

1 **Salvador Gaytan:** Welcome to SmileTalk, an entertaining and informative dental talk  
2 show, featuring the latest news and developments in dentistry. I am  
3 Salvador Gaytan, and I'm here with Dr. John Chao, also known as  
4 Dr. John, the friendly dentist, founder of Alhambra Dental. How  
5 are you doing today doctor?  
6

7 **Dr. John Chao:** Fine, welcome to our show everybody.  
8

9 **Salvador Gaytan:** And as always, we are going to make this show informative as well  
10 as entertaining. So, let's start off with something that's interesting  
11 right now, doctor. Who is the first person to come up with  
12 anesthesia?  
13

14 **Dr. John Chao:** Well, would you guess that this was actually a dentist. Back in  
15 1844, a dentist by the name of Horace Wells discovered that  
16 nitrous oxide can be used as an anesthesia, and successfully used it  
17 to extract several teeth in his own private practice. Unfortunately,  
18 when he tried to demonstrate this in a medical operation, it didn't  
19 work.  
20

21 **Salvador Gaytan:** Why didn't it work?  
22

23 **Dr. John Chao:** We don't know why it didn't work, but it didn't work  
24 unfortunately. Later on, his protégé William Morton took credit for  
25 the discovery for using ether as an anesthesia for surgery. So,  
26 dentists were responsible for the use of general anesthesia back in  
27 the 1800s.  
28

29 Even today of course, nitrous oxide or laughing gas, as it was  
30 known at that time, is still used as a means of relaxation and as a  
31 mild anesthetic.  
32

33 **Salvador Gaytan:** I see, very interesting. Now, a trivia question that we're not going  
34 to give the answer to right now, but you were sharing a story with  
35 me about a dentist, who graduated from Harvard, and he came up  
36 with a very interesting invention that changed medical and dental  
37 practice forever, isn't that right?  
38

39 **Dr. John Chao:** Yes, that's true. He had a tremendous impact on the practice of  
40 dentistry and medicine, and influenced the way physicians and  
41 dentists practice from then on.  
42

43 **Salvador Gaytan:** Now, his name was?  
44

45 **Dr. John Chao:** Dr. George Grant.  
46

47 **Salvador Gaytan:** And he was a Harvard graduate, is that right?

48

49 **Dr. John Chao:** Yes he was.

50

51 **Salvador Gaytan:** So, he invented something, we're going to share that with the  
52 audience later. It's very interesting, and it's not a dental  
53 instrument. It's something else, but we'll get into that, we'll tell  
54 you what that is.

55

56 Now, Dr. John, we left off our last show with some sleep apnea  
57 issues we didn't get to touch on, but I also want to let the audience  
58 know that after this we are going to get to bad breath.

59

60 And that's a very, very hot topic, and we have a lot of interesting  
61 information that you want to share with the people, what they can  
62 do, how it affects their health, their love life, their earning power.  
63 So, stay tuned for that.

64

65 Now, getting to some of the issues about sleep apnea that we didn't  
66 touch on. There are certain evaluation processes that you can do to  
67 evaluate what needs to be done for someone who has snoring or  
68 sleep apnea. What are those?

69

70 **Dr. John Chao:** Yeah, as we said at the last show, one of the things that we will be  
71 looking at is, is snoring affecting the daily life of the patient? Does  
72 this patient get tired during the day? Does this patient tend to fall  
73 asleep at the wheel, fall asleep just reading, fall asleep just sitting  
74 in the chair listening to a lecture or reading a book?

75

76 If we have signs of daytime tiredness as a chronic symptom, then  
77 we want to look at the possibility of sleep apnea. The other signs of  
78 sleep apnea would be tiredness when the patient wakes up, and  
79 that's generally a very significant sign.

80

81 It doesn't mean that once in a while if you wake up, and you're  
82 tired, that you have a problem, but if it's chronic, and you  
83 habitually wake up feeling tired, then that could be a sign that  
84 you're not getting enough oxygen; you're not getting enough  
85 aeration during your sleep.

86

87 So, in that instance, we will look for -- we will want to investigate  
88 this further, and certainly ask the spouse or somebody.

89

90 **Salvador Gaytan:** Well, let me stop you right there.

91

92 **Dr. John Chao:** Oh, sure.

93  
94 **Salvador Gaytan:** So, you're going to put the spouse on the spot and say does my  
95 spouse snore?  
96  
97 **Dr. John Chao:** Well, a lot of times they will bring it up, they say, "Do something  
98 doctor, we know you can do something. Let's get rid of it." Or the  
99 patient himself will come, "Listen, I've been kicked out of my  
100 bedroom, and I haven't been able to sleep with my wife, or I don't  
101 know how long. And I'm really tired of this, and I want you to fix  
102 it if you can."  
103  
104 So, we would consider it, and then we go through the protocol of  
105 diagnosing snoring and differentiating that from sleep apnea, if  
106 there are reasons to do that.  
107  
108 **Salvador Gaytan:** Now, you said that sometimes you have to send someone to a sleep  
109 lab?  
110  
111 **Dr. John Chao:** If I suspect that there is a possibility even of sleep apnea, I would  
112 definitely refer that patient to a physician, who will probably do a  
113 physical work up, as well as prescribe a sleep test, where the  
114 patient has to go to a laboratory or to go to the hospital and sleep  
115 overnight and get himself monitored.  
116  
117 **Salvador Gaytan:** So, they just sleep there one night, or can it take longer than that?  
118  
119 **Dr. John Chao:** It's just one evening. They will be totally hooked up. This machine  
120 with the electrodes will measure respiratory rates, measure oxygen  
121 in the blood. We call that oxygen saturation rate, and other signs  
122 and symptoms of sleep apnea.  
123  
124 **Salvador Gaytan:** Interesting. Now, for anyone just tuning in, you're listening to  
125 SmileTalk, I'm Salvador Gaytan here with Dr. John Chao, founder  
126 of Alhambra Dental.  
127  
128 And anyone wishing to contact him, can do so at 626-308-9104, or  
129 logon to [AlhambraDental.com](http://AlhambraDental.com). You can submit an email question  
130 or even a question to the doctor, and he'd love to answer that for  
131 you.  
132  
133 Now, Dr. John, we are going to get into a little bit more of this, but  
134 you've created this show. We are not selling anything; there is no  
135 information to buy. You created this show, because you want to  
136 help people. Is that right?  
137

138 **Dr. John Chao:** Yes, I've had the opportunity given to me by KRLA to create a  
139 show that would just give out information about dentistry. And we  
140 in the profession of dentistry have always wanted, in different  
141 ways, to inform the public of what dentistry can do, and  
142 particularly in terms of what the public can use dentistry for.  
143  
144 We've always been very, very anxious to do that, and then here,  
145 given this opportunity, I could not turn it down, and so I have  
146 created this show, so that we can be in a way, the voice of dentistry  
147 for our listeners.  
148  
149 **Salvador Gaytan:** Excellent. Now, getting back to our topic, and we're going to get  
150 to bad breath in just a moment folks. You're going to want to hear  
151 it, because it affects people in so many different ways.  
152  
153 Now, but just touching on sleep apnea and snoring once here again  
154 is, can snoring in any way -- can it affect your actual dental  
155 hygiene? In other words, your dental health with gums and teeth?  
156  
157 **Dr. John Chao:** Yes, when you snore, you're actually breathing through your  
158 mouth, and this is six, seven, eight hours a night. That air going  
159 through the mouth dehydrates everything.  
160  
161 When saliva is low or being dried up, then decay can start to work,  
162 and gum disease then can become even more virulent, more active,  
163 because of the lack of anti-bacterial activity that goes along with  
164 salivary flow.  
165  
166 So, therefore with the mouth dry, there will be more bacterial  
167 activity, which then leads to signs of bad breath.  
168  
169 **Salvador Gaytan:** I see. Now, you mentioned to me that one of the remedies for sleep  
170 apnea, which is a more severe form of snoring, is the air mask. Just  
171 tell the audience a little bit what that is.  
172  
173 **Dr. John Chao:** Okay, let's say the patient went to the sleep lab, and has been  
174 diagnosed for a moderate or severe form of sleep apnea, the  
175 treatment for that would be generally the use of an air mask, it's  
176 called CPAP. CPAP stands for Continuous and Positive Air  
177 Pressure.  
178  
179 So, this person is fitted with a mask that goes over the nose and the  
180 mouth. Air is pumped through a unit that helps the patient to  
181 breathe, when the throat tends to close up. So, there's positive  
182 pressure going to the back of the throat.  
183

184 And because air is flowing there under positive pressure, it keeps  
185 the throat open, and in fact keeps the tongue a little bit more  
186 forward. And therefore the patient can breathe much better. This is  
187 actually the best remedy for sleep apnea.

188  
189 **Salvador Gaytan:** Now, you mentioned it's the best remedy, but it may not be the  
190 best remedy for the spouse, and this is why I'm going to say this. I  
191 have a friend, and he was telling me, he suffers from sleep apnea.

192  
193 He had the CPAP mask, and so he was asleep, and everything was  
194 fine. He says in the middle of the night, he turned, and the air  
195 hoses came out and shot his wife right in the face, woke her up.

196  
197 So, then she's mad at him, slugging him, she wants him out of the  
198 room. So, I don't know, just a kind of a funny thing. He has tried  
199 everything for this, but hopefully he'll get that squared away. But  
200 that is -- for most people, that is a very effective method, isn't it,  
201 for the [crosstalk]?

202  
203 **Dr. John Chao:** Yes, it is very effective. Unfortunately, the statistics tell us that  
204 only 25% of the people, who are asked to wear the air mask or the  
205 CPAP mask, are able to do so on a regular basis.

206  
207 Unfortunately, the people who are not able to wear it are called  
208 CPAP Intolerant. And that's when the dentist can come in,  
209 working with the physicians as a team, and help the problem.

210  
211 The dentist can make an appliance, there are different kinds of  
212 appliances depending on the condition, and the condition of the  
213 jaws and the mouth, that can move the jaw forward, as we spoke  
214 about at the last show, and therefore open up the throat, so that the  
215 patient can do without the air mask.

216  
217 Now, we do have to say that using air mask can bring more  
218 oxygen. Using a Mandibular Advancement Device, or a device that  
219 moves the lower jaw forward, does give you 70%, 75%, 80% of  
220 the air that you need compared to maybe 90% to 95% that the  
221 CPAP can do. But if a person cannot wear the CPAP, then the  
222 dental appliance will certainly be a good substitute.

223  
224 **Salvador Gaytan:** Excellent, so there's a number of options there. Now, getting back  
225 to our trivia question, we talked about a dentist, and what year was  
226 this that he was the dentist?

227  
228 **Dr. John Chao:** He invented this...

229

230 **Salvador Gaytan:** Don't tell them what it is yet, but what...  
231  
232 **Dr. John Chao:** In 1899.  
233  
234 **Salvador Gaytan:** 1899.  
235  
236 **Dr. John Chao:** But I do want to say, since you asked the time, he actually  
237 graduated from Harvard in 1870. He was one of two African  
238 Americans to first graduate from Harvard Dental School.  
239  
240 **Salvador Gaytan:** Wow.  
241  
242 **Dr. John Chao:** Where he later actually taught and invented some dental appliances  
243 also. But what he invented, that we're interested in today is  
244 actually -- shall I tell them?  
245  
246 **Salvador Gaytan:** Go ahead and tell them what this device was.  
247  
248 **Dr. John Chao:** It's actually a golf tee.  
249  
250 **Salvador Gaytan:** The golf tee.  
251  
252 **Dr. John Chao:** The golf tee. Now, with his invention, the dentists and the  
253 physicians can very comfortably go to the golf course and swing,  
254 and how do you say, do their drives?  
255  
256 **Salvador Gaytan:** Yeah, hit drives, [crosstalk] down the fairway.  
257  
258 **Dr. John Chao:** Hit drives without having to worry about where the ball is going to  
259 sit.  
260  
261 **Salvador Gaytan:** That is correct.  
262  
263 **Dr. John Chao:** So, he actually had a patent on that particular device, and we think  
264 that he changed the medical and dental practices forever, because  
265 since then physicians and dentists were going to golf courses  
266 during the week just to play golf.  
267  
268 **Salvador Gaytan:** Well, now we know, we know where it came from. Now, moving  
269 along to our next topic, in fact for anyone joining us right now,  
270 you're listening to SmileTalk, I'm Salvador Gaytan here with Dr.  
271 John Chao, founder of Alhambra Dental. 626-308-9104 or you can  
272 logon to [AlhambraDental.com](http://AlhambraDental.com) if you want to email any questions  
273 for the doctor.  
274  
275 **Dr. John Chao:** We would love to hear from you.

276  
277 **Salvador Gaytan:** Now, getting to our next topic we promised, bad breath. Now,  
278 everyone thinks, well, bad breath is maybe not that big of a deal,  
279 but it affects people's health, livelihood, romance, everything, isn't  
280 that right?  
281  
282 **Dr. John Chao:** It's a social problem, a major one that has driven the mouthwash  
283 business, and the chewing gum business and the mint business to  
284 the tune of over a billion dollars a year in America.  
285  
286 **Salvador Gaytan:** Well, that's quite a business, and I don't know if this is the case  
287 with a lot of people, but I remember being at a party a number of  
288 years ago and the social circle I was in. I used to see this attractive  
289 female, and but every time I would talk to her, she had bad breath.  
290  
291 And I can never get past that. Now, is there any kind of an  
292 etiquette that people should say to people that have bad breath, or  
293 is it just something -- that we can't do anything about it, unless  
294 they want to do something about it?  
295  
296 **Dr. John Chao:** Well, I think this is a question for Dear Abby.  
297  
298 **Salvador Gaytan:** Dear Abby.  
299  
300 **Dr. John Chao:** [Crosstalk] for Dr. John here, but we tried a -- it's very delicate,  
301 it's very delicate. But just recently, just maybe less than a month  
302 ago, a very attractive young lady brought her husband and told us  
303 in front of him that he needs to have his bad breath taken care of.  
304  
305 He also had pretty serious gum disease. So, he reluctantly went  
306 along, but it turned out he was a good patient. We were able to get  
307 him treated well, and his results were very good. He was very good  
308 with his homecare, and he had just great teeth.  
309  
310 **Salvador Gaytan:** So, you cleared up his bad breath as well as other problems.  
311  
312 **Dr. John Chao:** Well, his bad breath actually came from his gum problems. He had  
313 a severe gum disease problem, and so we treated him for that and  
314 he was a very good patient.  
315  
316 What we treated him with actually whitened his teeth. So, now his  
317 breath is fresh, his teeth are white, and he was just very, very  
318 happy. And next thing we knew, he brought his wife. He said, "I  
319 want you to treat my wife of bad breath, because now I noticed that  
320 she's got bad breath."  
321

322 **Salvador Gaytan:** Well, you were telling me that earlier, that sometimes when a  
323 spouse comes in, and gets their bad breath treated -- because their  
324 breath is good, that they notice bad breath more.  
325

326 **Dr. John Chao:** Yeah, and that the other spouse wasn't even aware of. So, it was  
327 very interesting, and now they're both very happy, because the  
328 both are treated and their teeth look bright, and their breath is  
329 always fresh. So, they are a very happy couple.  
330

331 **Salvador Gaytan:** They are a happy couple. We are going to get into some of the  
332 causes and remedies of bad breath, but in an article here, I was just  
333 reading that 72.5% of people said they wouldn't let a person with  
334 bad breath kiss them. And I don't know, that's a high percentage to  
335 me. Does that sound high to you?  
336

337 **Dr. John Chao:** That doesn't sound surprising to me at all.  
338

339 **Salvador Gaytan:** Not surprising?  
340

341 **Dr. John Chao:** If you put yourself in the place of a person who is smelling bad  
342 breath, it's kind of unromantic I would imagine.  
343

344 **Salvador Gaytan:** No doubt about it. I don't know if you've noticed this too, but I  
345 have, whether it's females or males. I've always noticed that the  
346 people with the worst breath, for some reason, they want to get the  
347 closest to talk to me.  
348

349 So, I would love to be able to tell them, "Listen buddy." But  
350 anyway, the causes of bad breath, a lot of people think that it's just  
351 food related, but that's not the case, is it?  
352

353 **Dr. John Chao:** Well, yeah, let's go back to people who want to talk to you too  
354 close. You know what my remedy is?  
355

356 **Salvador Gaytan:** Well, what's your remedy?  
357

358 **Dr. John Chao:** In my office, I always have a mask on.  
359

360 **Salvador Gaytan:** Right, you always have a...  
361

362 **Dr. John Chao:** So, I'll give you one, and you can take it with you.  
363

364 **Salvador Gaytan:** Well, okay, you have a mask, but let me ask you this, do you ever  
365 get a patient who comes in, and you get over the patient, and their  
366 breath is so bad, that you just want to say, "Come on, I mean come  
367 on."



368  
369 **Dr. John Chao:** Well, sometimes they're actually pretty attractive, handsome  
370 people. So, I have to go get maybe two of them.  
371  
372 **Salvador Gaytan:** Two of them, okay.  
373  
374 **Dr. John Chao:** Yeah, I've had to use sometimes up to three.  
375  
376 **Salvador Gaytan:** Three, okay.  
377  
378 **Dr. John Chao:** I try to hide it and not make it too obvious, but sometimes you do  
379 have to do that.  
380  
381 **Salvador Gaytan:** Well, you're a professional, you have to deal with it, I don't. So,  
382 now the causes of bad breath might surprise some people, but what  
383 are -- like dehydration is a cause of bad breath, isn't it?  
384  
385 **Dr. John Chao:** It adds to the problem. Bad breath is really the result of high  
386 bacterial activity that generates a kind of a sulfur dioxide, and  
387 other kinds of gases that we can smell. So, it is basically a bacterial  
388 problem.  
389  
390 It's most of the time associated with gum disease, and sometimes  
391 with cavities which have not been filled, and a small percentage of  
392 the time, it comes from stomach regurgitation or even from sinus  
393 drainage. But for the most part, the chronic bad breath is basically  
394 caused by gum disease. Gum disease of course is the infection of  
395 the gums.  
396  
397 **Salvador Gaytan:** Now, we're getting into a little more of that. For anyone just tuning  
398 in, you're listening to SmileTalk; I'm Salvador Gaytan here with  
399 Dr. John Chao, also known as Dr. John, the friendly dentist.  
400  
401 **Dr. John Chao:** Yes, excuse me Sal but being friendly and all, we do have to not  
402 make fun of people who have bad breath, because it is a serious  
403 problem, and they are very, very tortured.  
404  
405 **Salvador Gaytan:** Tortured, yes.  
406  
407 **Dr. John Chao:** Practically tortured by not being able to get close to people. And  
408 people who suspect bad breath have a real problem, often times to  
409 actually cover their mouth when they speak to you.  
410  
411 Some people are extremely conscious of bad breath, and  
412 unfortunately other people are not conscious of it, when they have

413 it. So, it is a serious social problem that we take very seriously  
414 when it's presented to us.  
415  
416 On the other hand, we also realize that bad breath can be signs and  
417 symptoms of a serious problem, not only a serious gum problem,  
418 because sometimes it could be associated with serious medical  
419 problems.  
420  
421 **Salvador Gaytan:** So, in other words, bad breath might not just inhibit someone  
422 socially, but bad breath might be a sign of more serious problems  
423 in their mouth, or even their body.  
424  
425 **Dr. John Chao:** Yes, yes, besides having severe gum disease that can lead to loss of  
426 teeth. This week I can -- I've seen already two people who are in  
427 their 40s and they are about to lose their teeth, and they're looking  
428 at full dentures.  
429  
430 One a very attractive woman, and another a pretty vivacious man  
431 in his 40s, is having major problems, and they're looking at  
432 dentures or dentures and implants. So, it is a serious problem, and  
433 they definitely do have bad breath. That's one of the primary signs  
434 of gum disease.  
435  
436 **Salvador Gaytan:** Now Dr. John, we are coming to the end of our show here.  
437  
438 **Dr. John Chao:** Already?  
439  
440 **Salvador Gaytan:** Yes, already, flies by, doesn't it? And we haven't been able to  
441 touch on all the remedies of bad breath, the ways that you can help  
442 people. Well, we're going to get to that probably in our next show,  
443 but one of the causes, common causes of bad breath that people  
444 may not associate with is tobacco, isn't it?  
445  
446 **Dr. John Chao:** Yeah, smoking definitely adds to the problem, and not only does  
447 tobacco smell -- you can smell people who have smoked, even  
448 though they are not aware of it. It's in their clothes, it's  
449 everywhere.  
450  
451 But it does create a condition of having bad breath, because the  
452 immune system is impacted. People who smoke, tend to have  
453 severe gum disease, because your system cannot fight off the  
454 infection. So, infection in people who smoke, tends to get out of  
455 control in the mouth.  
456

457 **Salvador Gaytan:** Now, was there -- people say, "Hey, I love my cigarettes or my  
458 cigars, I'm going to smoke them." Is there anything they can do to  
459 combat the smoking?  
460

461 **Dr. John Chao:** In terms of the bad breath?  
462

463 **Salvador Gaytan:** The bad breath, yeah.  
464

465 **Dr. John Chao:** Well, that's why they do the chewing gum and the mints and all  
466 that. And at the end they get more cavities, they get worse gum  
467 disease. Actually, I didn't mention that smoking is actually  
468 associated with severe loss of teeth.  
469

470 **Salvador Gaytan:** Really?  
471

472 **Dr. John Chao:** People who smoke tend to lose their teeth at a much higher rate  
473 than non smokers. So, if a person will have gum disease, and  
474 smoke, it's almost impossible to save their teeth.  
475

476 **Salvador Gaytan:** So, mints and mouthwash, it's not going to help a smoker?  
477

478 **Dr. John Chao:** It's going to mask it.  
479

480 **Salvador Gaytan:** Mask it.  
481

482 **Dr. John Chao:** But it's not going to make the condition any better in the mouth.  
483

484 **Salvador Gaytan:** I see, interesting.  
485

486 **Dr. John Chao:** And we have to say, when we talk about smoking, that smoking  
487 leads to oral cancer. Oral cancer composes about 5% of the cancers  
488 that we find in the body. So, if it's quite a large number if you  
489 think about it.  
490

491 **Salvador Gaytan:** Wrapping up, we're going to get into also cleaning and brushing  
492 the tongue. That's a big cause of bad breath, and what you can do  
493 there. We don't have time right now, but our next show.  
494

495 And for anyone tuning in late, I'm here with Dr. John Chao,  
496 founder of Alhambra Dental. We had an excellent show today  
497 doctor, what do you think?  
498

499 **Dr. John Chao:** Yes, I really enjoyed it. I'll look forward to talking about how we  
500 can stop bad breath, next week.  
501

502 **Salvador Gaytan:** Next week we're going to go into some of the remedies of bad  
503 breath, and how the doctor could help, and also things that you can  
504 do at home by yourself to eliminate the bad breath.  
505  
506 **Dr. John Chao:** Absolutely.  
507  
508 **Salvador Gaytan:** Increase your earning power, your love life and all those things.  
509 Isn't that right doctor?  
510  
511 **Dr. John Chao:** Everything.  
512  
513 **Salvador Gaytan:** Everything, absolutely. Well, that's the end of our show Dr. John,  
514 and for anyone that wants to get in contact with Dr. John, you can  
515 call at 626-308-9104, or logon to [AlhambraDental.com](http://AlhambraDental.com) with any  
516 questions for future shows. It was a great show Dr. John.  
517  
518 **Dr. John Chao:** Yes, I really enjoyed it. Feel free to let us know your thoughts and  
519 your comments.  
520  
521 **Salvador Gaytan:** Excellent. We'll see you next week at 6 pm right here on KRLA.  
522  
523 **Dr. John Chao:** See you next week.  
524  
525 [END OF AUDIO]