

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 also with Dr. Chi Leung.
6
7 **Dr. Chi Leung:** Thank you.
8
9 **Salvador Gaytan:** Dr. Leung, you are breaking history. You are here for a fourth
10 show. How did you stay around?
11
12 **Dr. Chi Leung:** I think I behaved myself, as you requested.
13
14 **Salvador Gaytan:** That's right.
15
16 **Dr. John Chao:** The question is, how could you stand it?
17
18 **Salvador Gaytan:** That's right.
19
20 **Dr. Chi Leung:** That's my...
21
22 **Dr. John Chao:** Put up with us.
23
24 **Dr. Chi Leung:** That's my honor and my pleasure.
25
26 **Salvador Gaytan:** We have another fantastic show coming up, and we have some
27 Rapid Fire Five questions, but at the tail end of our show -- just to
28 kind of wrap up, we talked about that you have a special talent of
29 Chinese opera dancing and singing and that you perform. When is
30 your next performance?
31
32 **Dr. Chi Leung:** I think the big one -- we have quite a few smaller ones here and
33 there like Arcadia's Chamber of Commerce meeting, but the big
34 one would be at the beginning of November and that is the whole
35 show on stage for the whole night. That is for the celebration of
36 our Chinese New Year.
37
38 **Dr. John Chao:** Is that going to be at the San Gabriel Mission?
39
40 **Dr. Chi Leung:** Yes.
41
42 **Dr. John Chao:** Was that the one that you did last year?
43
44 **Dr. Chi Leung:** Yes, yes, yeah and that show normally lasts two to three days, and
45 it's the [inaudible] different type of the shows, different athletic
46 group shows and it was a very, very good show.

47
48 **Salvador Gaytan:** So, are you training for that right now?
49
50 **Dr. Chi Leung:** Yes, we are on heavy, heavy training, and now we are on a
51 summer break.
52
53 **Salvador Gaytan:** Summer break. So, when you're actually training, how many times
54 a week do you train with the other people?
55
56 **Dr. Chi Leung:** We normally train like twice a week, and each session is always
57 two hours.
58
59 **Salvador Gaytan:** Do you think you can get Dr. John in there somehow? Maybe a
60 little salsa...?
61
62 **Dr. Chi Leung:** I tried, I tried so hard.
63
64 **Dr. John Chao:** Actually, I contributed some money on this.
65
66 **Salvador Gaytan:** You contributed?
67
68 **Dr. Chi Leung:** Yes, yes.
69
70 **Dr. John Chao:** That was my participation.
71
72 **Dr. Chi Leung:** He is our big sponsor.
73
74 **Dr. John Chao:** In lieu of performance, I gave them money.
75
76 **Salvador Gaytan:** Well, Dr. John, this year you should perform. We want to see you
77 on stage.
78
79 **Dr. John Chao:** I don't know.
80
81 **Dr. Chi Leung:** Yeah, do the Dragon, the big Chinese Dragon Dance. That would
82 be nice.
83
84 **Salvador Gaytan:** There we go.
85
86 **Dr. John Chao:** I can hide behind something.
87
88 **Salvador Gaytan:** Dr. John, I think your patients -- think of how many tickets you
89 would sell.
90
91 **Dr. John Chao:** Yeah, well, I don't think so.
92

93 **Salvador Gaytan:** They say, “We want to see Dr. John do that dragon dance”.

94

95 **Dr. Chi Leung:** Yes.

96

97 **Dr. John Chao:** That would be the day.

98

99 **Dr. Chi Leung:** Dr. Chao is the dragon head, not the tail.

100

101 **Salvador Gaytan:** I think she’s making a little fun, Dr. John. I think you better

102 perform though.

103

104 **Dr. John Chao:** Yeah, I don’t think I can do this.

105

106 **Salvador Gaytan:** She’s giving you a zinger. You’re not going take that, are you?

107

108 **Dr. Chi Leung:** Yeah.

109

110 **Dr. John Chao:** But maybe I’ll just standby the dragon’s teeth with a big

111 toothbrush.

112

113 **Salvador Gaytan:** There you go, that might a good way to wind it.

114

115 **Dr. John Chao:** Yeah, try to treat that dragon breath.

116

117 **Salvador Gaytan:** Well, you could actually call some people who do have dragon

118 breath, there’s no doubt about it. Now, we’re going to get to our

119 Rapid Fire Five here in a second, but just to wrap it up, this is quite

120 serious. You guys perform all year around, so you take it serious,

121 don’t you?

122

123 **Dr. Chi Leung:** Yes, very, very serious. Every time we perform, we’re always very

124 seriously and also we always want to show the best.

125

126 **Salvador Gaytan:** Do you charge? Do you charge for the tickets or for free?

127

128 **Dr. Chi Leung:** Yes, yes, no, actually it’s always tickets -- they are always on sale.

129

130 **Dr. John Chao:** Now, this is for the benefit for some organization, isn’t it?

131

132 **Dr. Chi Leung:** Yes, that will benefit, because in this -- in our organization, we

133 have very, very small kids. The beginners actually are three and a

134 half years old to four years old. They are just born in America and

135 the parents also have been here for a long time.

136

137 A lot of them are purely, purely grew up in here, so they want to

138 learn some of their own culture, learn some of their own language

139 or the different athletic group in China. So, they all come here to
140 get some enrichment of their background and that is really
141 amazing.
142
143 **Dr. John Chao:** So, your performance benefits a program for these little kids?
144
145 **Dr. Chi Leung:** For those little kids, yeah.
146
147 **Dr. John Chao:** Great.
148
149 **Salvador Gaytan:** Okay, Dr. John, we are ready for our Rapid Fire Five. Are you
150 ready, Dr. John?
151
152 **Dr. John Chao:** Yes, I am. Let's go.
153
154 **Salvador Gaytan:** Okay, I'm going to ask you five questions, true or false, and then
155 we'll get to the details. Question number one, Dr. John: Loss of
156 memory and gastric reflux may be traceable to snoring, true or
157 false?
158
159 **Dr. John Chao:** That's true.
160
161 **Salvador Gaytan:** Okay. Question number two: Dental insurance covers 80% of the
162 expense of all dental treatment, true or false?
163
164 **Dr. John Chao:** That's false.
165
166 **Salvador Gaytan:** Okay, question number three: Fillings can be done without shots or
167 drilling. That has to be false.
168
169 **Dr. John Chao:** That's got to be true.
170
171 **Salvador Gaytan:** It's true, okay. You're going to tell us about that. Number four:
172 FDA, it's the Food and Drug Administration, has certified certain
173 lasers as safe and effective for treatment of severe gum disease,
174 true or false?
175
176 **Dr. John Chao:** That's actually true.
177
178 **Salvador Gaytan:** Okay. Question number five: You can go to your oral surgeon,
179 have your wisdom teeth extracted and elective plastic surgery done
180 at the same time, true or false?
181
182 **Dr. John Chao:** That's actually true.
183
184 **Salvador Gaytan:** Well, that's one-stop shopping, huh?

185
186 **Dr. John Chao:** That's right, you can have everything done all at one time.
187
188 **Salvador Gaytan:** Wow, okay. Get to your question number one, Dr. John: Loss of
189 memory and gastric reflux may be traceable to snoring. That's true,
190 but tell the people what exactly is gastric reflux? I'm not really
191 sure on that.
192
193 **Dr. John Chao:** That's when something comes back up from your stomach.
194
195 **Salvador Gaytan:** Okay.
196
197 **Dr. John Chao:** It's related to sleep apnea again. So, snoring into the extent that it
198 creates sleep apnea can lead to neurological problems such as loss
199 of memory. It's very common -- that's a very common symptom of
200 obstructive sleep apnea, and gastric reflux is also a very common
201 symptom of sleep apnea that we have touched upon on different
202 occasions on this show.
203
204 Now, how do the dentists get involved in this? The dentists are
205 involved in treating sleep apnea and snoring, because of the
206 devices that we use to advance lower jaw. When we advance the
207 lower jaw, we can actually get rid of snoring.
208
209 **Salvador Gaytan:** Okay. Question number two: Dental insurance covers 80% of the
210 expense of all dental treatment. That's false.
211
212 **Dr. John Chao:** Yeah, the answer to that is false. We've covered this also, but this
213 question is asked so often, that we're probably good that we have
214 this question now.
215
216 First of all, there's no dental insurance. There's no company in the
217 United States that calls itself a dental insurance company. They
218 call themselves dental plans, and these plans do not insure the
219 patient against the expenses of dental treatment.
220
221 There's no insurance involved. It's just a collage of benefits that
222 covers, to a certain extent, some of the most commonly used dental
223 procedures. Even though the plan may say that it covers 80% of
224 certain procedures, what it's really saying is, the plan covers 80%
225 of the fees that the plan is using for those procedures.
226
227 Those fees could be actually much lower than what the dentist in
228 the area charges. So, plans don't generally pay 80% of the
229 expenses of treatment.
230

231 **Salvador Gaytan:** Okay. Question number three: The FDA, the Food and Drug
232 Administration, has certified certain lasers as safe and effective for
233 treatment of severe gum disease. That's true.
234

235 **Dr. John Chao:** That's true that certain lasers have been used effectively to treat
236 gum disease, the Nd:YAG lasers and certain other lasers can
237 selectively target certain kinds of infected tissue. So, it can
238 selectively remove infected tissue to the extent that it can arrest the
239 progress of gum disease.
240

241 **Salvador Gaytan:** So, do you use lasers very often in your practice, Dr. John?
242

243 **Dr. John Chao:** Yes, we use it almost daily.
244

245 **Salvador Gaytan:** Daily?
246

247 **Dr. John Chao:** Daily, especially the hygienists. We use it to remove infection,
248 because we can selectively remove infected tissue, and these lasers
249 actually do not harm healthy tissue. We are able to use it in that
250 way to arrest gum disease.
251

252 **Salvador Gaytan:** So, now I think most of the public would not be aware that lasers
253 were really used in dentistry, and but used them almost every day,
254 and you can actually use them on the gum, take out some of I
255 guess bad tissues, you said, but it doesn't harm the good tissue.
256

257 **Dr. John Chao:** Good tissue, yeah. It's not just a device to just burn away tissue. It
258 could be used to do that, but in certain settings, you can selectively
259 target infected tissue.
260

261 **Salvador Gaytan:** Wow, that's fantastic, okay. Question number five: You can go to
262 your oral surgeon, have your wisdom teeth extracted, and elective
263 plastic surgery done at the same time. You said that's true?
264

265 **Dr. John Chao:** Yes, that's true. Now, it didn't used to be true. Actually, I
266 shouldn't say that. It has been true for many years now, that the
267 dentist who specializes in oral surgery, they call them Maxillo-Oral
268 Facial Surgeons, can reconstruct a face if it's related to an accident
269 or certain illnesses such as oral cancer and so on.
270

271 They have been doing facial reconstruction, plastic surgery for
272 diseases and trauma for many, many years now. It's just that oral
273 surgeons have not been authorized by law of California, in
274 California, to do elective plastic surgery until about a couple of
275 years ago.
276

277 Now, through certain changes in legislation, the oral surgeon now,
278 who has had the requisite training, can offer his patients or her
279 patients, elective plastic surgery. So, they could do -- take care of a
280 wisdom tooth or take care of all four wisdom teeth, and go ahead
281 and do Rhinoplasty.
282

283 **Salvador Gaytan:** A nose job.
284

285 **Dr. John Chao:** Yeah, and do a face lift at the same time. So, you can get
286 everything done, presumably if he has a hygienist, get your teeth
287 clean, and get your teeth bleached and do plastic surgery the same
288 day.
289

290 **Salvador Gaytan:** Dr. John, when are you going to provide all these services for your
291 patients?
292

293 **Dr. John Chao:** No, I stop at the teeth.
294

295 **Salvador Gaytan:** You stop at the teeth?
296

297 **Dr. John Chao:** At the smile, and I don't go beyond.
298

299 **Salvador Gaytan:** Okay, okay.
300

301 **Dr. John Chao:** I'll leave that to somebody else.
302

303 **Salvador Gaytan:** Dr. Leung, are you going to provide those services?
304

305 **Dr. Chi Leung:** No, I don't think so. I think we as dentists, we do have our
306 limitation, as which part we can and which part is beyond our
307 scope of practice. So, I think we can take care of the oral beauty,
308 but leave the facial beauty to some expert.
309

310 **Salvador Gaytan:** Okay.
311

312 **Dr. John Chao:** This was a good question, because it does bring out the fact that
313 dentists are the experts as to the face, because the face is made up
314 of muscles that we deal with all the time.
315

316 So, it should not be strange that dentists who specializes in oral
317 surgery are now given the prerogative to offer plastic surgery of
318 the face, because that's what they really deal with in their training.
319 So, this is something that's -- it's a plus for the dental profession,
320 that we can offer so many services to our patients.
321

322 **Salvador Gaytan:** And for anyone just tuning in, you're listening to SmileTalk with
323 Dr. John Chao, the friendly dentist, and our special guest, Dr. Chi
324 Leung, from Glendale. You can contact Dr. John at
325 AlhambraDental.com or 626-308-9104. If you, for any reason,
326 want to contact Dr. Leung, where can they reach you, doctor?
327

328 **Dr. Chi Leung:** Actually, they can reach me through Dr. John's office, so...
329

330 **Dr. John Chao:** But if you want to reach her, you can look her up. It's L-E-U-N-G.
331

332 **Dr. Chi Leung:** Yes. Well, I do have my office. My office phone number is -- if
333 you call Dr. Chao's office, and you will find my phone number.
334

335 **Dr. John Chao:** Yeah, we'll be happy to relay your messages to Dr. Leung.
336 However, you're on {Brand}, isn't it?
337

338 **Dr. Chi Leung:** I'm on {Central}.
339

340 **Dr. John Chao:** Central and Brand, right, right at the corner there.
341

342 **Dr. Chi Leung:** I know him for six years, he never remembers where I am.
343

344 **Dr. John Chao:** I know how to drive there, I haven't memorized the address yet.
345

346 **Salvador Gaytan:** Well, now that brings me to another side issue here. You've known
347 Dr. John for five, six years?
348

349 **Dr. Chi Leung:** Yeah, for six years now.
350

351 **Salvador Gaytan:** How did you guys come in contact?
352

353 **Dr. Chi Leung:** Well, Dr. Chao was giving a lecture on the law that is related to
354 dental law and infection control. So, I was attending his course,
355 and then we talked and then ever since then, we just keep in touch
356 and we have been -- if we have a question, if we have a problem,
357 we always help each other and it's very good in the solid
358 friendship which I really, really appreciate.
359

360 **Salvador Gaytan:** Now, I heard that first day, that you pulled out onto the freeway
361 and got a flat tire, and he pulled out to help you. Is that true?
362

363 **Dr. Chi Leung:** I don't remember.
364

365 **Salvador Gaytan:** No, I'm just kidding.
366

367 **Dr. Chi Leung:** I think that AAA helped me.

368
369 **Salvador Gaytan:** Dr. John knows how to change tires, don't you Dr. John?
370
371 **Dr. John Chao:** Well, maybe that's the way you have met some very attractive
372 young lady.
373
374 **Salvador Gaytan:** Hey, you just cruise the freeways and wait until someone gets a
375 flat, I mean you got a captive audience.
376
377 **Dr. John Chao:** Yeah, now we know your...
378
379 **Salvador Gaytan:** It's a good strategy, I'll tell you.
380
381 **Dr. John Chao:** Your {modus} operandum. But you know what Sal, we did miss a
382 question.
383
384 **Salvador Gaytan:** Okay, go -- did we?
385
386 **Dr. John Chao:** Fillings can be done without shots or drilling.
387
388 **Salvador Gaytan:** You know what? You are correct.
389
390 **Dr. John Chao:** We need to answer that.
391
392 **Salvador Gaytan:** Okay, let me ask that question. Fillings can be done without shots
393 or drilling. That's true.
394
395 **Dr. John Chao:** That's true. Now, there are different ways to do -- to take care of
396 cavities. We have actually at least two means to do cavities without
397 drilling. One is with what's called Air Abrasion. That's a
398 miniaturized sand blasting tool. It shoots out a fine stream of air
399 with some abrasive powder, and that can basically wear away the
400 areas of decay.
401
402 **Salvador Gaytan:** You've used that on me?
403
404 **Dr. John Chao:** Yes, we use it on a lot of people painlessly. Basically, we use it for
405 more superficial cavities. Then lasers, there are lasers that can do
406 the work of drilling, also painlessly. So, there are two means of
407 doing cavities, taking care of cavities without drills or even shots.
408
409 **Salvador Gaytan:** So, Dr. John, what would you say would be the percentage of the
410 amount of time that you use a laser versus a drill?
411
412 **Dr. John Chao:** Well, actually I don't use lasers for cavities, for different reasons. I
413 prefer to use Air Abrasion. One of the reasons is that for Air

414 Abrasion, the diameter of the instrument is very, very small. The
415 nozzle is much smaller than the laser.
416
417 **Salvador Gaytan:** So you can be more precise.
418
419 **Dr. John Chao:** I can be more precise, especially if I am using the microscope. So,
420 for that reason, I've tended to use Air Abrasion for cavities and
421 then I use lasers for soft tissue, such as gum.
422
423 **Salvador Gaytan:** So, what percentage do you think you use Air Abrasion versus
424 drilling?
425
426 **Dr. John Chao:** I would say probably five or six or seven to one. Most of the time
427 using -- if the cavity is big enough, then we do have to do other
428 kinds of work.
429
430 **Salvador Gaytan:** So, that's good news for your patients, because most likely you're
431 going to use Air Abrasion on them when they have a cavity.
432
433 **Dr. John Chao:** Yes, if it's small.
434
435 **Salvador Gaytan:** If it's small.
436
437 **Dr. John Chao:** If it's small, and just thankfully...
438
439 **Dr. Chi Leung:** Yeah, I think there is a limitation still for lasers or Air Abrasions,
440 it's that the tooth, it has to be aversion tooth cannot have old filling
441 or crown on top. Am I right?
442
443 **Dr. John Chao:** Yeah, you can't be -- you don't want to use Air Abrasion to blow
444 away a silver filling and so on, that doesn't work. But it has to be
445 on the tooth that has not been drilled on.
446
447 However, we can use Air Abrasion for little plastic fillings and so
448 on. That can happen, but for large cavities, thankfully I don't have
449 too many of those. Then we have to do crowns and porcelain
450 inlays and large fillings.
451
452 **Salvador Gaytan:** Now, I've noticed here something. Now, for keeping teeth white,
453 you advise your patients not to drink coffee, isn't that right?
454
455 **Dr. Chi Leung:** Well, we can't say, "Okay, because you want your teeth white,
456 you've lost your enjoyment now for your lifestyle." Some people
457 like coffee, and we can't say, "Okay, don't drink it." We do have a
458 way to whitening patients' teeth and if you like to drink coffee or

459 drink tea, you just do a little bit of touch up once a while, and that
460 is applicable.
461
462 Tooth whitening, we have all those different ways that's
463 [inaudible] from commercial, from over the counter, from market
464 or professionally in the dental office, they have so many different
465 ways.
466
467 Bleaching in the dental professional's office is still the most
468 effective way, and it's the fastest way, and also it's on the
469 supervision of the dentist, and still the most reliable way to do it.
470 Am I right, Dr. John?
471
472 **Dr. John Chao:** Yeah, you can have some coffee. I like coffee.
473
474 **Salvador Gaytan:** I brought that up, because I see two big coffee drinkers...
475
476 **Dr. John Chao:** Because you see me drinking coffee.
477
478 **Salvador Gaytan:** Sitting on the table.
479
480 **Dr. John Chao:** Hers is actually hot chocolate.
481
482 **Dr. Chi Leung:** My teeth is not yellow.
483
484 **Salvador Gaytan:** So, what you're telling me is you're not going to give up all of
485 your enjoyments, are you?
486
487 **Dr. Chi Leung:** Life is just like I said, so many colors. You can't do -- everyone of
488 us, we do the good things, we also do the bad things. I think that's
489 why make it so meaningful. If it's always just so good, I think
490 maybe it's just -- then that's non-human. That's my point of view.
491 So, we enjoy our life and meanwhile we do something else to
492 correct our mistake, then life goes on.
493
494 **Dr. John Chao:** Yeah, such as a home bleaching kit, that you can use, and if you
495 used to feel like your teeth are not as white as it needs to be, then
496 you put a little bleaching gel into the little mouth guard, then you
497 put it in your mouth over time and get it white again. So, I see a lot
498 of people successfully do that, who like to drink tea or coffee.
499
500 **Salvador Gaytan:** Now, Dr. Leung, you told me a little funny story during the break,
501 about some guy coming in to whiten his teeth. Go ahead and tell
502 the people about that.
503

504 **Dr. Chi Leung:** Well, before I always think, “Okay, only women like white teeth,
505 and only women like “beautiful smile”, but I think now it’s
506 changed. A lot of male patients, they like to have that beautiful
507 smile.
508
509 They have that bright smile too, and as a result, one patient came
510 in, he wanted very nice teeth and good smile, because he wanted to
511 impress a girl, so he can get married, he had somebody in his life.
512
513 After we bleached his teeth, actually he did. He found a wonderful
514 woman, and then they got married and then his wife became my
515 patient too.
516
517 **Salvador Gaytan:** Then he started drinking a bunch of coffee, he didn’t care
518 anymore, isn’t that right?
519
520 **Dr. Chi Leung:** Yeah, I think after marriage you are just...
521
522 **Salvador Gaytan:** He hooked her in and then he stopped.
523
524 **Dr. Chi Leung:** Yeah.
525
526 **Dr. John Chao:** Well, actually that’s an interesting comment, because I was talking
527 to a marketing expert for plastic surgeons, and I asked him what he
528 thought was the target for marketing by plastic surgeons, and he
529 said it’s not the women now. It’s the men in the late 30s and early
530 40s. They want the plastic surgery, they want the eyelifts and the
531 facelifts and all those little things.
532
533 **Salvador Gaytan:** You’re talking single guys or married guys?
534
535 **Dr. Chi Leung:** Mostly single.
536
537 **Salvador Gaytan:** Single, because their shelf life is running out.
538
539 **Dr. John Chao:** They are looking. So, I think what you’re talking about is a
540 microcosm of something bigger that’s happening in our society.
541 Recession or not, these guys are going out there and getting what
542 they need in terms of cosmetic procedures.
543
544 **Dr. Chi Leung:** I think the society -- I see the trend a little bit changed, and
545 especially for male patients, and now normally they are more
546 successful now.
547
548 It’s funny when me and my office staff, we talk about as women,
549 we hate to get old, because then we have wrinkles, we sometimes

550 even shrink because of osteoporosis, like loss of the bone. But as
551 men, they get older, and they are much more attractive, because
552 they are wise.
553
554 **Salvador Gaytan:** Even the belly, the beer belly is attractive?
555
556 **Dr. Chi Leung:** That part should -- not in beauty of eye now. They are much more
557 stable, and they have a stable income, and their life is stable, and
558 they are much wise, and they know what is good and what is not
559 good.
560
561 So, they are much more -- as a gentleman standard, they are much
562 more gentle, and they know how to take care of women. So, that's
563 actually a very attractive group of population now. So, that's why
564 they realize that, and the male patients come to more enhancement
565 of their advanced life.
566
567 **Salvador Gaytan:** I see.
568
569 **Dr. John Chao:** It's good to have a good personality, but it's better to have a good
570 personality with some good looks, right?
571
572 **Dr. Chi Leung:** Exactly, look always matters.
573
574 **Salvador Gaytan:** Well, I do hear in female conversation sometimes, women say that
575 they do like a man with straight teeth and white teeth.
576
577 **Dr. Chi Leung:** Yes.
578
579 **Salvador Gaytan:** So, it is important to women out there, when they're evaluating,
580 who they're going to date, who they're going to marry.
581
582 **Dr. Chi Leung:** It's funny even while my patient workings is -- I'm not dating him,
583 the first sign I see is his teeth yellow. So, I will say, okay.
584
585 **Salvador Gaytan:** Bring him in.
586
587 **Dr. Chi Leung:** Bring him in.
588
589 **Salvador Gaytan:** We'll fix him up.
590
591 **Dr. John Chao:** That's perfectly fixable, right?
592
593 **Salvador Gaytan:** Well, that looks like it's a wrap for this show, Dr. John. So, you
594 can reach Dr. John at AlhambraDental.com or 626-308-9104.
595 We'll talk to you next weekend.

596

597 *Dr. John Chao:* Thank you.

598

599 *Dr. Chi Leung:* Thank you.

600

601 [END OF AUDIO]