

1 **Salvador Gaytan:** Welcome to SmileTalk, an entertaining and informative dental talk
2 show featuring the latest developments in dentistry. I'm Salvador
3 Gaytan here with...
4
5 **Dr. John Chao:** Dr. John Chao, hi everybody.
6
7 **Salvador Gaytan:** Absolutely, the friendliest dentist in all of California, isn't that
8 right, Dr. John?
9
10 **Dr. John Chao:** Our program actually reaches from San Diego to Santa Barbara.
11 So, we can say the friendly dentist that broadcasts to all of
12 Southern California.
13
14 **Salvador Gaytan:** Well, that's true too, but you also have patients that actually fly in
15 from other states to see you, isn't that right?
16
17 **Dr. John Chao:** Yes, once in a while we have somebody that hears about us and
18 comes in for some of...
19
20 **Salvador Gaytan:** Some of your specialty treatments?
21
22 **Dr. John Chao:** Yeah, special services that we happen to offer.
23
24 **Salvador Gaytan:** Excellent, excellent. Okay, Dr. John, well, we had a couple of
25 great shows here in our last couple of weeks, some very nice
26 guests that work at your office. I'm a little disappointed though, I
27 have to say, because we had our game show, and you know me, I
28 like a winner, I don't like a tie, but we had a tie, Dr. John.
29
30 **Dr. John Chao:** Well, we just have to bring them back for a rematch.
31
32 **Salvador Gaytan:** You promise you'll bring them back for a rematch?
33
34 **Dr. John Chao:** Yes, we will do -- we will do that very soon.
35
36 **Salvador Gaytan:** So, I can put them under the microscope, because I enjoy that.
37
38 **Dr. John Chao:** Yeah, we will do that. Our next programs, I might as well bring it
39 out now, we'll be talking about healthcare reform in terms of the
40 American Dental Association. They have taken some very firm
41 positions regarding the healthcare debate, and in the next two or
42 three shows, we're going to talk about the position of the American
43 Dental Association, as far as the healthcare debate is concerned.
44
45 **Salvador Gaytan:** Excellent, Dr. John. Okay, we're going to get back to our Rapid
46 Fire Five. I ask you five quick questions, true or false, you give me

47 the answer, and then we come back, so you can give us the details.
48 Are you ready?
49
50 **Dr. John Chao:** Yes, I'm ready for our regular routine. It feels good.
51
52 **Salvador Gaytan:** Okay, we're back to the snap, crackle, pop.
53
54 **Dr. John Chao:** Alright.
55
56 **Salvador Gaytan:** Here we go Dr. John, question number one: Women have special
57 issues regarding dental health, true or false?
58
59 **Dr. John Chao:** Yes they do, and so do men have their issues, but certainly women
60 have their special issues.
61
62 **Salvador Gaytan:** Okay. Question number two: Chewing gum is bad for people, true
63 or false?
64
65 **Dr. John Chao:** Not necessarily.
66
67 **Salvador Gaytan:** Okay, so that's false?
68
69 **Dr. John Chao:** That's false.
70
71 **Salvador Gaytan:** Okay, question number three: Dental insurance customarily pays
72 for all implants, true or false?
73
74 **Dr. John Chao:** Well, that's of course false, we'll talk about that more later.
75
76 **Salvador Gaytan:** Question number four: Dental assistants cannot, under any
77 circumstances, fill cavities, true or false?
78
79 **Dr. John Chao:** That is true, at least for now.
80
81 **Salvador Gaytan:** For now, but there is some special training that's -- well, we talked
82 about it in our last show a little bit.
83
84 **Dr. John Chao:** Yes, the last couple of shows we have -- in fact the show before
85 the last one, we talked about that in detail.
86
87 **Salvador Gaytan:** Okay, I'm going to get back to that. Question number five, Dr.
88 John: The American Medical Association, the AMA, and the
89 American Dental Association, the ADA, agree on the current
90 pending health bill by President Obama, true or false?
91
92 **Dr. John Chao:** That's false.

93
94 **Salvador Gaytan:** That's false, they do not agree, okay.
95
96 **Dr. John Chao:** They do not agree on everything.
97
98 **Salvador Gaytan:** Let's get back to question number one. Women have special issues
99 regarding dental health, that is true. Why is that true?
100
101 **Dr. John Chao:** Well, women have hormonal changes at different times in their
102 lives, and so that affects their gum situation, from puberty onto
103 menstruation, to post menopausal issues, pregnancy issues and so
104 on.
105
106 These hormonal actions have a significant impact on the health of
107 the gums. So, women do have to be careful of that. Women tend to
108 develop more "TMJ" problems. TMJ is the term for problems
109 associated with jaw joints.
110
111 Women are more prone to {Shograms} Disease, which is a disease
112 that causes -- that brings about dry mouth and dry eyes. So, dry
113 mouth, and promotes -- exposes the patient to a higher risk of gum
114 disease. So, they are special issues that women have to be
115 watching out for.
116
117 **Salvador Gaytan:** Do younger women, say under 25, have different issues than
118 women over 25 or over 50?
119
120 **Dr. John Chao:** Well, it has to do with hormonal changes. If you're pregnant, then
121 the hormonal changes come about no matter how old you are. So,
122 it's hard to draw a line as to when women would have special
123 issues regarding their teeth.
124
125 **Salvador Gaytan:** I've heard female friends tell me in the past, who became pregnant,
126 they gave birth, and they've told me that their teeth actually during
127 pregnancy moved around somewhat. Is that true?
128
129 **Dr. John Chao:** That's possible. If they already have a periodontal condition or
130 gum disease, then the hormonal changes can worsen the condition.
131 Plus, if they're going through a lot of stress and so on, they're
132 clenching and grinding their teeth, yes, they can feel their teeth are
133 moving and sometimes if the condition is very severe, teeth do
134 tend to move.
135
136 So, the old wives tale, that you lose teeth because of childbirth,
137 actually has some basis. What you're being told actually have
138 physiological basis for.

139
140 **Salvador Gaytan:** Some truth, okay. Question number two: Chewing gum is bad for
141 you, that is -- what was that again?
142
143 **Dr. John Chao:** Chewing gum is not -- that's false. Chewing gum with the right
144 kind of gum may be okay. In the past programs, we have talked
145 about Xylitol as being a kind of a sugar that actually inhibits the
146 growth of streptococcus mutans, which is the bacteria that converts
147 food and sugar into acid, with the acid in turn then attacks the
148 enamel and causes cavities.
149
150 So, Xylitol in chewing gum can actually be beneficial in reducing
151 the rate of cavities. So, chewing gum is not necessarily all bad.
152 Now, if you're chewing the right kind of gum, but your teeth are
153 loose already, then you're really asking for one more trouble. So,
154 it's not a blanket answer.
155
156 **Salvador Gaytan:** I see. But if like kids, if they chew a lot of gum, the bubble gum,
157 the sugar and so forth, that's bad for teeth, right?
158
159 **Dr. John Chao:** Absolutely, Sal. The longer sugar remains on your teeth, the more
160 damage it does. So, if you're chewing gum, that's five, 10 minutes,
161 two minutes, I don't know how many minutes people chew gum,
162 but it'd be for a little while, and whilst that sugar is washing
163 through your teeth, it's producing acid through the action of the
164 bacteria. So, chewing gum in those circumstances would not be
165 good for the teeth.
166
167 **Salvador Gaytan:** Now, I have a question for you, it just came to my mind, talking
168 about kids and gums and so forth. As a kid, I'm not going to lie; I
169 ate a truckload of candy. I never had a cavity. I've only had one
170 cavity to date, and I had that -- probably I was about 28 or so.
171 Now, was I lucky?
172
173 **Dr. John Chao:** Yes, genetically you were given some pretty strong enamel. Also,
174 the bacteria in your mouth must not have a whole lot of bacteria
175 that causes sugar to be converted into acid. So, you could have
176 sugar in your mouth if the germs are not there in high numbers.
177
178 Then even though you have a lot of sugar, you still won't have the
179 cavities. So, chances are, you had inherited good enamel in your
180 teeth, strong enamel. You had good nutrition, so your enamels
181 mineralized well, and then your parents did not pass onto you the
182 germs that cause cavities. So, you were lucky in many respects.
183

184 **Salvador Gaytan:** So, some people, even though kids -- let's say, even though they
185 might brush their teeth, they might eat minimal candy, they still
186 can develop more cavities, simply because of genetics?
187

188 **Dr. John Chao:** Genetics give them teeth which are not strong, meaning the enamel
189 cannot resist acid attack. Then, they also get the germs from their
190 parents between the age of one and three.
191

192 If those germs have a high concentration of streptococcus mutans
193 and other kinds of bacteria that produce acid, then they'll end up
194 having a lot of cavities, even if they brush their teeth well, even if
195 they eat a normal amount of candies and sugar and sweets.
196

197 **Salvador Gaytan:** I like that term, streptococcus mutans, I'm going to pull that on one
198 of my friends. I'm going to say, "Well, you have a bunch of
199 streptococcus mutans." They won't know how to respond to that.
200

201 **Dr. John Chao:** You say, "I know you do, because I can smell them."
202

203 **Salvador Gaytan:** They're going to go, "What? What'd you just call me?" I'm going
204 to use that on the T-box, write it on my [inaudible]. Okay, question
205 number three: Dental insurance customarily pays for implants,
206 true? It's not true, is it?
207

208 **Dr. John Chao:** Some plans are now paying for implants, but most of them don't.
209 Now, one of my favorite peeves is that there is no such thing as
210 dental insurance. No dental plan calls itself a dental insurance plan,
211 because insurance means that you are going to guarantee that
212 patient's dental health. That's not like medical health.
213

214 They will need to go to any length to try to keep you from getting
215 ill or save you from losing your life. But in dentistry, dental plans
216 don't have that kind of overall overarching coverage.
217

218 Dental plans basically don't insure you against bad dental health; it
219 will just pay for certain benefits depending on the contract,
220 depending on customs. So, you cannot count on your dental plan to
221 save your teeth. That will be a notion that would not be practical
222 and does not work out.
223

224 **Salvador Gaytan:** So, it wouldn't cost a lot of money if dental plans covered
225 implants, which are not cheap, then wouldn't they have to charge a
226 lot more money?
227

228 **Dr. John Chao:** Well, dental plans have a maximum, and generally it's a \$1000,
229 \$1500 or \$2000 per year. So, an implant generally will cost at least

230 \$1500 to \$2000, and that's just for the implants itself, I'm not even
231 talking about the crowns.
232
233 So, it's difficult for your dental plan to really cover anything
234 substantial in terms of implants, even though a very few now do
235 cover it. Dental implants, it's never been covered for. It's never
236 been covered in any substantial way, maybe cover one implant per
237 year.
238
239 **Salvador Gaytan:** It's not much.
240
241 **Dr. John Chao:** Not much, but it still helps. While we're on the subject, everybody
242 knows, in dentistry that is, that we first had so called dental
243 insurance back in 1960, almost 50 years ago. At that time, the
244 maximum was, guess what?
245
246 **Salvador Gaytan:** \$1000.
247
248 **Dr. John Chao:** \$1000, and at that time...
249
250 **Salvador Gaytan:** Which bought a lot more in 1960.
251
252 **Dr. John Chao:** Yeah, at that time, coffee was \$0.25. Now, you can actually get a
253 hamburger for \$0.25.
254
255 **Salvador Gaytan:** Buy coffee for \$0.05.
256
257 **Dr. John Chao:** Yeah, \$0.05, and you can get a filling done, I remember, for \$8.
258
259 **Salvador Gaytan:** \$8? Bring back those days, Dr. John.
260
261 **Dr. John Chao:** So now, when you have a \$1000, you have some insurance.
262
263 **Salvador Gaytan:** Now, Dr. John, I was thinking maybe you might have like a month
264 where you just roll back the prices to 1960? Wouldn't that be good
265 for the practice?
266
267 **Dr. John Chao:** Yeah, that'll be great, that'd be great.
268
269 **Salvador Gaytan:** \$8 fillings?
270
271 **Dr. John Chao:** \$8 fillings.
272
273 **Salvador Gaytan:** They'll be storming your office.
274

275 **Dr. John Chao:** Yeah. Well, unfortunately things have changed. It's like you
276 offering \$0.05 coffee or \$0.35 hamburgers. So, things have
277 changed a lot, but yet, the maximum is still the same. So, ladies
278 and gentlemen in the audience, if you wonder why your dental, so
279 called "dental insurance" doesn't cover enough of your treatment,
280 just remember, it was a \$1000 almost 50 years ago, and it's still
281 \$1000. But the PR, the hype is that somehow your dental plan is
282 going to cover your dental treatment.
283
284 Now, I don't want to put it down. I think it's wonderful, they have
285 \$1000, \$1500, \$2000 towards your dental treatment. I think it's a
286 wonderful thing. It's certainly good, but if you understand the
287 limitations. So, I'd like my patients to have dental plans, any kind
288 of a plan, because it does help to defray the cost of dental
289 treatment.
290
291 **Salvador Gaytan:** Excellent. For anyone just tuning in, you're listening to SmileTalk
292 with Dr. John, the friendly dentist, and you can reach Dr. John at
293 AlhambraDental.com or 626-308-9104. They can listen to previous
294 shows on AlhambraDental.com, isn't that right Dr. John?
295
296 **Dr. John Chao:** Yes, they can click onto Alhambra Dental, and then find the button
297 that says SmileTalk with my picture on it. So, you can click on my
298 picture if you want, and then the programs will come on with the
299 titles of the different shows. So, if you want to listen to something
300 again, or if you haven't listened to some programs that you want to
301 try out, feel free to visit the site AlhambraDental.com.
302
303 **Salvador Gaytan:** You only charge \$10 per listening, is that right?
304
305 **Dr. John Chao:** No, it's actually free.
306
307 **Salvador Gaytan:** I know, I was trying to trick you on that one.
308
309 **Dr. John Chao:** Yeah, well if they send something, how about we'll split it?
310
311 **Salvador Gaytan:** Alright, I like that plan, I like that plan. Okay, moving onto
312 question number four: Dental assistants cannot, under any
313 circumstances, fill cavities. That's true, but it's going to be false,
314 isn't it?
315
316 **Dr. John Chao:** It's false as of right now, as we had talked about two shows ago,
317 when Maria and Joy were here. You remember they were the
318 dental assistants who are studying a special course, and they'll be
319 certified to be so called super dental assistants.
320

321 The super dental assistants are called expanded duty or expanded
322 function dental assistants. They are trained to be able to fill
323 cavities, not to drill, not to cut on the cavities or not to remove
324 cavities, not to remove decay, but actually to fill. Now, why do you
325 think the dental board, and the legislature would allow dental
326 assistants, non-dentists to fill teeth?
327

328 **Salvador Gaytan:** I know the answer to that.
329

330 **Dr. John Chao:** What?
331

332 **Salvador Gaytan:** Actually I don't, I was just kidding.
333

334 **Dr. John Chao:** Well, certainly from the economic point of view, it will allow
335 fillings to be done maybe at a lesser cost, at least hold the cost
336 down, so it doesn't go up as much as it has been. So, then more
337 people will be able to afford dentistry than before.
338

339 The underlying question is, why would you let non-dentists fill
340 cavities? Isn't that something that only the dentist should be able to
341 do?
342

343 **Salvador Gaytan:** Yeah.
344

345 **Dr. John Chao:** Well, I haven't read the rationale behind it, but my thinking on that
346 is, dental assistants who are well trained, should be able to do
347 reversible tasks. If the dentist has cut a tooth, when you cut on
348 teeth, that's irreversible, you cannot put tooth back again.
349

350 **Salvador Gaytan:** One cut, no more.
351

352 **Dr. John Chao:** That's it. Now, if the dentist has prepared the cavity, cleaned out
353 the decay in the cavity, now the tooth is ready for a filling. The
354 dental assistants put the fillings into the cavities.
355

356 Let's say there was a mistake. The worst that can happen is the
357 dentist cuts out the filling that was put in, the tooth is not harmed.
358 So, the patient, his health is not compromised, the tooth is not
359 compromised by the tooth being filled by a non-dentist.
360

361 So, I think from that point of view, I think the public is well
362 protected, especially if they have intelligent men and women who
363 are well trained, they're well certified and they pass through
364 rigorous exams to be able to get that certification, as I explained
365 the function.
366

367 So, I think my personal view is that I applaud it. I think it will be
368 good for patients as a whole in California, and certainly it would
369 be a wonderful thing for the dental assistants to be able to
370 participate in the delivery of dentistry to more and more people,
371 and make dentistry more affordable for the general public. So, I am
372 in total support of that program.
373

374 **Salvador Gaytan:** Excellent. Okay, question number five, Dr. John. The American
375 Medical Association and the American Dental Association do
376 agree on President Obama's healthcare plan. That is false.
377

378 **Dr. John Chao:** There are areas of agreement, but there are major areas of
379 disagreement in the official position of the American Medical
380 Association, and the American Dental Association. Now, we'll get
381 into that more in detail in the next two or three shows. We'll see
382 how that goes.
383

384 **Salvador Gaytan:** That sounds fantastic.
385

386 **Dr. John Chao:** Now, I want to say that this is a journalistic kind of a report on the
387 American Dental Association. It's not going to be anyone's
388 personal opinion. I take this show as a journalistic endeavor and I
389 will be neutral in reporting to you what the position of the
390 American Dental Association is, in regards to this healthcare
391 debate.
392

393 **Salvador Gaytan:** There is some disagreement on the single pair attribute of the
394 program, which we're going to get into later.
395

396 **Dr. John Chao:** Yes, I'm going to get into that, and there is a definite difference
397 between those two organizations. I might add that the American
398 Dental Association represents close to 70% of the 150,000 dentists
399 in the nation.
400

401 **Salvador Gaytan:** Well, it's a good trivia question. I didn't realize there were
402 approximately 150,000 dentists in the USA.
403

404 **Dr. John Chao:** Yes.
405

406 **Salvador Gaytan:** That's a lot.
407

408 **Dr. John Chao:** That's a lot. It's still not enough.
409

410 **Salvador Gaytan:** It's still not enough?
411

412 **Dr. John Chao:** Not enough, with all the needs that we -- especially in certain
413 areas, we don't have enough dentists who go into certain areas. We
414 don't have a good distribution in this country, and there are ways
415 that we can address that.
416
417 But on the other hand, did you know that \$1.3 billion worth of
418 charitable dentistry have been done every year by dentists on a
419 volunteer basis, and within their own offices. So, it is a very, very
420 strong program on the volunteer basis, that dentists are doing for
421 their country.
422
423 **Salvador Gaytan:** Excellent.
424
425 **Dr. John Chao:** Much of the time it's inherited, but this is a good time to talk about
426 that.
427
428 **Salvador Gaytan:** Okay, and we only have a few minutes left in this show, Dr. John,
429 but I wanted just to talk about how -- we were talking earlier how
430 general health affects dental health and vice versa, and people
431 might not make that association, but there is that association, isn't
432 there?
433
434 **Dr. John Chao:** Yes. This association is very strong as more and more studies have
435 shown. For instance, generally experts agree that there is a close
436 connection between gum disease, which is an infection of the
437 gums, and the bone around the teeth, and cardiovascular diseases,
438 plaque formation in the arteries, arterial sclerosis, respiratory
439 diseases.
440
441 It certainly has an impact on pregnancy in terms of low-weight
442 babies and pre-term babies. So, there is a whole slew of research
443 being done, and that's making the connection between oral health
444 and general health, and vice versa, the general {oral} health can
445 affect oral health.
446
447 **Salvador Gaytan:** Now, I know personally that you take very good care of your
448 health. You used to run almost everyday, but you gave that up for
449 swimming, isn't that right?
450
451 **Dr. John Chao:** Just for variety, I somehow got into it, and I just decided that I like
452 it.
453
454 **Salvador Gaytan:** Now, do you swim every day or almost every day?
455
456 **Dr. John Chao:** I swim about half an hour to an hour every day early in the
457 morning.

458
459 **Salvador Gaytan:** At your gym or wherever you go?
460
461 **Dr. John Chao:** Yeah, I get up pretty early, five or six o'clock, that's when there's
462 hardly anybody there.
463
464 **Salvador Gaytan:** You're up before the roosters. You're waking up the roosters.
465
466 **Dr. John Chao:** Yeah, well now it's getting darker and darker. So, I think before
467 the roosters start their work, but there are no roosters around my
468 neighborhood, though.
469
470 **Salvador Gaytan:** No roosters. Well, you wake up the neighbors.
471
472 **Dr. John Chao:** I'm the one!
473
474 **Salvador Gaytan:** You're the rooster.
475
476 **Dr. John Chao:** I'm the rooster waking up everybody with my car and everything
477 else.
478
479 **Salvador Gaytan:** I like it, I like it. Now, you were telling me that when you swim,
480 after you swim that you feel especially refreshed.
481
482 **Dr. John Chao:** Yeah, I think there is something special about the weightlessness
483 of the exercise. There is no stress on the joints. So, I think that's
484 something that's special about swimming. It's a weightless way of
485 exercising.
486
487 Then you have the temperature changes, the feeling of floating.
488 That's a very relaxing exercise, or it could be very rigorous. When
489 I first started swimming, I couldn't swim one lap without having to
490 rest and catch my breath. Now, I can swim at least two laps.
491
492 **Salvador Gaytan:** I like it, you're gaining.
493
494 **Dr. John Chao:** After that I totally get out of breath. So, I'm getting a little bit
495 better, and I'm learning different styles, so that's why I think it's
496 very good.
497
498 **Salvador Gaytan:** Is it true you're trying to get on the Olympic team in a couple of
499 years?
500
501 **Dr. John Chao:** No, no, I don't think so.
502
503 **Salvador Gaytan:** It's not true? I thought I heard that rumor.

504
505 **Dr. John Chao:** Yeah, I think I may -- if they have an Olympic team for out of
506 shape middle-aged people.
507
508 **Salvador Gaytan:** For the highly trained dentist squad?
509
510 **Dr. John Chao:** So, maybe I can have an edge there.
511
512 **Salvador Gaytan:** I don't think they have a dental squad from Southern California.
513
514 **Dr. John Chao:** Yeah, for the dentists, middle-aged were not -- {are the} condition.
515
516 **Salvador Gaytan:** I know, but you...
517
518 **Dr. John Chao:** If Special Olympics for them, then I may have a chance.
519
520 **Salvador Gaytan:** You may have a shot. But you're in a very good condition, and
521 you've also lifted weights in the past. I don't know if you
522 continued to lift the weights at all or...
523
524 **Dr. John Chao:** I should get back to it, because lifting weights is good for your
525 bone structure. It definitely will {strafe} away osteoporosis, and
526 now I'm getting a little grey around the temples and so on. So, I
527 have to be watching out for that kind of problems. So, exercise,
528 weightlifting, weight exercises will be very good. Now, how does
529 it relate to dentistry?
530
531 **Salvador Gaytan:** Yes?
532
533 **Dr. John Chao:** Having a healthy immune system can combat any tendency for
534 gum disease. You may do the best you can, you may have
535 wonderful hygiene. But if you have a genetic predisposition
536 towards a gum disease, and you have the germs, the only thing you
537 can do, besides a very good hygiene, is to exercise, bolster your
538 immune system, exercise, eat well, eat a balanced diet.
539
540 **Salvador Gaytan:** Now, you eat very healthy, I know that. You have a shake in the
541 morning, isn't that right?
542
543 **Dr. John Chao:** I eat healthy sometimes, not...
544
545 **Salvador Gaytan:** Dr. John.
546
547 **Dr. John Chao:** Sometimes when I get off, and I have to have my carbohydrates,
548 my noodles and my bread and so once in a while.
549

550 **Salvador Gaytan:** Don't you have though a shake regularly? You used to have a
551 shake, vegetables and all kinds of stuff?
552
553 **Dr. John Chao:** Well, I have a juice in the morning, that's made out of all different
554 kinds of vegetables. If you were to drink it, you'll probably get
555 sick, but I'm used to it.
556
557 **Salvador Gaytan:** I'm going to drink your juice and take that challenge.
558
559 **Dr. John Chao:** I blend things into it, so I get a very, very good breakfast.
560
561 **Salvador Gaytan:** I like it.
562
563 **Dr. John Chao:** A juice breakfast. I actually put oatmeal in it, I blend it -- now I'm
564 recommending this for anybody, I'm just telling about me -- what I
565 do. So, audience, don't take it to heart.
566
567 **Salvador Gaytan:** You do that before you swim or after?
568
569 **Dr. John Chao:** After.
570
571 **Salvador Gaytan:** After, okay.
572
573 **Dr. John Chao:** I can't swim with my stomach full like that.
574
575 **Salvador Gaytan:** I didn't know. Well, Dr. John, we're coming to the end of our
576 show. We got to wrap it up. It's been very entertaining, very
577 interesting, now what'd you think of today, Dr. John?
578
579 **Dr. John Chao:** Yeah, I actually enjoyed talking to you today.
580
581 **Salvador Gaytan:** Now you enjoy talking to me, okay, you're trying to throw me
582 overboard.
583
584 **Dr. John Chao:** No, actually I enjoyed every show. I'm really glad to have you
585 around, to kick around that is.
586
587 **Salvador Gaytan:** You have me to kick around, I like it.
588
589 **Dr. John Chao:** Now, I'm good for you to kick around too, right?
590
591 **Salvador Gaytan:** Absolutely not. Well, you're listening to SmileTalk, and you can
592 contact Dr. John at AlhambraDental.com or 626-308-9104. See
593 you next week.
594
595 **Dr. John Chao:** See you next week, bye everybody.

596

597 [END OF AUDIO]