

1 **Salvador Gaytan:** Welcome to SmileTalk, an entertaining and informative dental talk
2 show, featuring the latest news and developments in dentistry. I'm
3 Salvador Gaytan, and I'm here with...
4
5 **Dr. John Chao:** Dr. John Chao, who is accompanied by beautiful Dr. Chi Leung.
6
7 **Dr. Chi Leung:** Thank you.
8
9 **Dr. John Chao:** Whom we interviewed last time. We are going to continue to
10 interview her at this time, and we're going to continue on
11 orthodontics.
12
13 **Salvador Gaytan:** Fantastic. Now, I have a quick question. We're going to do our
14 Rapid Fire Five. Now, Dr. John, you are known as the friendly
15 dentist.
16
17 **Dr. John Chao:** And painless also.
18
19 **Salvador Gaytan:** And painless also.
20
21 **Dr. John Chao:** You know why I'm painless?
22
23 **Salvador Gaytan:** Why is that?
24
25 **Dr. John Chao:** I never feel any pain.
26
27 **Salvador Gaytan:** You never feel any pain?
28
29 **Dr. John Chao:** I guarantee.
30
31 **Salvador Gaytan:** You guarantee?
32
33 **Dr. John Chao:** Yeah, yeah.
34
35 **Salvador Gaytan:** I like that.
36
37 **Dr. John Chao:** No, fortunately most of my patients don't feel any pain either, so
38 we're okay with [crosstalk].
39
40 **Salvador Gaytan:** I've never felt any pain, Dr. John, I never felt any pain, except
41 doing this show sometimes, where you get on me. Now, Dr.
42 Leung...
43
44 **Dr. John Chao:** It has not been totally painless for me either.
45

46 **Salvador Gaytan:** Alright, you see, you see? Okay, now let me get on to our better
47 looking doctor here.
48
49 **Dr. Chi Leung:** Thank you.
50
51 **Dr. John Chao:** No doubt.
52
53 **Salvador Gaytan:** Dr. Leung, Dr. John is known as the friendly dentist. Do your
54 patients know you as the friendly dentist too?
55
56 **Dr. Chi Leung:** Yes, my patients tend to like me. I'm glad, and I appreciate that. I
57 have a patient who hasn't seen dentists for 27 years, and so it's
58 because of the fear, because of the statement, "I hate dentists." But
59 then they come to my office and they are happy.
60
61 My patients, they are all happy. I heard a lot of them say that they
62 can't wait for the appointment time, when the appointment to come
63 to dental office, to my office, they always take early, go out early
64 and then they tell everybody, their coworkers that, "I'm going to
65 see my dentist!"
66
67 **Salvador Gaytan:** Well, what do you give, free donuts?
68
69 **Dr. Chi Leung:** I don't have donuts. We just -- very nice, we provide them with
70 nice service and fun.
71
72 **Salvador Gaytan:** Excellent, so you are the friendly dentist too, I like that. Of course,
73 Dr. John would not have anyone that was unfriendly, would you
74 Dr. John?
75
76 **Dr. John Chao:** No, no, birds of a feather flock together.
77
78 **Salvador Gaytan:** That's right.
79
80 **Dr. John Chao:** So, friendly birds come together.
81
82 **Salvador Gaytan:** That's right. In fact, we're going to get into that, because you've
83 known each other for a number of years, and we'll talk about that a
84 little later, and how you've kind of consulted with each other to
85 provide better service. But let's get to our Rapid Fire Five, Dr.
86 John, shall we?
87
88 **Dr. John Chao:** Yes.
89

90 **Salvador Gaytan:** Okay. I'm going to ask you five true or false questions, you're
91 going to answer them, and then we'll come back to the details. Are
92 you ready?
93
94 **Dr. John Chao:** Yes.
95
96 **Salvador Gaytan:** Okay, question number one: Orthodontic treatment can only be
97 done while the jaws are still growing, true or false?
98
99 **Dr. John Chao:** That's false.
100
101 **Salvador Gaytan:** Okay. Question number two: It's always a good idea to extract
102 teeth prior to orthodontic treatment in order to create space, true or
103 false?
104
105 **Dr. John Chao:** That's definitely false.
106
107 **Salvador Gaytan:** False, okay. Question number three: Chronic tonsil problems may
108 lead to bucked teeth, true or false?
109
110 **Dr. John Chao:** That could be true.
111
112 **Salvador Gaytan:** That could be true, okay. I remember we used to tease people when
113 I was in second, third grade, so and so had bucked teeth, and now
114 you're bringing it back into play here.
115
116 **Dr. John Chao:** Yes, but not always true. We'll talk about that.
117
118 **Salvador Gaytan:** Question number four: Chronic snoring in children is normal and
119 should be ignored, true or...?
120
121 **Dr. John Chao:** That's false, that's false.
122
123 **Salvador Gaytan:** False, okay. Question number five: People over the age of 50
124 cannot have orthodontics, true or false?
125
126 **Dr. John Chao:** That's definitely false.
127
128 **Salvador Gaytan:** False, okay. Well, I guess we'll get back to that to see if there is an
129 age limit, and when people can have orthodontics.
130
131 **Dr. John Chao:** Yes, we can do that, and then we're going to invite Dr. Leung to
132 comment also.
133
134 **Salvador Gaytan:** Okay. Question number one, Dr. John, orthodontic treatment can
135 only be done while the jaws are still growing. That's false.

136
137 **Dr. John Chao:** Yes, false, Dr. Leung, would you explain why that's false?
138
139 **Dr. Chi Leung:** The orthodontic treatment is benefit not only for the children, but
140 also for the adults, and the treatment can be continued as lifelong,
141 and the people only think orthodontist is for cosmetic only, and
142 that is not a true statement, because orthodontists, the treatment is
143 also taking care of good health of the gums, and vague health of
144 the bones.
145
146 The gums and the bones is the foundation for our teeth structure.
147 So, orthodontist treatment is definitely not only for children, but
148 also for adults.
149
150 **Dr. John Chao:** But isn't it better sometimes to have the children start early, before
151 they finish growing, so that we can expand their jaws and create
152 more space?
153
154 **Dr. Chi Leung:** Orthodontist treatment can be divided by two types. One is
155 orthopedic expansion, and one is orthodontic expansion.
156 Orthopedic expansion only can be done in the child that is still
157 growing, because the maxillary suture still is forming, so we have
158 ability to stretch them.
159
160 **Dr. John Chao:** Now, the maxillary suture you're talking about, that's just the line
161 that's formed by the two bones that form the roof of the mouth,
162 isn't that right?
163
164 **Dr. Chi Leung:** That's correct.
165
166 **Dr. John Chao:** It's kind of a separation there between two bones. That's the bone
167 that can actually be expanded orthopedically when the child has
168 not finished growing.
169
170 **Dr. Chi Leung:** Right, but when the child is -- the growth already completed, and
171 by that time, we have no ability to do or to expand the palatal, the
172 suture anymore, so the only treatment we have is, we just move the
173 teeth. We just expand the teeth a little bit in the jaw bone, so that is
174 the difference, but it still can be done.
175
176 **Dr. John Chao:** We can still have pretty dramatic results, couldn't we, even though
177 we are treating adults?
178
179 **Dr. Chi Leung:** Right, and still can end up with very, very nice results. So, that is
180 no doubt.
181

182 **Salvador Gaytan:** Fantastic. Okay, question number two: It's always a good idea to
183 extract teeth prior to orthodontic treatment in order to create space.
184 That is false, Dr. John.
185
186 **Dr. John Chao:** Yes, anything that says always is probably false.
187
188 **Salvador Gaytan:** Okay, I should know that by now.
189
190 **Dr. John Chao:** But Dr. Leung, you want to answer that question?
191
192 **Salvador Gaytan:** Yes, in the early orthodontist theory, they always liked to take out
193 the teeth to create space, and it's easier, and also by that time it's
194 the only thing that is the most stable treatment, but to take the teeth
195 out also involves that, especially nowadays, this world of beauty,
196 and we want a full smile.
197
198 We want to smile, show the teeth, and the teeth are white. That's
199 always a standard of the beauty. If we take the teeth out, then we
200 cannot achieve that, because the jaw would be narrower, and
201 sometimes that will have a small space for our tongue. We also
202 may involve some breathing problem.
203
204 So, nowadays, more and more in the orthodontist world, is try not
205 to take the teeth, but make much fuller and much beautiful smile.
206 So, definitely consult with your orthodontist. It's not always true to
207 needing to take out the teeth.
208
209 **Dr. John Chao:** So, we are looking at patients looking more and more like Julia
210 Roberts and Farrah Fawcett, and actually {your mouth} is quite
211 full, isn't that right?
212
213 **Dr. Chi Leung:** That's right, and I don't think that's -- if everybody looked like
214 that, I think the world will be much more happier, because you
215 would look around these all beautiful women around you, so
216 what's wrong with that?
217
218 **Dr. John Chao:** Well, absolutely nothing wrong to have more beautiful women,
219 such as yourself.
220
221 **Dr. Chi Leung:** Thank you.
222
223 **Dr. John Chao:** But even men enjoy having a full smile, isn't that right?
224
225 **Dr. Chi Leung:** Right.
226

227 **Dr. John Chao:** If you take the teeth out, your mouth is just smaller, and the smile
228 is more constricted, even though the teeth are even.
229

230 **Dr. Chi Leung:** That's 100% correct, and these -- now, look at -- if you look at the
231 magazines, and look at those beautiful women or men in the
232 picture, you can always see that when they smile, the teeth are
233 supposed to disappear when the lip disappears. It should not have
234 any, so called blank space in between, and that is what the people
235 want to see.
236

237 And actually in real world, that type of smile makes people's
238 whole face sort of glow out in the sun, and you look at their smile,
239 you feel happier, because they smile, it's like contagious, makes
240 you happier too.
241

242 **Dr. John Chao:** Now, what is your advice for parents who are taking their children
243 to the orthodontist or to a general practitioner for orthodontics?
244 What questions should they be asking in terms of getting a full
245 smile?
246

247 **Dr. Chi Leung:** Orthodontics is slightly different compared to general dentists. For
248 example, if you have cavity, you go to your doctor and dentist to
249 fill the cavity. So, it's almost the same. You take the decay out,
250 and seal the hole with the material. So, that's almost a standard.
251

252 But in the orthodontics world, they have so many different ways to
253 treat orthodontist problem. Everybody has a different philosophy
254 and every school even teaches differently.
255

256 So, my suggestion is, when you take your kids to the orthodontist,
257 you absolutely will benefit. You take two or three, and listen to
258 them to see what type of treatment they offer to you, and you do
259 the comparison.
260

261 Nowadays, the internet, the computer, it's a whole world out there,
262 you can learn everything from online also. So, that's my
263 suggestion.
264

265 **Dr. John Chao:** Yeah, also if you want your child to have a full smile, don't you
266 think they should tell the orthodontist or the general practitioner,
267 who is doing orthodontics, that they want a full smile, and make it
268 clear to the doctor that you don't want any teeth taken out, that you
269 want to end up with a full smile.
270

271 **Dr. Chi Leung:** Yes, actually in the medical profession, I think our patient should
272 always, always ask these questions wherever they go to. That is the

273 benefit, risk, and alternative, and then ask them, “Okay, if I take a
274 tooth out, what is the benefit? What is the risk? What is the
275 alternative? Can I not take the teeth out, can I have a different type
276 of treatment? Then what will be the result of that?”
277
278 So, if you ask more questions, then you will get your answer. Then
279 you know definitely what is the best for your child.
280
281 **Salvador Gaytan:** Okay, let’s go to question number three: Chronic tonsil problems
282 may lead to bucked teeth. That is true, right, Dr. John?
283
284 **Dr. John Chao:** Yes, I’m going to answer that, and Dr. Leung, please cut in
285 whenever you feel like it.
286
287 **Salvador Gaytan:** Now, Dr. John, can I just ask a quick question though? Can you
288 tell me and the audience exactly what tonsils are?
289
290 **Dr. John Chao:** Tonsils are the lymph nodes in the back of the throat on each side,
291 as you open your mouth real wide, if it’s swollen, you can see
292 some of them looking at you, like tennis balls sometimes, golf
293 balls.
294
295 Those tonsils obstruct breathing. If a child, chronically, over the
296 long term has enlarged tonsils, what it does is forces his tongue to
297 be pushed forward all the time. The swallowing pushes the tongue
298 forward also.
299
300 So, the tongue is like a muscle that’s pushing on the teeth all the
301 time, so therefore it’s going to affect the front teeth. It pushes the
302 front teeth out.
303
304 Generally, a child with chronic tonsillitis tends to swallow with a
305 tongue thrust, because the tongue has to come forward, and it
306 doesn’t look good, so they put the lips over the tongue, and it can
307 oppress their lips.
308
309 So, they get this kind of a pushed-out look. Generally, the lower
310 teeth are kind of crowded, and the lower teeth are kind of hiding
311 behind the upper teeth. So, they tend to develop smaller chins and
312 upper teeth being bucked.
313
314 **Salvador Gaytan:** So, what’s the solution?
315
316 **Dr. John Chao:** Solution is, catch it early and treat the chronic tonsil problem, one
317 way or the other, non-surgically or surgically. That’s something

318 the dentist would be looking for. Now, sometimes people
319 congenitally have bucked teeth.
320
321 **Salvador Gaytan:** I've seen some, I've seen some.
322
323 **Dr. John Chao:** You've seen some, and it's associated with Asians. Asians tend to
324 have, what we call Class II Occlusion. They are just born with their
325 front teeth further out, and it's normal for them. So, the
326 orthodontist should bear that in mind, and not make everybody
327 conform to what's ideal for the non-Asian population.
328
329 So, there's a lot to it, and so it's good to recognize the ethnic
330 differences, and try to tailor orthodontic treatment to fit the child,
331 rather than fit the child into a certain orthodontic regimen.
332
333 **Salvador Gaytan:** For anyone just tuning in, you're listening to SmileTalk with Dr.
334 John Chao. You can reach Dr. John at AlhambraDental.com or
335 626-308-9104. Okay, let's get to question number four of our
336 Rapid Fire Five Dr. John. Chronic snoring in children is normal,
337 and should be ignored, that is false?
338
339 **Dr. John Chao:** We don't think it should be ignored. Chronic snoring is just like a
340 tonsil problem. It could actually be caused by a snoring problem.
341
342 **Salvador Gaytan:** Are there kids that do have chronic snoring?
343
344 **Dr. John Chao:** Yes.
345
346 **Salvador Gaytan:** Really?
347
348 **Dr. John Chao:** Yes. Don't you know kids who snore at night and brux their teeth,
349 brux meaning grind their teeth a lot? A lot of kids snore, and
350 parents often come and complain to the dentist about the child
351 snoring. Or they don't complain, they just mention the fact how
352 interesting it is that the child snores.
353
354 Snoring is an impediment in breathing. It cannot be healthy for
355 somebody to be deprived of the normal amount of air going into
356 the system. Kids who have snoring problems, tend to have
357 nightmares.
358
359 **Salvador Gaytan:** Really?
360
361 **Dr. John Chao:** And bed wetting and different things like that, because the system
362 is deprived of needed oxygen. If it's severe snoring, the whole
363 body is deprived of oxygen. That can lead to problems.

364

365 **Salvador Gaytan:** So, are the remedies for children the same as we've talked about
366 for adults?

367

368 **Dr. John Chao:** The remedy for children is not so much. It could be so severe that
369 they require continuous positive air pressure devices, but generally
370 it's a matter of allergies, enlarged tonsils, nasal obstructions. Those
371 could be corrected by certain non-surgical or surgical means, if
372 they find out what the allergy is.

373

374 If it's a tonsil problem, maybe antibodies can take care of it, but if
375 the antibody does not solve the problem, which sometimes it does
376 not, then some throat specialists might recommend tonsillectomies.

377

378 That, from the dental point of view, we think that that's a very
379 good idea to allow the child to breathe better and live a healthier
380 life, and not have orthodontic problems as she or he gets older.

381

382 **Salvador Gaytan:** Okay. Question number five: People over the age of 50, cannot
383 have orthodontics. That is false.

384

385 **Dr. John Chao:** False. Dr. Leung, you want to comment on that?

386

387 **Dr. Chi Leung:** Yeah, like we talked about previously. Everyone should have -- at
388 least see your dentist and get some advice. It's not only, like I said,
389 long ago, even I remember when I was in dental school, people
390 always think, "Okay, put the braces on child's teeth is just
391 cosmetic. It's just for the beauty."

392

393 But it's not true, and that's its function, like we mentioned before.
394 Everybody should have straight teeth, even when we get older, as
395 straight teeth definitely provide a lot of benefit.

396

397 For example, you can floss them better. If you floss them better,
398 not with the crowd of the teeth, you can get your flosses through,
399 then you have a better gum tissue. Also, in between the teeth, if the
400 teeth are too crowded, the gum cannot grow in between, and the
401 bone cannot grow in between.

402

403 **Dr. John Chao:** So, crooked teeth can actually lead to gum disease.

404

405 **Dr. Chi Leung:** Right, that's...

406

407 **Dr. John Chao:** Crooked teeth can also lead to cavities, because food is getting
408 stuck there.

409

410 **Dr. Chi Leung:** And the loss of the bone around it. In this way -- because I grew up
411 in the family that my mom was a doctor, and my grandfather
412 actually was a very famous doctor who treated the royal families in
413 China.

414
415 As common -- we just talked about the question before, Chinese
416 medicines always say, listen to your body, and your body would
417 tell you what's wrong and what's right. So, for the kids, they
418 cannot do that, they cannot listen to themselves and knowing
419 what's right and wrong, then that's our parents' responsibility.

420
421 If you think that it's not right for you, then it's definitely not right
422 for your children. But because they can't talk, it does not mean that
423 it's right and you can ignore it.

424
425 **Dr. John Chao:** Yeah, our bodies do talk to us, don't they?

426
427 **Dr. Chi Leung:** Body talks to us all the time, just we always ignore it.

428
429 **Dr. John Chao:** Yeah, so our mouth actually talks to us in certain ways, if we have
430 some certain diseases, right? Bleeding of the gums is a way the
431 body is telling us something, isn't it?

432
433 **Dr. Chi Leung:** Yeah, we think about everything going to our body, every nutrition
434 and everything our body needs is coming from our mouth. So, the
435 health condition of our mouth is always an indication of what
436 might give us an alarm.

437
438 If our mouth, our gum is bleeding, should we ask ourselves why,
439 why it's bleeding, are normal people bleeding, and would that
440 indicate something, I should be aware of it?

441
442 So, I think that's -- ancient Chinese always have the way that they
443 treat thousands and thousands years of medicine without modern
444 technology, without modern equipment. They don't even have a
445 blood test. But the major things they do is listen to your body.

446
447 **Dr. John Chao:** But we have the means to actually treat older people with
448 orthodontics.

449
450 **Dr. Chi Leung:** That's right.

451
452 **Salvador Gaytan:** Is there an age that someone cannot have orthodontics?

453
454 **Dr. Chi Leung:** There is no limit.

455

456 **Salvador Gaytan:** What's your oldest patient?
457
458 **Dr. Chi Leung:** My oldest patient is 82.
459
460 **Salvador Gaytan:** 82?
461
462 **Dr. Chi Leung:** Yeah.
463
464 **Salvador Gaytan:** So, well is it a she or a he?
465
466 **Dr. Chi Leung:** It's a she.
467
468 **Salvador Gaytan:** So, she is 82. She didn't come in and say, "Well, you know doctor,
469 I don't know how much longer I'm going to live, but I want to
470 have a good smile for as long as it is." Is that the attitude?
471
472 **Dr. Chi Leung:** Yes, and that's -- I think in general, people always say, "Oh, I'm
473 so old. I don't know how." But my attitude is, always tell them, we
474 never know modern technology, we should live to a 100 and above
475 100 easily. Also, enjoy the quality of life. That is the main concept
476 that we should have.
477
478 You should not say, okay I'm old, and then I'm not going to do
479 anything, then I'm just -- you can't just wait to die. Enjoy every
480 single minute. For example, this 82 years woman -- and I can't
481 even say she's an old woman.
482
483 She looks very nice, and nice skin and positive life attitude. I think
484 that is the major -- and she just wants to say, "I want to enjoy my
485 life. I want to have straight teeth. I want a smile, a beautiful smile,
486 then life will be on my side."
487
488 **Salvador Gaytan:** So, did you give her senior discount for...?
489
490 **Dr. Chi Leung:** The discount for those people is not -- I don't think they're
491 concerned about discount, they're concerned about, "I want this
492 quality of life. I worked my whole life, I take care of my kids, they
493 graduated, they have their own life, they have grandkids, now it's
494 my turn, it's my turn to take care of myself. Then I have a younger
495 life again."
496
497 I really remember one of my patients told me that, she says, "I
498 want to become 18 again. Age wise, I can't. Body wise, I may not
499 be able to, but I can try." 18 is just a number, the attitude, the
500 thinking is more important than the numbers.
501

502 **Salvador Gaytan:** What's your oldest patient you've ever had, Dr. John?
503
504 **Dr. John Chao:** I have had them over 90s.
505
506 **Salvador Gaytan:** Over 90s huh?
507
508 **Dr. John Chao:** 90s, and these patients, they change. Young people, when they
509 have a better smile, they change, but it's actually more amazing
510 when the senior citizens come in, and they say, "I want something
511 different. I want to look nice now, and I want to look as good as I
512 did before, or I will always be stuck with this. I always had
513 crooked teeth, my teeth are always discolored. I want to change it."
514
515 It could be dentures. Actually, we had the most dramatic changes
516 with dentures, because it could be practically overnight, but with
517 natural teeth, it takes a while. But the change in personality is
518 totally phenomenal, it's dramatic.
519
520 **Dr. Chi Leung:** That's right.
521
522 **Dr. John Chao:** All of a sudden they can smile, all of a sudden they can eat, and
523 just in front of your eyes, metaphors into something just totally
524 different. They smile, and they talk. That person was kind of quiet
525 before, now you couldn't stop him from talking.
526
527 It's just amazing. So, I think we are underestimating the needs of
528 our older population in getting a good smile, be able to eat well
529 and enjoy their food. It's really something that we dentists know.
530 We don't have enough of a chance to talk about it.
531
532 So, I want the audience to know that if you have a parent who's
533 older, look to see what you can do for him or her in terms of
534 making that person's smile healthy and good-looking.
535
536 **Salvador Gaytan:** Power of the smile.
537
538 **Dr. John Chao:** Absolutely. It works miracles.
539
540 **Salvador Gaytan:** Fantastic. Well, we're coming to the conclusion of our show, Dr.
541 John and Dr. Leung, and that was a great show. You can contact
542 Dr. John at AlhambraDental.com or 626-308-9104. I guess we'll
543 talk to the audience next week, isn't that right, Dr. John?
544
545 **Dr. John Chao:** Yes, we look forward to it, and if you have questions for Dr.
546 Leung, be sure to send them in.
547

548 *Dr. Chi Leung:* Thank you.
549
550 *Salvador Gaytan:* Goodbye everybody.
551
552 [END OF AUDIO]