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Inside C5

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Make Today Different

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U.S. job openings, layoffs fall to six-month lows in November

WASHINGTON (Reuters) - U.S. job openings fell for a second straight month in November, with declines in the manufacturing and real estate sectors, supporting economist forecasts that job growth will slow in 2018. The monthly Job Openings and Labor Turnover Survey, or JOLTS, released by the Labor Department on Tuesday, also found that layoffs dropped to a six-month low, however, showing continued labor market strength. Job openings, a measure of labor demand, fell by 46,000 to a seasonally adjusted 5.88 million, the lowest level since May. The job openings rate was 3.8 percent, a decline from October's 3.9 percent. "The recent declines followed a sharp run up over the first three quarters of 2017," said Sarah House, an econ-



omist at Wells Fargo Securities in Charlotte, North Carolina. "If sustained, this suggests a more moderate pace of hiring ahead." Hiring dropped 104,000 to 5.49 million in November, and the hiring rate dipped to 3.7 percent from 3.8 percent. Economists expect job growth this year to slow to well below the 2017 monthly average of 170,000 as the labor market hits full employment. The unemployment rate is at a 17-year low of 4.1 percent and economists expect it to drop to 3.5 percent by the end of 2018. Non-farm payrolls rose 148,000 in December. "Like the recent readings on payrolls and initial claims, we see some moderation in the labor market data off of strong levels," said Daniel Silver, an economist at JP Morgan in New York. There were 378,000 job openings in manufacturing in November, down from 409,000 in October. The transportation, warehousing, and utilities sector saw a 60,000 drop in job openings. There was a 39,000 decline in job openings in the real estate and rental and leasing sector.



FILE PHOTO: Workers hired by U.S. oil and gas company Apache Corp drill a horizontal well in the Wolfcamp Shale in west Texas Permian Basin near the town of Mertzon, Texas

But job openings in the troubled retail sector increased 88,000 in November. The sector lost 67,000 jobs in 2017 as retailers, reeling from stiff competition from online sellers like Amazon.com Inc (AMZN.O), closed stores. The JOLTS report also showed layoffs decreasing 7,000 to 1.67 million in November. That was the lowest level since May and

marked five straight months of declines. There was a slight drop in the number of people voluntarily quitting their jobs, leaving the quits rate unchanged at 2.2 percent for a third straight month. The Federal Reserve looks at the quits rate as a measure of job market confidence. "The low turnover rates indicate

that there is less movement in the labor market than at other times when we've had very low unemployment," said Cathy Barrera, chief economist at ZipRecruiter. "It is great for the labor market to be near full employment, but if workers are staying put, then there is little pressure for employers to raise wages."

Forecast predicts two years of record U.S. oil production

By Jessica Summers

U.S. crude production will soar to a record this year before rising even more in 2019, according to a government forecast published Tuesday. Nationwide output will average 10.85 million barrels a day next year and 10.27 million this year, both surpassing the prior record of 9.6 million pumped in 1970, the Energy Information Administration said in its monthly Short-Term Energy Outlook, which included the first estimates for 2019. Production will top 11 million barrels a day in November 2019.

The growth of North American shale production, which caused an estimated 5 percent increase in U.S. crude output in 2017, has rocked the oil industry in the past few years, spurring OPEC and other traditional producers to cut output to trim global inventories. "Led by U.S. production, particularly the Permian Basin, and now new oil sands projects in Canada, non-OPEC production is forecast to continue growing through the end of 2019," John Conti, the agency's acting administrator, said in a statement. "We

expect to see growth near 2 million barrels per day in 2018 and 1.3 million barrels per day in 2019." WTI crude will average \$55.33 a barrel this year, the EIA said, up from last month's estimate of \$52.77, and \$57.43 in 2019. The global benchmark Brent is forecast to average \$59.74 in 2018, up from \$57.26 estimated in December, and \$61.43 in 2019. The EIA increased its estimates for global production and demand in 2018. Output is seen at 100.34 million barrels a day, up from 100.01 million previously, with demand at 100.11 million, compared with 99.96 million.



FILE PHOTO: View shows Saudi Aramco's Abqaiq oil facility in eastern Saudi Arabia in this undated handout photo

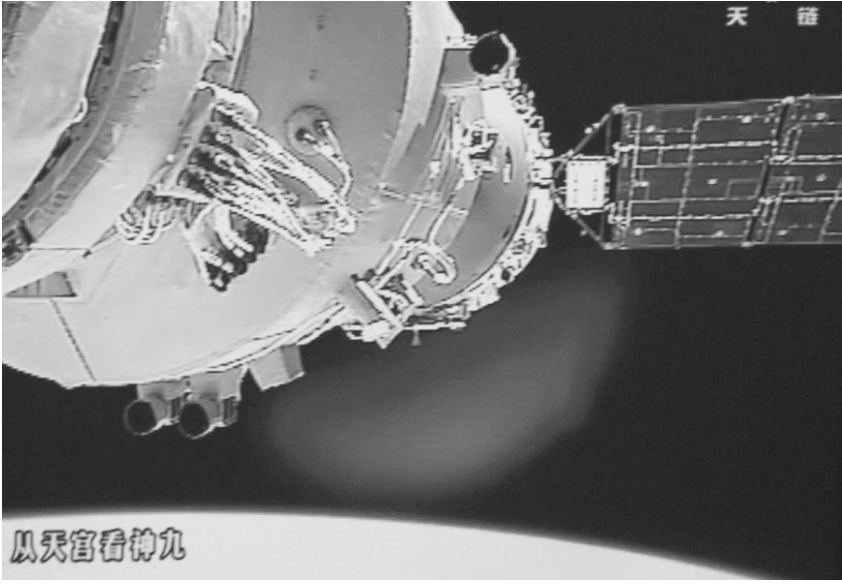
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The Shenzhou-9 spacecraft and Tiangong-1 lab docked together in 2012. (AP)

China's first space station will meet a fiery end next year when the 8.5-tonne module comes crashing down to Earth, amid concerns authorities have lost control of the craft.

The Tiangong-1 space station was launched in September 2011 and currently orbits Earth at an altitude of 230 miles (370km).

But in July, amateur astronomers suggested China had "lost control" of the satellite, after Chinese media reported the country's space agency had struggled to get in contact with it.

Officials have now confirmed that after four and a half years in orbit, Tiangong-1 (meaning Heavenly Palace) is expected to plummet to Earth in late 2017.

Speaking at a satellite launch for the space station's successor in the Gobi Desert in northern China, officials from China's manned space programme said the craft had ended its service in March this year having "comprehensively fulfilled its historical mission".

Wu Ping, deputy director of the manned space engineering office said: "Based on our calculation and analysis, most parts of the space lab will burn up during falling." According to Space.com the less than precise landing time indicates the operators had lost control of the unit, as if they were still able to communicate with it, they could steer it to "a guided re-entry over an empty stretch of ocean at a specified

time".

The end of 2017 was packed with interesting asteroid sightings and near-misses that gave skywatchers a reason to look up, but the biggest threat from above in 2018 might be manmade.



China's Long March 2F rocket carrying the Tiangong-1 module, or "Heavenly Palace", blasts off on September 29, 2011. (Photo/AFP/Getty)

China's Tiangong-1 space station has been completely out of control for months now, and space agencies from all over the world are expecting it to come crashing down to Earth in early 2018. Unfortunately, nobody knows exactly when or where the massive hunk of space junk will land.

Tiangong-1 — which means "Heavenly Palace" — hosted a number of Chinese astronauts during its brief lifespan, but after its extended mission ended in 2016, the Chinese space agency revealed that it had lost communication with the spacecraft and that its decaying orbit would eventually result in it plummeting to

'Natural' Re-entry To Atmosphere Means It Is Almost Impossible To Know Where Debris Will Land

China's Space Station 'Out Of Control' -- On Crash Course With Earth

Compiled And Edited By John T. Robbins, Southern Daily Editor

Earth. That's not great news.

Scientists who have been monitoring the space station's troubled existence have been attempting to forecast where it might slam into our planet but have only been able to narrow it down to an area between 43 degrees north and 43 degrees south. Most of that area is covered by ocean, but there's still around a 1-in-10,000 chance that the debris lands on a populated area, potentially injuring people or damaging structures.

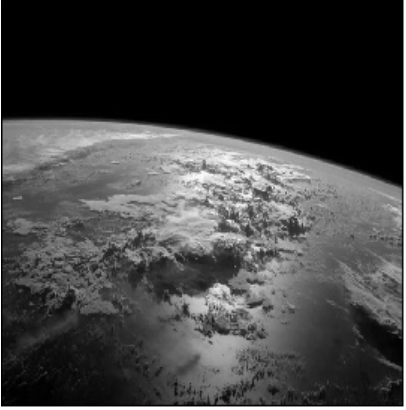
The space station weighs 18,740 pounds, and while much of the material that makes up the craft will burn up in the friction of Earth's atmosphere, thousands of pounds of debris are expected to survive re-entry. With no way to control where or when the Chinese vehicle re-enters, it's impossible to predict the exact location where all that debris will land.

According to an FAQ about the Tiangong-1, the actual impact of the debris might not even be the most dangerous part about its tumble toward Earth. Potentially hazardous materials, including hydrazine, a highly toxic chemical used in rocket fuel, might survive re-entry. If any humans or animals come into contact with the substance, it would be very bad news.

The spacecraft is expected to finally fall to Earth sometime in March, though observers have only been able to narrow its date of descent to a two-week window, which isn't particularly reassuring. When it eventually does begin to fall, scientists will have precious little time to predict the

area of impact, but you can be sure that every space agency on the planet will be monitoring it closely.

Photos From The International Space Station



Like other lost satellites, it's likely that the free-falling station will burn up on its way back into Earth and come back down in smaller chunks of molten metal rather than with a big crash.

However, some denser engine parts are unlikely to burn up completely and could potentially cause problems on the ground. Harvard astrophysicist Jonathan McDowell told the Guardian the announcement suggested the doomed craft would now re-enter the Earth's atmosphere naturally, making it near impossible to predict where any debris will fall.

"You really can't steer these things," he said. "Even a couple of days before it re-enters we probably won't know better than six or seven hours, plus or minus,

when it's going to come down. Not knowing when it's going to come down translates as not knowing where it's going to come down."

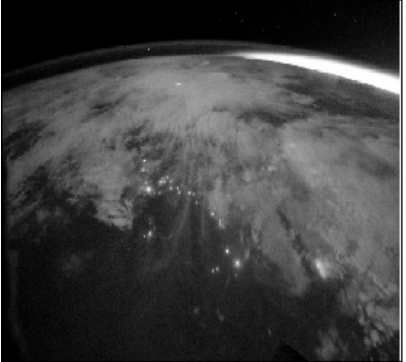
"There will be lumps of about 100kg or so, still enough to give you a nasty wallop if it hit you," he added.

He said that even small changes in atmospheric conditions would be enough to nudge the craft "from one continent to the next".

But according to Chinese news agency Xinhua, Ms Wu said the space station's re-entry was "unlikely to affect aviation activities or cause damage to the ground".

"China has always highly valued the management of space debris, conducting research and tests on space debris mitigation and cleaning," Wu said.

Tiangong-2, China's replacement for the space lab, was successfully launched aboard a Long March 2F rocket on 15 September from the Jiuquan Satellite Launch Centre in north west China. (Courtesy www.independent.co.uk/news/world/asia)



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A Snapshot Of The World



Meghan Markle greet a well wisher as she leaves after visiting radio station Reprezent FM with her fiancée Britain’s Prince Harry, in Brixton, London



South and North Korean delegations attend their meeting at the truce village of Panmunjom



Kazuo Hirai, president and CEO of Sony Corporation, holds an Aibo robotic dog during a news conference at the 2018 CES in Las Vegas



China’s President Xi Jinping and his wife Peng Liyuan await the arrival of French President Emmanuel Macron and his wife Brigitte Macron in Beijing



A worker prepares a makeshift cottage called “Bhelaghar” ahead of the Magh Bihu festival in Morigaon district



Children pose next to a cardboard cut-out of Thailand’s Prime Minster Prayuth Chan-ocha at the government house in Bangkok



Dakar Rally - 2018 Peru-Bolivia-Argentina Dakar rally - 40th Dakar Edition stage three, Pisco to San Juan de Marcona - January 8, 2018. Daniel Nosiglia Jager of Bolivia drives his KTM.



Brexit campaigner Farage leaves a meeting with EU’s chief Brexit negotiator Barnier in Brussels



A migrant cries while being rescued by Libyan coast guards off the coast of Garabulli



WASHINGTON, D.C. -- About eight in 10 Americans say they frequently (44%) or sometimes (35%) encounter stress in their daily lives. Just 17% say they rarely feel stressed, while 4% say they never do.

Although stress is common, just 41% of U.S. adults say, in answer to a different question, that they lack the time they need to do things they want. The majority, 59%, tend to think they do have enough time.

Americans were asked about their stress and time pressures in a Dec. 4-11 Gallup poll. This is the first year the questions have been updated in a decade, after being asked each December from 2001 through 2007.

AMERICANS WHO FEEL STRESS SOMETIMES OR FREQUENTLY DURING THEIR DAY

79%

GALLUP, DEC. 4-11

Americans' current stress level is similar to what Gallup found in 2001, 2002 and 2007, as well as in an earlier measurement in 1994, when 40% felt frequent stress. However, more say they experience stress now than reported this from 2003 through 2006, when between 33% and 38% felt this way.

Americans' Biggest Stressors Are Children and Work

Age is a major factor in whether one feels stressed and time-pressured. Those 50 and older -- particularly those 65+ -- are much less likely than those who are younger to say they feel stress or lack the time they need to get things done.

Relatedly, being short on time and feeling stressed are much more common experiences among employed Americans and parents of children under 18 than among adults without these significant obli-

Americans' Experience With Stress

In general, how often do you experience stress in your daily life -- never, rarely, sometimes or frequently?

Americans' Experience With Stress				
In general, how often do you experience stress in your daily life -- never, rarely, sometimes or frequently?				
	Frequently	Sometimes	Rarely	Never
2017 Dec 4-11	44	35	17	4
GALLUP				

Women and men are about equally likely to say they lack sufficient time, but women are more likely to report frequent stress: 49% vs. 40%, respectively. Lower-income Americans are shorter on time and higher on stress than middle- and upper-income adults.

Fewer Americans today than from 2001 through 2007 say they lack sufficient time to get done what they want, although the 44% saying this in 2004 was statistically similar to today's 41%.

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Relatedly, being short on time and feeling

Time and Stress Pressures, by Key Subgroups

stressed are much more common experiences among employed Americans and parents of children under 18 than among adults without these significant obligations in their lives.

Women and men are about equally likely to say they lack sufficient time, but women are more likely to report frequent stress: 49% vs. 40%, respectively. Lower-income Americans are shorter on time and higher on stress than middle- and upper-income adults.

Naturally, work and family obligations have a compounding effect, so that working parents are especially likely to feel short on time and stressed. By contrast, those who neither work nor have children are the least likely to feel this way.

One piece of good news for working parents is that the decline since the mid-2000s in the percentage of Americans feeling short on time has been especially pronounced among employed Americans and is seen about equally among adults with and without children.

Time and Stress Pressures by Employment and Parenting Status

Time and Stress Pressures by Employment and Parenting Status			
	Don't have enough time	Frequently experience stress	
	%	%	
Employed, have child	58	59	
Employed, no child	50	47	
Not employed, have child	47	54	
Not employed, no child	23	33	
GALLUP, DEC. 4-11, 2017			

Bottom Line

Much has changed in the past decade, not the least of which is the proliferation of smartphones, beginning with the introduction of the iPhone in 2007. This technology may be providing some efficiencies in people's lives, such as allowing them to shop more easily from home, do their banking online, keep tabs on work while out of the office, follow the news, and much, much more -- thus enabling them to feel they are getting more done. Yet there has not been an obvious payoff in reduced stress. It's possible that some aspects of the new technology, like social media, are offsetting others in changing how much stress people experience.

Time and Stress Pressures, by Key Subgroups

Time and Stress Pressures, by Key Subgroups		
	Don't have enough time	Frequently experience stress
	%	%
Gender		
Men	39	40
Women	42	49
Age		
18 to 29	46	54
30 to 49	53	56
50 to 64	35	37
65 and older	22	24
Annual household income		
Less than \$30,000	46	51
\$30,000 to \$74,999	40	44
\$75,000 and over	41	41
Employment status		
Employed full/part time	53	52
Not employed	28	36
Children under 18		
Have child under 18	55	58
No child under 18	35	39
GALLUP, DEC. 4-11, 2017		

Of course, many other aspects of life could factor into how Americans feel about their

time and stress, including their jobs, family structure, dining habits, the economy and today's highly polarized political environment. From that perspective, despite some revolutionary and not-so-revolutionary changes in the past decade, people's time management and stress haven't changed too much.

Naturally, work and family obligations have a compounding effect, so that working parents are especially likely to feel short on time and stressed. By contrast, those who neither work nor have children are the least likely to feel this way.

SURVEY METHODS

Results for this Gallup poll are based on telephone interviews conducted Dec. 4-11, 2017, with a random sample of 1,049 adults, aged

18 and older, living in all 50 U.S. states and the District of Columbia. For results

based on the total sample of national adults,

The margin of sampling error is ± 4 percentage points at the 95% confidence level. All reported margins of sampling error include computed design effects for weighting. (Courtesy <http://news.gallup.com/poll>)

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Exxon challenges California cities in climate claims



Exxon Mobil Corp. has asked a Texas federal judge to allow it to depose California municipal government officials who sued it and other oil companies over the threat of rising sea levels to their jurisdictions.

The oil major believes it could find evidence the officials' claims of "imminent, allegedly near-certain harm" of climate change risks is undermined by muni bond offerings in which "none of the municipalities disclosed to investors such risks," according to court documents filed on Monday.

In suits filed against Exxon and other oil companies, San Francisco, Oakland, San Mateo County and other California local governments made specific claims about how climate change threatened their regions. Oakland, for example, said it could have 66 inches of sea level rise by 2100. San Mateo County said it has a 93 percent chance of experiencing a devastating flood within the next three decades. San Francisco said climate change has already caused flooding in low-lying areas.

Yet in several municipal bond offerings, the local governments told investors they're unable to predict how sea levels will rise or other impacts of climate change, according to court documents filed by Exxon.

"The stark and irreconcilable conflict between what these municipal governments alleged in their respective complaints and what they disclosed to investors in their bond offerings indicates that the allegations in the complaints are not honestly held and were not made in good faith," Exxon said.

Exxon said the depositions and any related discovery would support potential claims of the "abuse of process, civil conspiracy and violations of Exxon Mobil's constitutional rights" it could bring against the California officials.

Under Texas' Rule 202



Popular real estate agent Logan Lester wins the 2018 Miss Texas USA pageant

Three days after Hurricane Harvey struck the Gulf Coast, Miss Texas USA hopeful Logan Lester received an urgent phone call – the pageant had been postponed.

"I can speak for the other contestants when I say that we were ready to go," Lester said. "We thought it would be re-scheduled within a week or two, but there were so many girls affected by Harvey. The (extension) need to happen."

She added, "There's more to life than a pageant."

The new dates didn't work for everyone, and a few contestants had to drop out of the competition. Last weekend, 98 women contended for the 2018 Miss Texas USA crown at the Hilton Houston Post Oak Hotel.

"On Saturday, we had a final show rehearsal at 3 o'clock, but I was early," Lester recalled. "There was no one else in the ballroom besides the choreographer. I used

that moment to take it all in – those chandeliers and how the room felt. It was a reflection on all the hard work and sacrifices I'd made to get to this point."

The 22-year old real estate agent made a point to view the unforeseen delay in a positive light. She used the extra five months to train harder and revisit her game plan.

Lester swapped out her original evening gown during a trip to Los Angeles for a wedding. This year, as a Harris County representative, she could make her own decisions.

"In the past, I went as Miss Houston USA, and that carries a lot of pressure," explained the 2016 title-holder. "When I competed this year, I felt really authentic. From my interview, to wardrobe choice, to my energy onstage, everything was very 'me.'"

"This time, I was just Logan."

The best advice she received from previous Miss Texas USA victors was to visualize herself as the winner. Lester took the suggestion to heart; she even created a vision board and practiced placing the crown on her head.

By Sunday night, when she officially became Miss Texas USA 2018, the star-spangled sash and crystal headpiece were real. "The crowning moment was pretty crazy," she admitted. "I was just floating, and couldn't feel my feet or hands."

Lester, a four-time competitor, described the experience as a complete dream. Her parents raised her to be goal-oriented, persistent, and never give up.

Two years ago, she learned how to find a work/life balance. "My 2016 title really helped prepare me for Miss Texas. I wanted to provide excellent service to my clients, and also be a great Miss Houston."

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洛迪古斯（藍衫）將繼續肩負攻城拔寨的重任。 資料圖片

東方龍獅將於1月23日主場迎戰越南清化爭奪突破亞冠盃次圈外圍賽，而球隊三名亞冠盃外援及一個亞援名額亦已塵埃落定，迪高、勞高、洛迪古斯以及日籍守衛井川祐輔將是東方爭奪小組賽席位的主力。

傑志收回外借港腳佐迪

三個外援名額前鋒球員佔據兩個，主帥司徒文俊表示希望提升進攻火力以增加突破外圍賽的本錢：“去年在小組賽面對中日韓勁旅，球隊需要以守為先，但今年要突破一場過的淘汰賽，就必須爭取入球，所以選擇了兩名前鋒作為亞冠盃外援，勞高的突破能力可望帶來更多進攻變化，在泰國集訓期間前場進攻組織亦收到很



勞高在港聯屢建戰功。 資料圖片

國青大勝阿曼 U23亞錦賽開門紅



韋世豪在比賽中交出兩助攻一頭槌。 新華社

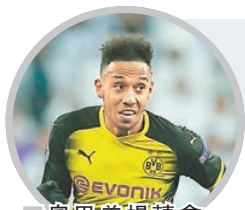
香港文匯報訊（記者 潘志南）亞足聯U23亞錦賽9日在江蘇常州開打，東道主中國隊以3：0輕取阿曼取得開門紅。

U23國青9日在分組賽首仗對陣阿曼，30分鐘韋世豪左路送入撕破阿曼的後防，李帥禁區底回傳，楊立瑜後上怒射破門，1：0領先。短短4分鐘後，韋世豪左路傳中至禁區，李曉明在小禁區線附近前衝頭球破門，

中國隊2：0領先。下半場再戰，信心十足的國青於54分鐘由“助攻王”韋世豪殺入禁區，接到姚均晟的傳中，銅頭一搖球攻破阿曼球門，國青3：0領先阿曼。其後，阿曼雖極力反擊卻未見威力，最終破蛋無力告負。

U23國青雖小組賽旗開得勝，可是前路滿是荊棘。本屆賽事，與國青同組的還有中東強隊、世界排名第78位的卡塔爾及世界排名第64位的烏茲別克，國青將在12日對烏茲別克，15日對卡塔爾。

足協調查爭搶奧巴美揚事件



奧巴美揚轉會國安遇“加價截胡”？

近日中國傳媒就兩支中超勁旅廣州恒大與北京國安爭奪德甲多特蒙德球星奧巴美揚的消息炒得甚囂塵上，對此，中國足協9日發聲明，指已發函詢問，若違規嚴肅處理。

據中國傳媒報道，奧巴美揚曾與北京國安秘密談判約兩個月，不料在接

成功之時廣州恒大突然“加價截胡”，並稱恒大為了得到奧巴美揚，將付出超過7,000萬歐元的轉會費。

對此，中國足協9日發表聲明：“中國足協對此高度重視，已向兩家俱樂部發出問詢函，要求其說明具體情況。在下一步調查中，如發現違規行為，中國足協將依法依規進行嚴肅處理。”而恒大9日也發聲明加以否認：“近日，有關我俱樂部‘以嚴重超出中國足協設置的引援調節費標準的費用，引進正在參加德國足球甲級聯賽的球員’的報道，純屬子虛烏有。相關德國足球甲級俱樂部在接受德國媒體採訪時已予以明確否認。”

香港文匯報記者 陳曉莉



日籍外援井川祐輔（左）目前加盟東方。 官網圖片

迪高（右）與隊友鄭環昊進行對抗訓練。 資料圖片

CBA全明星名單出爐 馬貝利無緣

中國男籃職業聯賽（CBA）公司9日公佈了2018年全明星正賽名單，北區的遼寧和南區的廣東各有3名球員入選，成為最大贏家。而效力於北控的前美國NBA全明星球員馬貝利無緣。

CBA全明星周末將於本月13-14日在深圳大運中心舉行。9日下午，CBA公司公佈今年參加全明星周末的球員及教練員

名單，其中北區的遼寧和南區的廣東各有3名球員入選，他們分別是（遼寧）郭艾伦、韓德君、趙繼偉、（廣東）易建聯、周鵬及趙睿。

不過，出人意料的是前美國NBA全明星球員馬貝利榜上無名。現年40歲的馬貝利於2009-10賽季加盟山西隊，正式登陸CBA；2012年起效力北京首钢籃球

俱樂部，並分別在2012年、2014年、2015年三次率領球隊奪得CBA總冠軍。去年7月簽約北京北控籃球俱樂部。曾6次入選CBA全明星陣容，去年更榮膺全明星票王。

CBA全明星周末，除全明星正賽外，還有包括星銳賽和各單項競賽。

香港文匯報記者 陳曉莉

短訊

平昌冬奧 微博戰略合作

2018年平昌冬季奧運會暨冬季殘疾人奧運會組織委員會（平昌冬奧組委）和微博達成戰略合作，並簽署了合作備忘錄。微博將成為平昌冬奧組委合作的唯一中國社交媒體。目前，平昌冬奧組委已開通官方微博@2018年平昌冬季奧運會。通過戰略合作，雙方將向中國用戶及時、全面地傳遞平昌冬奧信息。並通過微博直播、賽事短視頻、微博故事、運動員勢力榜、微博新鮮事等互動產品，讓中國用戶更加深入全面地了解平昌冬奧會。

香港文匯報記者 陳曉莉

詹詠然棄用中文名遭質疑

去年與網球傳奇球后軒芝絲合作在美國奪得女雙冠軍的中華台北選手詹詠然，決定棄用中文名，將以英文名“Latisha Chan”參加本賽季所有賽事。她在個人社交平台解釋稱，“棄用中文名是為了更好地讓外國球迷認識我，也更容易熟悉我的家鄉”。不過，此舉未能得到網友的認同，一位台灣網友質疑：讓外國球迷更加容易認識我們的家鄉，最好的方式不是用自己的中文名嗎？之前不接受中文採訪就算了，這一次居然連名字都改了，或許你都忘記了自己的出身。這樣荒唐的舉動，有誰會支持？

香港文匯報記者 陳曉莉



前NBA全明星球員馬貝利無緣CBA全明星陣容。 資料圖片

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老闆回家過年！景德鎮陶瓷古典家私在敦煌廣場最後三天大甩貨，出價就賣，快去撿漏！

(本報記者黃梅子) 中國景德鎮陶瓷古典家私古玩玉器在中國城敦煌廣場二樓生活良品隔壁展銷，因老闆要回中國過春節，租約馬上到期，最後三天跳樓大甩貨，折扣高達90% OFF以上，出價就賣！

瓷都景德鎮，有上千家窯廠、瓷廠，是歷代官窯所在地。此次展銷的幾百件景德鎮瓷器、古機生動，茶台設計巧妙，排水管道隱藏其中，與家人朋友一起品茗賞木，實乃人生一大享受！各種中型茶盤、小型果盤、平安扣、鎮紙等，各種黑檀木茶盤，玲瓏瓷茶具等也應有盡有。

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陳志堅醫師談：牙周病

(本報記者施雪妮)

常言道：“牙疼不是病，疼起來真要命。”可見，在人們心目中，只怕牙疼痛難忍，而並未將牙疼當成病。然而，現代醫學的一些研究卻表明：牙疼看起來是“小毛病”，但牙疼的危害已遠遠超出牙齒本身，牙病甚至會影響心、腦、肺等重要臟器的功能，是許多疾病的重要誘因。

牙周病是臨床上的常見病、多發病，其主要症狀表現為牙齦紅腫、肥大或萎縮。同時，牙齦伴有充血、溢膿、口臭等症狀，嚴重者可致牙齒鬆動、咬合無力、持續鈍痛等。如不及時治療，可造成牙齒移位、脫落。當全身抵抗力下降時，重度牙周炎還可引發面部蜂窩織炎、頤骨骨髓炎，導致口腔局部腫脹、張口困難、發熱、淋巴結腫大等。牙周病的病因複雜，局部致病因素主要為菌斑牙石、食物嵌塞、咬合創傷、不良修復體等，同時易受全身因素影響如糖尿病、血液病等。

無論是否在牙周病治療期間，口腔衛生維護都是至關重要的，最好的治療方法是在醫生的專業指導下進行

治療、防護。敦煌植牙、牙周病專業醫師陳志堅 (Jennifer Chen) 從事牙醫專科二十多年，獲取中國著名的上海第二醫科大學口腔醫院牙醫博士學位，德州大學休士敦牙醫學校牙周病專科，現為美國牙周病學會會員，國際植牙學會會員。

什麼是牙周病？

牙周病，故名思義，即環繞牙齒周圍部分的疾病。普通又稱為牙齦疾病。它是一種發生在牙齦及牙齒支持骨中的慢性細菌感染性疾病。牙周病可以局限在一顆或散發在多顆牙周。當牙表面的牙菌斑造成牙齦發炎時，牙周病便開始產生。

在各種的牙周疾病當中，牙齦炎表現為牙齦紅腫，易出血。通常患者只有輕微或根本沒有不舒服。牙齦炎通常由於口腔衛生的不充分。牙齦炎是可以完全治愈通過專業人員的治療及正確的口腔衛生。

牙齦炎未經處理，可以發展成牙周炎。隨著時間的推延，菌斑可以播散生長在牙齦緣的下面。細菌所產生的毒素刺激牙齦。各種的毒素誘發慢性的炎症反應。身體開始攻擊自體組

織，造成支撐牙齒的周圍骨頭及組織的分解與毀壞。於是，牙齦就與牙齒分離，行成有感染牙周袋。當疾病繼續發展時，更多的牙周組織及牙槽骨被毀壞。有趣的是，這種毀壞過程只造成輕微的一些症狀。最終，牙齒可以變得鬆動，以至脫落或被拔除。

牙周病的病因是什麼？

牙菌斑是主要因素。當你缺乏正確的口腔衛生習慣及定期牙醫的門診，你患病的機例會大大提高。然而，即使完善的口腔衛生並不能使每一個人都免於牙周病。另外一些危險因素包括：吸煙，身體狀況，藥物，緊張，遺傳，激素改變，以及營養不良。這些因素可以增高患病例，加重，加快牙周病的發展。

誰是牙周病專科醫生？

牙周病專科醫生是牙醫中專門預防，診斷，與治療牙周疾病；以及人工牙齒種植。牙周病專科醫生在這些領域裡接受廣泛而深入的訓練，包括牙醫畢業後額外三年的教育。牙周病專科醫生熟悉牙周病診治的最新技術。此外，他們可以作牙周美容治療來幫助你取得你想往的笑容。

通常，一般牙醫當發現病人有牙周疾病時，就介紹病人到牙周病專科醫生。但是，你並不需要一個介紹才可以看牙周病專科醫生。實際上，一些情形下，你可以直接去牙周病專科診室，或介紹你家人去。

什麼時候我該去看牙周病專科醫生？

如果你珍惜你的口腔如同珍惜你整個身體一樣，你可以在任何時候去牙周病專科醫生那裡作牙周檢查。有些時候，牙周檢查是唯一的途徑來發現你有牙周病。在下列情形中牙周檢查就顯得格外重要：

1. 你已經注意到你有任何下列牙周病

症狀：

牙齦在刷牙或用牙線時容易出血。
牙齦紅，腫，痛。
牙齦從牙齦緣退縮下去。

常期的口臭。

牙齒與牙齦之間流膿。
牙齒鬆動，牙齒分離。
牙齒咬合位置改變。

2. 你在準備懷孕。
牙周炎的孕婦有較常人七倍的可能性早產或產出幼兒。此外，大約有一半的孕婦會有妊娠牙齦炎。然而，懷孕前具有好的口腔衛生，且沒有牙齦炎的婦女很少有這些情形出現。

3. 你家人有牙周疾病。研究反現表明造成牙周疾病的細菌可以通過唾液傳播。這就意味著家庭成員間唾液的接觸可以使得孩子及配偶傳染上牙周病。

4. 你有心臟病，糖尿病，呼吸系統疾病，或骨質疏鬆。愈來愈多的研究顯示牙周病可能與這些疾病有關。與牙周病有關的細菌可以進入血流造成對其他身體臟器的威脅。健康的牙齦就有健康的牙齒。

5. 你覺得你的牙齒太短，或者你的笑容顯出太多牙齦。或者，你缺失一個或多個牙齒想獲得一個相對長久的修復。

6. 你對你目前的牙缺失修復不滿意，例如牙橋或假牙，而希望來植牙。

7. 你口腔裡有疼痛或刺激感，症狀在兩星期內未見好轉。

我第一次來牙周病診室會經歷些什麼？

在你第一次的門診，你的牙周病醫生會了解你全部的醫療及牙科史。知道你是否在用藥或正在接受一些與牙周病有關的疾病的治療對牙周病醫生非常重要。

你的牙周病醫生會檢查你的牙齦，查看是否有齦緣萎縮，檢查你的咬合，及你牙齒的鬆動度。你的牙周病醫生還會用一個測量器具放在你牙齒



· 敦煌植牙、牙周病专业医师陈志坚。

與牙齦之間來確定間隙的深度。這些間隙就是所謂的牙周袋。這樣的測量可以幫助您的牙周病醫生判斷你牙齦的健康情形。X 光片也會被拍攝來觀察你牙齦下牙槽骨的情形。

如何預防牙周疾病？

預防牙周疾病的最好的方法是通過每天有效的刷牙及用牙線，加上定期牙醫門診包括牙周檢查與徹底清潔。如果牙菌斑不被去除，在二十四小時之內，菌斑可以變硬成為牙結石。牙結石，正如其名，其表面如此堅硬，只有專業人員的清潔才可以將其除去。

每天的牙齒清潔會幫助減少牙結石形成，但是，它不可以完全防止牙結石形成。每年至少二次的牙科專業清潔是必需的以清除你牙刷及牙線不能達到之處的牙結石。

為了您和家人的牙齒健康，請儘早去看敦煌植牙、牙周病專業醫師陳志堅，電話 713-995-0086。地址：9889 BELLAIRE BLVD, SUITE 322 HOUSTON, TX 77036

陳志堅醫師糖城診所：地址：3524 Hwy 6 South, Sugar Land TX 77478 (糖城大華超市旁)，電話：281-565-0255。

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