" should always come first in the treatment plan, followed by "restoration" when proven unavoidable. He emphasised providing simple restorative treatment options that offer increased longevity.

5. His recommendations for the younger generation who wish to pursue further specialty training

To maximise the three years of the Master's programme and Basic Training, Dr. Chau advised our young graduates to spend at least 1 to 2 years exploring the discipline of dentistry that they like and are interested in to ascertain the specialty area that they wish to pursue further study. Besides, young dentists can learn more about their insufficiencies in knowledge and skills during this period.

6. Why does he choose to teach despite his busy work schedule?

As a private practitioner, Dr Chau considers teaching an opportunity for him to get out of his clinic. He enjoys the learning associated with teaching through interactions with colleagues and students, so he has been a part-time clinical lecturer in undergraduate and postgraduate education in HKU's Faculty of Dentistry since 2000. He appreciates that "today's research often proves what was done yesterday being insufficient or even improper", so he encourages us to never cease to update our knowledge through continuous learning.

7. His advice for our trainees at IAD-MSc, HKU

Dr Chau finds IAD, one of the training centres accredited by CDSHK, to offer a very efficient and effective learning opportunity for our College's trainees. There are readily available clinical supervisors and students across different disciplines, which enables intellectual interactions, interdisciplinary connections and knowledge exchange under the same facilities and resources. He strongly hopes that our trainees will take full advantage of this excellent learning environment to broaden their horizons to the fullest beyond their scope of specialty training. He very much likes to see our trainees adopting a different mentality of learning from their undergraduate training, being more critical in appraising the current literature and their own clinical skills; and being more inquisitive in their learning.

DENTAL SPECIALISTS WELL-BEING

Interview with Dr. Raymond Chow

By Dr Franklin She and Dr Stanley Lai

Well-being, as defined by the United Kingdom Department of Health, is the state of “feeling good and functioning well and comprises an individual’s experience of their life; and also a comparison of life circumstances with social norms and values.” There is an absence of international consensus on this definition. However, Simons et al. in 2021 has suggested: “Wellbeing is a state of positive feelings and meeting full potential in the world. It can be measured subjectively and objectively, using a salutogenic approach”. Dental professionals are always facing various challenges and are under stress especially during this COVID-19 pandemic. Furthermore, healthcare professionals in general are more reluctant to seek help, which may lead to negative impacts in terms of patient care.



For this interview, I am delighted to have Dr. Raymond Chow to share about his life as an Oral Maxillofacial Surgeon and how he has found balance to bring about positive influences on his well-being as a dental specialist.

It has been a while since Raymond, Franklin and I have had an opportunity to gather together. We all first met in dental school in 1995 during the famous Dental Orientation, where Raymond and Franklin both served in the Organising Committee, while I was an entering freshman. After all these years, we were excited to get together again, no longer as dental students but as dental specialists in different disciplines. We got together at Clear Water Bay Golf and Country Club and enjoyed a grateful reunion while sharing silent chemistry, as we observed the surprising similarities that we share in our life roles: teaching in the University, working in private practice as specialists and also being fathers of two kids.



Raymond started as a JHDO at PPDH after graduating with a BDS, pursued postgraduate dental education in the specialty of OMFS at HKU, was employed as a Clinical Assistant Professor from 2004 to 2007 and finally completed the specialist training pathway of the CDSHK. He left the University and joined the Dental Implant and Maxillofacial Centre in Hong Kong which is well-known for providing oral surgery care. He expressed his initial frustration during the transition from the academic field to

the private practice due to various challenges such as building up a patient pool and adapting to new and unfamiliar workflows. During this adjustment, he expressed his gratitude to the senior colleagues in the Centre who provided unfailing support to enable his transition that has now led to a sense of fulfilment in work and life.

“Burnout” is a psychological syndrome conceptualised as a result of chronic workplace stress that has not been successfully managed. This is a normal phenomenon that can happen to anyone and should



be carefully monitored, with personalized stress relief solutions playing an important role for recovery. For the last 10 years, Raymond has managed to engage in activities such as playing basketball, Thai boxing and recreational golf in order to maintain his well-being, despite his claim in being an amateur at all of these hobbies. Recently, he has developed an interest in riding motorcycles that has made him feel very satisfied amidst his busy and stressful life. Initially, it was the speed that captivated his interest. Eventually, he has learned to enjoy riding at his own pace and to build up the sensation of calmness during the ride, leaving him

feeling refreshed and recharged after each journey. Although riding seems like an individual activity, it is in fact the riding group that makes him feel driven, as everyone in the team aims for a similar destination, where each of them gets to share not only the riding journey, but also to develop a kinship who shares life stories with.

In conclusion to this interview, we have agreed that companionship can be fated, and if met, is a good complement to our lives. It brings positive impact to our lives and is a valuable person around us. In Raymond's story for example, the photos he has shared show this bonding. He is fortunate to have met a patient-turned acquaintance, who has introduced him to a hobby that he is passionate about and most importantly, who has transformed into a valuable friend. Similarly, as clinicians, we shall continue to find inspiration in all aspects of life, including that from our patients, to bring motivation and to drive us to be better versions of ourselves as healthcare providers.



SECRETARIAT NEWS

CDSHK Secretariat

The College Secretariat assists in the daily running of College matters. The team is monitored by the House Committee, and consists of 4 staff as follows:

Staff	Title	Contact
Ms. Heidi LAM	Senior Executive Officer	2871 8891
Ms. Serina SO	Executive Officer	2871 8732
Ms. Rosanna CHOI	Executive Officer	2871 8866
Mr. Wing Ho LEE	Executive Officer	2871 8734

The Secretariat is at your service and provides necessary support for all Fellows, Members and Trainees. Please do not hesitate to contact us if you have any queries.

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The College of Dental Surgeons of Hong Kong
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Room 902, HKAM Jockey Club Building
99 Wong Chuk Hang Road, Aberdeen, Hong Kong
Tel: (852) 2871 8866
Fax: (852) 2873 6731
Email: info@cdshk.org
Website: www.cdshk.org

Newsletter Editor: Dr. Stanley Man Lung LAI

Publication Committee:

Dr. Stanley Man Lung LAI
Dr. Amelia Wan Tin CHEUNG
Dr. Julian T CHEUNG
Dr. Angeline Hui Cheng LEE
Dr. Tsang Tsang SHE
Dr. Lok Wun Mildred WONG