

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. Hi, everybody.
6
7 **Salvador Gaytan:** Dr. John, you're also known as the friendly dentist, isn't that right?
8
9 **Dr. John Chao:** That's right. We keep everything painless and friendly.
10
11 **Salvador Gaytan:** Painless and friendly.
12
13 **Dr. John Chao:** We treat every patient like family.
14
15 **Salvador Gaytan:** I like it, I like it. We're going to make this entertaining as you've
16 always promised. So, we're going to start with our Rapid Fire Five,
17 which is, I ask you five true or false questions, and you say
18 whether they're true or false and then we come back to the details.
19
20 **Dr. John Chao:** Okay, we'll do that and make it as entertaining as possible, but
21 remember now, you have 50% of the burden.
22
23 **Salvador Gaytan:** Okay.
24
25 **Dr. John Chao:** So, let's keep it going.
26
27 **Salvador Gaytan:** Let's go. Are you ready, Dr. John?
28
29 **Dr. John Chao:** Yes, I am. Shoot away.
30
31 **Salvador Gaytan:** Okay, first question: It does not matter what type of toothbrush is
32 used, just brush, true or false?
33
34 **Dr. John Chao:** False.
35
36 **Salvador Gaytan:** Okay, question number two: It is okay to share toothbrushes with
37 other people, true or false?
38
39 **Dr. John Chao:** False.
40
41 **Salvador Gaytan:** Okay, question number three: Approximately 20% or less of
42 people brush their teeth at work, true or false?
43
44 **Dr. John Chao:** True.
45

46 **Salvador Gaytan:** Okay, question number four: Approximately 40% of
47 employees/workers rank a person's smile as the first thing that they
48 notice, true or false?
49

50 **Dr. John Chao:** That's true.
51

52 **Salvador Gaytan:** Okay, question number five: Fluoride should be added to a baby's
53 formula, true or false.
54

55 **Dr. John Chao:** You would think it should be true, but it's false.
56

57 **Salvador Gaytan:** It's false, okay. We'll get back to the details of that. Let's get to
58 question number one, Dr. John: It does not matter what type of a
59 toothbrush is used, just brush, and you say that is false. Why?
60

61 **Dr. John Chao:** It's true, you do want to really brush, but you could use the wrong
62 toothbrush, which may not be good for you. Generally speaking,
63 you should use a brush that has not been frayed and splayed and
64 worn out. You should use a toothbrush that's new and you should
65 change it every three or four months.
66

67 **Salvador Gaytan:** Every three or four months, even in these tough economic times.
68

69 **Dr. John Chao:** Because unless you do that, it becomes ineffective. An old tooth
70 brush can actually accumulate a lot of bacteria, which is then
71 counterproductive. But on the other hand, you should choose
72 toothbrushes that have a fairly sizable handle, that's about an inch
73 to an inch and a half in terms of its bristles and get something with
74 soft rounded bristles, so you don't do any harm.
75

76 **Salvador Gaytan:** Well, there are a lot of options out there. If the common person
77 looks at toothbrushes, their eyes glaze over in the supermarket. So,
78 you say use the proper toothbrush, and you mentioned handle and
79 the bristles, but there are different toothbrushes.
80

81 How does someone know if they're getting the right toothbrush? I
82 mean now there's soft, medium, this, that, kids' toothbrushes, how
83 do you know?
84

85 **Dr. John Chao:** Well, as to softness, generally speaking you can't go wrong with
86 getting a soft toothbrush, most of the time the harm is done with a
87 hard brush. So, I generally prefer patients choose a soft one. You
88 can't get too soft. It's difficult to get too soft.
89

90 **Salvador Gaytan:** Now, why do they make a kids' toothbrush, what makes a kids'
91 toothbrush?

92
93 **Dr. John Chao:** Well, they make it a little smaller, generally to make it a little
94 softer, because the teeth are smaller and the kids can't put a big
95 toothbrush in their mouth. So, it's not as convenient and usable, so
96 it should be small and soft. Make it small and soft and have the
97 bristles rounded, so it doesn't cut your gum or cut your tooth.
98
99 **Salvador Gaytan:** I actually keep a toothbrush in my golf bag, my car, and I actually
100 have kids' toothbrushes, because they're so soft.
101
102 **Dr. John Chao:** Yeah.
103
104 **Salvador Gaytan:** They feel good on my teeth and gums.
105
106 **Dr. John Chao:** Yeah, and a smaller toothbrush is actually good. You can get into
107 the crevices better actually.
108
109 **Salvador Gaytan:** The crevices, right.
110
111 **Dr. John Chao:** So, I like soft toothbrushes and smaller size. It will take more time.
112 Generally, people don't spend enough time brushing their teeth.
113
114 **Salvador Gaytan:** Now, we talked about this a little bit, but what in minutes is at least
115 the minimum amount of time someone should spend brushing their
116 teeth?
117
118 **Dr. John Chao:** It's generally recommended by experts that you brush at least two
119 minutes.
120
121 **Salvador Gaytan:** That's barebones minimum?
122
123 **Dr. John Chao:** Barebones minimum, and most of the automatic toothbrushes that
124 have timers would give you a little warning or a little vibration, a
125 little flashing of the lights every 30 seconds, and then it will stop
126 after two minutes.
127
128 **Salvador Gaytan:** Okay, what if someone says, "Well, okay, I'll brush four minutes"?
129
130 **Dr. John Chao:** That's okay, if you brush properly, if you want to take your time
131 and don't overdo it.
132
133 **Salvador Gaytan:** Now, when you say overdo it, what does that mean?
134
135 **Dr. John Chao:** That's a very good question. If you go front and back, back and
136 forth, around the gum line and scrub very hard, you will,
137 eventually, abrade the roots of the teeth, and you will cause gums

138 to recede. So, it's not that good to just brush the outside of your
139 teeth, outside meaning that the surface that faces the cheek or faces
140 the lip.
141
142 Then you're not getting to where you need to put it, you'll just
143 rigorously brush your teeth and we'll see a lot of damage come
144 from over-brushing. So, brush properly means you brush
145 thoroughly and softly, and there are different methods as to how a
146 person should brush.
147
148 **Salvador Gaytan:** So, brush longer, but just brush gently.
149
150 **Dr. John Chao:** Yeah, brush thoroughly, but gently.
151
152 **Salvador Gaytan:** Gently, okay. Question number two: It is okay to share
153 toothbrushes. Now, in these hard economic times, Dr. John, why
154 not? Why not have a family of four using one toothbrush?
155
156 **Dr. John Chao:** Well, you think if you brush together, the family stays together,
157 right?
158
159 **Salvador Gaytan:** That's exactly it, right?
160
161 **Dr. John Chao:** Right, and then you can also save money.
162
163 **Salvador Gaytan:** Save money.
164
165 **Dr. John Chao:** By using the same smelly, ugly toothbrush.
166
167 **Salvador Gaytan:** I mean toothbrushes, you just rinse them out, they're clean right?
168
169 **Dr. John Chao:** Yeah, well, it doesn't -- well, imagine what's in somebody else's
170 mouth and then put it in your mouth, Sal. How would like...?
171
172 **Salvador Gaytan:** What if a husband and wife says, "Well, we kiss, so what's
173 [inaudible] using toothbrushes?"
174
175 **Dr. John Chao:** Well, it doesn't smell and taste the same.
176
177 **Salvador Gaytan:** Not the same, huh?
178
179 **Dr. John Chao:** So, but all joking aside, each person should have his or her own
180 toothbrush, and actually keep it apart. Don't share it and don't let -
181 - don't throw your toothbrush into the same bin, because your
182 loved ones, your children or your spouse, your wife or husband can
183 have a flu or some kind of a disease that you don't want to get.

184
185 One way to pass germs around and viruses around is to have your
186 toothbrush in the same cup or basin or container as the
187 toothbrushes of the others in the family.
188
189 **Salvador Gaytan:** Now, what happens if you're brushing the teeth and it falls on the
190 floor? Is there like a three second rule where you have to throw it
191 out or you can clean it or what?
192
193 **Dr. John Chao:** If it's falling on the floor, be sure you clean it really, really well,
194 [crosstalk] just put it in your mouth.
195
196 **Salvador Gaytan:** What if you walk in -- what if a mother walks in and they see their
197 kids' toothbrushes on the floor and it's been there for an hour. Can
198 you clean it or do you have to throw it out?
199
200 **Dr. John Chao:** I would clean it, if you dropped it into the toilet bowl, I would
201 imagine you want to throw it away, but on the floor it's probably
202 not a big problem.
203
204 **Salvador Gaytan:** Even for an hour, no problem?
205
206 **Dr. John Chao:** Unless somebody stepped on it and messed it up.
207
208 **Salvador Gaytan:** The family dog came and licked it.
209
210 **Dr. John Chao:** You'd be amazed what the dogs would eat. Just the other day
211 somebody came in with a bite guard that was all chewed by the
212 dog.
213
214 **Salvador Gaytan:** By the dog.
215
216 **Dr. John Chao:** Yeah, dogs love dentures and bite guards and anything plastic that
217 has the taste and smell of the owner.
218
219 **Salvador Gaytan:** Really?
220
221 **Dr. John Chao:** They love to eat it like bone. They love to chew it up.
222
223 **Salvador Gaytan:** Is that why dogs -- I guess they like to get the owner's clothes,
224 socks, underwear?
225
226 **Dr. John Chao:** Yeah, they love that stuff. I don't know how many night guards
227 and dentures I've had to replace, because the dog got to it.
228
229 **Salvador Gaytan:** So, keep those things away.

230
231 **Dr. John Chao:** Yeah, the dog -- a lot of people blame homework and things on
232 their dog, but dentures being chewed up by dog is actually happens
233 more often.
234
235 **Salvador Gaytan:** Well, you see the evidence, you see the evidence come in, it's all
236 chewed up, right?
237
238 **Dr. John Chao:** Yeah, so it's not like my dog chewed my homework and
239 disappeared.
240
241 **Salvador Gaytan:** So, if someone drops their toothbrush, how should they clean it?
242 Just soap and water or...
243
244 **Dr. John Chao:** Soap and water, if you have some alcohol there, I would use some
245 alcohol, it's okay.
246
247 **Salvador Gaytan:** For how long.
248
249 **Dr. John Chao:** Three or four minutes would be fine, but be sure you wash it.
250 Basically, if you wash the stuff away, that really does it, but if you
251 can additionally -- I don't know what alcohol would do to the
252 bristles, two or three minutes is probably not a problem, yeah. Or if
253 you're afraid, then you can soak it in some mouthwash, but if you
254 wash it and keep it clean, it should be fine.
255
256 **Salvador Gaytan:** For anyone just tuning in, you're listening to SmileTalk with Dr.
257 John, the friendly dentist from Alhambra Dental, and for any
258 questions or to get in contact with Dr. John, you can logon to
259 AlhambraDental.com or 626-308-9104.
260
261 **Dr. John Chao:** Did you say funny questions or any questions?
262
263 **Salvador Gaytan:** Well, funny...
264
265 **Dr. John Chao:** It sounded like funny questions.
266
267 **Salvador Gaytan:** Well, I said any, but maybe it came out funny, because we do
268 answer funny questions.
269
270 **Dr. John Chao:** We do come up with them.
271
272 **Salvador Gaytan:** Yeah, that's right, so if the people have...
273
274 **Dr. John Chao:** If you have funny questions, you can send them in too.
275

276 **Salvador Gaytan:** Exactly, we like funny questions, right?
277

278 **Dr. John Chao:** Yeah, actually, yeah, we sure enjoy them.
279

280 **Salvador Gaytan:** Absolutely. Okay, Dr. John, question number three of our Rapid
281 Fire Five: Approximately 20% or less brush their teeth at work,
282 true or false?
283

284 **Dr. John Chao:** That's true according to a study done by The American Academy
285 of General Dentistry in cooperation with Oral-B laboratories. They
286 actually polled 1,000 full time employed adults, 18 years and older
287 about their dental care habits.
288

289 It turned out that only 14% of the respondents are brushing every
290 day at work, even though three quarters of them eat twice or more
291 a day at their workplace.
292

293 **Salvador Gaytan:** That's awful.
294

295 **Dr. John Chao:** So, all their food is sticking on their teeth, and only one out of
296 seven of them are actually brushing their teeth at work. So, we do,
297 as dentists encourage people to brush your teeth after meals.
298

299 **Salvador Gaytan:** Now, why is it so low that only one out of seven?
300

301 **Dr. John Chao:** One out of seven.
302

303 **Salvador Gaytan:** One out of seven people are brushing their teeth at work. Aren't
304 they getting your message?
305

306 **Dr. John Chao:** Well, that's one thing we're not getting across enough. It's still an
307 uncommon sight for me to go to the bathroom in a public restroom
308 and see somebody brushing their teeth.
309

310 **Salvador Gaytan:** Yes.
311

312 **Dr. John Chao:** I always make it a point to compliment them and encourage them,
313 tell them they're doing well, but unfortunately the message is not
314 getting through. But for those people who do it, they brush their
315 teeth after every meal and they floss or they do something with
316 their teeth after meals, they report that they really enjoy it.
317

318 They feel good, they feel really, really fresh and clean, and the
319 eating experience is so much more enjoyable when they have
320 brushed their teeth.
321

322 **Salvador Gaytan:** Now, so what most people think, as my understanding is, you
323 brush your teeth in the morning and at night and in between all
324 day, nothing.
325
326 **Dr. John Chao:** That's if they do it at all.
327
328 **Salvador Gaytan:** If they do it, if they do it.
329
330 **Dr. John Chao:** If they maybe do it -- I think most people brush at least once a day.
331
332 **Salvador Gaytan:** Yeah.
333
334 **Dr. John Chao:** Maybe inadequately, but they do brush it once a day and more
335 people brush it twice a day.
336
337 **Salvador Gaytan:** But even if that -- take that, Dr. John, they brush in the morning
338 after breakfast, and they eat during the day, and they don't brush
339 until night time. That means the food is on their teeth for 10 hours
340 baking in their mouth.
341
342 **Dr. John Chao:** That's right, since breakfast, lunch and dinner are all there, and
343 germs form very fast.
344
345 **Salvador Gaytan:** People don't realize how hot the mouth is, right, 98.6?
346
347 **Dr. John Chao:** Yeah, and people worry about bad breath and so on, instead of
348 some chewing gum and trying to control it that way, just take a
349 minute or two and brush your teeth after meals. But I'd like the
350 audience to know that once you get started doing it after meals,
351 you will not want to abandon it. I have so many patients who tell
352 me how they don't want to stop doing that. They don't want to stop
353 brushing their teeth afterwards.
354
355 **Salvador Gaytan:** Don't you think a lot of people -- they just feel self-conscious
356 brushing their teeth in the public restroom at work, because no
357 one's doing it?
358
359 **Dr. John Chao:** I don't think it's that much, I think they're just in a hurry to get out
360 of there and go on to their life, and to go on to what they're doing.
361 There could be people who are embarrassed, but I certainly am not,
362 and I brush my teeth, people don't look at me differently.
363
364 **Salvador Gaytan:** But they're probably surprised, "Whoa, I don't see this very
365 often".
366

367 **Dr. John Chao:** Yeah, I haven't had any comments really. People do all kinds of
368 weird things in front of the mirror in the restroom, so they will
369 comb their hair, do all kinds of things I don't think I want to talk
370 about, but brushing your teeth, that does not really stand out that
371 much.
372

373 **Salvador Gaytan:** We're not in the ladies restroom, where a lot more make-up is
374 going on, right?
375

376 **Dr. John Chao:** No, you don't want to be brushing -- I don't want to be brushing
377 my teeth in the ladies restroom.
378

379 **Salvador Gaytan:** No, I mean, we're not in there, we don't see what goes on there.
380 Okay, Dr. John, fourth question of the Rapid Fire Five:
381 Approximately 40% of the employees/workers rank a person's
382 smile as the first thing that they notice, true or false? That is...
383

384 **Dr. John Chao:** I think that's true in this study, but also other studies, where they
385 actually videotape the encounter between one person and another,
386 and in these experiments, they track the movement of the eye. A
387 lot of times, more often than not, they see people with their eyes
388 going to the smile first.
389

390 Other times the person will be looking into the other person's eyes.
391 So, it's a kind of an even split between looking at your eyes first or
392 looking at your teeth first, but both -- but the two are very close
393 together. So, if you look at somebody's eyes, then the next thing
394 you'll be looking at would be the smile.
395

396 **Salvador Gaytan:** Yes.
397

398 **Dr. John Chao:** Or if you look at the smile first, the next thing you would be doing
399 would be looking at the eyes. So, the smile is very, very important
400 in terms of first impression, in terms of how people look at you and
401 how they estimate what your value is at work and anywhere else.
402

403 **Salvador Gaytan:** Well, that's true, because see, I met a client today, actually a
404 husband and wife, very nice people, and the way that the husband
405 was talking to the younger people, I really couldn't see his teeth
406 very well, because of just the way his -- probably it was in the way
407 he talked.
408

409 But the female, I could see, her teeth showing very prominently,
410 but I could tell that she needed your help, and it did not leave my
411 mind, the entire meeting.
412

413 **Dr. John Chao:** What did her teeth look like?
414
415 **Salvador Gaytan:** They were a little on the stained side, and so I could tell that she
416 had probably not been caring for them as you suggest, and I
417 wanted to give her your card, but I knew that it'd probably be an
418 insult.
419
420 **Dr. John Chao:** Why not? Why would it be an insult?
421
422 **Salvador Gaytan:** Well, if I had been saying, "Hey, you need to have your teeth
423 looked at."
424
425 **Dr. John Chao:** Oh, really, I thought you meant insulting me? No, you wouldn't
426 have been insulting me.
427
428 **Salvador Gaytan:** No, no, insulting the client. You can't tell someone, "Hey, you
429 know what? You need to get those teeth whitened and cleaned,"
430 you can't tell something like that.
431
432 **Dr. John Chao:** No, you can't say that.
433
434 **Salvador Gaytan:** But you think it, people think it.
435
436 **Dr. John Chao:** Yeah, that's right. You don't want to bring up the -- unless it's a
437 compliment, you don't want to bring it up.
438
439 **Salvador Gaytan:** That's right, that's exactly right.
440
441 **Dr. John Chao:** So, that's hard to really get into it.
442
443 **Salvador Gaytan:** Okay, Dr. John, question number five of our Rapid Fire Five:
444 Fluoride should be added to babies' formula. That is false.
445
446 **Dr. John Chao:** You think you should do that, right?
447
448 **Salvador Gaytan:** Yes.
449
450 **Dr. John Chao:** Why wouldn't you do that? Unfortunately, most of the water that
451 we find, that is from our taps, have fluoride already and the baby
452 formula has fluoride already. So, if you add fluoridated water to
453 your baby's formula, you can end up with too much fluoride.
454
455 **Salvador Gaytan:** What would too much fluoride do to a baby?
456
457 **Dr. John Chao:** It will cause the teeth to get mottled, in other words it would turn
458 brown, have brown spots.

459
460 **Salvador Gaytan:** Mottled, now that's a word I haven't heard before.
461
462 **Dr. John Chao:** M-O-T-T-L-E-D.
463
464 **Salvador Gaytan:** Okay.
465
466 **Dr. John Chao:** Mottled, teeth with brown spots, that's because the fluoride has
467 interfered with the formation of the baby teeth, and having too
468 much fluoride is not really good for the baby in other ways,
469 because fluoride in a more concentrated form is really a poison.
470
471 But however, if you keep it 1.2 parts per million, then it's safe and
472 it's good for the teeth, but definitely you don't want to give your
473 child more fluoride than what is needed.
474
475 Now, I do have to say that when you dilute baby formula with
476 water, use fluoride free water, because if you use tap water,
477 anything with fluoride in it, even in natural amounts you could
478 increase the fluoride that's already in the formula.
479
480 **Salvador Gaytan:** So, they put -- so, normally fluoride is put in babies formula?
481
482 **Dr. John Chao:** Natural water anywhere in the world generally has some fluoride
483 in it.
484
485 **Salvador Gaytan:** Right.
486
487 **Dr. John Chao:** It's just a matter of how much. Fluoride is a natural occurring
488 element of water.
489
490 **Salvador Gaytan:** I see.
491
492 **Dr. John Chao:** So, some parts of the world has water, which have higher fluoride
493 content. In those areas, such as some areas in Texas, kids grow up
494 with mottled teeth, the whole region, until they get rid of some of
495 the fluoride and adjust the fluoride water to the optimum amount.
496
497 **Salvador Gaytan:** I see, that's interesting.
498
499 **Dr. John Chao:** So, you have to be careful, so mothers be careful with what water
500 you use, and be sure you know how much fluoride is in your water
501 by contacting the public health department.
502
503 **Salvador Gaytan:** Another thing to have to worry about.
504

505 **Dr. John Chao:** To worry about.
506
507 **Salvador Gaytan:** In life.
508
509 **Dr. John Chao:** Nothing is safe anymore, you know?
510
511 **Salvador Gaytan:** Now, for adults, is there any such thing as too much fluoride in
512 water?
513
514 **Dr. John Chao:** Not to adults. There has been no alarm. Naturally, you don't want
515 to be taking -- even for adults, you want the optimum amount,
516 which is 1.2 parts per million. Also, of that -- don't be getting
517 fluoride into your system. In other words, don't swallow
518 fluoridated toothpaste, very bad idea.
519
520 Or some people would brush their teeth with fluoride toothpaste
521 and don't rinse it out and go on. Eventually, they swallow all that
522 stuff, and it cannot be good for your body to have excess amounts
523 of fluoride.
524
525 **Salvador Gaytan:** Very interesting. Okay, Dr. John, that wraps our Rapid Fire Five,
526 and we have a little funny story, that we talked about a little
527 earlier, I'm going to tell the audience what the story is and you're
528 going to give us a little feedback on some interesting things.
529
530 **Dr. John Chao:** Okay.
531
532 **Salvador Gaytan:** This happened in Argentina. An Argentinean robber was caught
533 after he lost his false teeth during a raid on a house.
534
535 **Dr. John Chao:** He must have been very nervous.
536
537 **Salvador Gaytan:** He was probably very nervous.
538
539 **Dr. John Chao:** And probably very ill fitting -- had very ill fitting dentures.
540
541 **Salvador Gaytan:** Exactly. Senor Juan Navarro from Cordoba saw one of the three
542 masked men who held him up lose his dentures. He picked them
543 up, took them to the police. Now, the police couldn't associate, but
544 a couple of days later, the same gentleman who found the dentures,
545 he noticed that his nephew was missing some teeth.
546
547 He thought maybe there was a connection, so he told the police
548 about, it and they arrested him and they figured out that they were
549 his dentures, the dentures of his nephew and they caught him.
550

551 **Dr. John Chao:** Well, this must be a newly minted robber. How can you lose your
552 teeth and not pick it up?
553

554 **Salvador Gaytan:** Well, I guess he was so scared, he grabbed the cash and stuff,
555 right?
556

557 **Dr. John Chao:** That's what I mean. This must be his first time.
558

559 **Salvador Gaytan:** First time, probably.
560

561 **Dr. John Chao:** First time. He got so nervous, he forgot, he lost his dentures.
562

563 **Salvador Gaytan:** Last time too, because he's in jail now.
564

565 **Dr. John Chao:** You're right. So, then what you're saying was that the owner of the
566 store noticed, picked up the denture, took it to the police and a few
567 days later he noticed that his nephew lost his teeth, didn't have his
568 teeth.
569

570 **Salvador Gaytan:** Some teeth, yes. I guess it was a partial denture.
571

572 **Dr. John Chao:** Okay, it was a partial, it was not a full denture?
573

574 **Salvador Gaytan:** Not a full denture.
575

576 **Dr. John Chao:** I thought maybe it was a full denture. So, then the owner got
577 suspicious that it couldn't be that incidental.
578

579 **Salvador Gaytan:** Right.
580

581 **Dr. John Chao:** Then, he must have picked up the denture, told the police about
582 what his suspicions were and then they must have taken that
583 nephew to a dentist.
584

585 **Salvador Gaytan:** Is that how they would identify?
586

587 **Dr. John Chao:** Yeah, who would put the denture into the mouth, and the denture
588 would fit into the teeth which are remaining in a way they couldn't
589 have fitted anybody else.
590

591 **Salvador Gaytan:** Now, is it a one of a kind fit or could those dentures fit another
592 person possibly?
593

594 **Dr. John Chao:** It will be impossible. If you have teeth, and your dentures are made
595 to fit your teeth, then forensically there is no possible way
596 somebody else's mouth will fit exactly.

597

598 *Salvador Gaytan:* Right.

599

600 *Dr. John Chao:* But if you have a denture that's fitted to your teeth, that is beyond
601 a reasonable doubt that those dentures belong to you.

602

603 *Salvador Gaytan:* Now, you mentioned something else to me that there's a new law
604 in the state of California regarding dentures. What is that?

605

606 *Dr. John Chao:* Well, that -- if it happened in California, he will probably be
607 caught pretty quickly, because the dentures, according to
608 regulations, must have the name of the patient on it or some kind
609 of a social security number or something that's going to say that
610 those are his dentures.

611

612 *Salvador Gaytan:* Now, Dr. John, why would the regulation come into effect about
613 marking dentures with the patient's name?

614

615 *Dr. John Chao:* Well, I think it may have started years ago when there were a lot of
616 dentures, which don't have names, and very often these senior
617 patients who are in hospitals, the denture leaves the mouth before
618 an operation, and then it's put some place.

619

620 *Salvador Gaytan:* Never gets back.

621

622 *Dr. John Chao:* Well, it's there -- they have these denture bins. I saw them myself,
623 20, 30, 50 dentures in there, and so all these dentures are sitting in
624 this water. So, once this gets into the bin, there's no way you can
625 tell which denture belongs to you, unless you try every single one
626 of them in your mouth.

627

628 *Salvador Gaytan:* Trial, and who wants do that, right?

629

630 *Dr. John Chao:* Right, so...

631

632 *Salvador Gaytan:* Who wants to be the guy who gets that job?

633

634 *Dr. John Chao:* Yeah, the hospital used to send me patients who needed new
635 dentures, because there's no way you can identify them. So, I think
636 that's probably the practical need for a system to identify, by
637 which we can identify whose denture they belong to.

638

639 But things in terms of disaster control or for forensic purposes, you
640 need to identify that particular patient. A patient dies, there's no
641 name to that person, the IDs are lost and the teeth are gone, so you

642 cannot figure out from the teeth who they are, then if you happen
643 to have a denture that has a name, that would help a lot.
644
645 **Salvador Gaytan:** I see, so but sometimes you put a person's social security number
646 in?
647
648 **Dr. John Chao:** Or some kind of a number on that, yeah, because who else is going
649 to look at it, except for the dentist right?
650
651 **Salvador Gaytan:** Right.
652
653 **Dr. John Chao:** Unless he loses it, then he can say, "Well, do you have this
654 particular number on the denture?" So, it's a means of
655 identification.
656
657 **Salvador Gaytan:** Now, just going back to the story for a second, if police came to
658 you and said, "Hey, Dr. John, we need your opinion on whether
659 this denture belongs to this potential suspect." Could you do it?
660
661 **Dr. John Chao:** If I have the patient in my chair, yeah I can do that. If it's a partial
662 denture, if the denture is supported by some teeth in the mouth,
663 then there are ways to identify it. Generally there will be x-rays
664 somewhere.
665
666 **Salvador Gaytan:** Wouldn't it be like a puzzle too? It would have to fit with the other
667 teeth?
668
669 **Dr. John Chao:** Yeah, the denture has to go in there. It has to fit all the teeth or at
670 least some of the teeth, so you know that it's made for their mouth.
671
672 **Salvador Gaytan:** I see.
673
674 **Dr. John Chao:** It has to fit the tissue; it has to fit the teeth. It's got hooks and
675 clasps on it, that will not fit anybody else's tooth, because teeth are
676 like fingerprints. There's nobody else that will have exactly your
677 sizes of teeth and arrangement of teeth.
678
679 **Salvador Gaytan:** I see.
680
681 **Dr. John Chao:** But, however if you have a full denture, where there are no teeth,
682 then that could become a real problem.
683
684 **Salvador Gaytan:** Real problem? I see, so...
685

686 **Dr. John Chao:** Because see in this case, if this young man had full dentures, then
687 it will be difficult to prove beyond a reasonable doubt that that's
688 his full denture.
689
690 **Salvador Gaytan:** Interesting.
691
692 **Dr. John Chao:** Because a full denture can fit almost anybody.
693
694 **Salvador Gaytan:** A monkey.
695
696 **Dr. John Chao:** They are so ill-fitting in some cases, there's no way you can rule
697 out a false positive or false negative.
698
699 **Salvador Gaytan:** A generic denture. Well, you know what, there are a few more
700 questions about that, but we're coming to the end of our show, Dr.
701 John, it's been very interesting. What'd you think, Dr. John?
702
703 **Dr. John Chao:** I think it's good, I hope the audience also thinks so. I would like to
704 hear from them. Please email us or call us. Email us at
705 AlhambraDental.com, attention Dr. Chao, C-H-A-O, or call us at
706 626-308-9104, Alhambra Dental.
707
708 **Salvador Gaytan:** That's a wrap.
709
710 [END OF AUDIO]