

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, here with...  
4  
5 **Dr. John Chao:** And I'm Dr. John Chao. Hi, everybody.  
6  
7 **Salvador Gaytan:** Excellent, Dr. John. Dr. John, our last couple of shows, we've had  
8 so much interesting things, that some of the content we planned on  
9 overlapped and overlapped, but we had it first happen.  
10  
11 **Dr. John Chao:** Yes, we got carried away, but we had fun.  
12  
13 **Salvador Gaytan:** We got carried away, we had fun. We had our Five Rapid Fire  
14 questions and a first in history, we only got to one of them,  
15 because we had some other stuff going.  
16  
17 **Dr. John Chao:** Yeah, okay.  
18  
19 **Salvador Gaytan:** But...  
20  
21 **Dr. John Chao:** Let's see if we get to the four of them this time. Okay, let's get  
22 going.  
23  
24 **Salvador Gaytan:** That is right. We're going to get to those four, but before we get to  
25 those four, you have some entertaining, interesting articles. The  
26 first one about -- which I have a hard time believing, about a guy  
27 swallowing his dentures. Tell us about that.  
28  
29 **Dr. John Chao:** We got breaking news from Taiwan.  
30  
31 **Salvador Gaytan:** Breaking news, alright.  
32  
33 **Dr. John Chao:** Breaking news from Taiwan. The article reads, "A Taiwanese man  
34 is breathing easier after a surgeon removed a set of dentures from  
35 one of his bronchial tubes three years after he lost them in a fall".  
36 Now, I think that the report is {lying}, but I'll tell you why.  
37  
38 **Salvador Gaytan:** Okay.  
39  
40 **Dr. John Chao:** Surgeon Chang Chun Lee said, "The unidentified man visited his  
41 clinic several days ago, complaining of shortness of breath and a  
42 high fever. The man had no idea the missing denture was the  
43 culprit causing a mild case of pneumonia. He had looked for the  
44 missing dentures for three years".  
45

46 I guess he was -- he's been toothless -- he didn't have any teeth for  
47 three years. "But they were nowhere to be found. Chang operated  
48 after an x-ray detected an unknown object in one of the patient's  
49 bronchial tubes, what turned out to be the missing denture.

50  
51 Chang said the 45 year old man did not suffer serious breathing  
52 problems earlier, possibly because the lower denture of the eight  
53 teeth has stuck in part of the bronchial tube, but did not entirely  
54 block the passage of air.

55  
56 The patient might have needed to have part of his lung removed if  
57 the denture was not located before it caused severe damage. He  
58 was a lucky man to find it when he did."

59  
60 **Salvador Gaytan:** Well, that's lucky alright.

61  
62 **Dr. John Chao:** Yeah, well, I don't see that a whole denture can go down in your  
63 throat.

64  
65 **Salvador Gaytan:** Did you say like a piece of the eight teeth denture or?

66  
67 **Dr. John Chao:** Yeah, I think whoever wrote this article doesn't know anything  
68 about dentures or teeth. I think the eight teeth is the giveaway.  
69 Eight teeth is a partial denture.

70  
71 **Salvador Gaytan:** Are you exposing this article, Dr. John?

72  
73 **Dr. John Chao:** I'm exposing some fallacy. Don't believe everything you read.

74  
75 **Salvador Gaytan:** Well, that is true.

76  
77 **Dr. John Chao:** There could be -- where there's smoke, there's fire, but you can't  
78 always equate that.

79  
80 **Salvador Gaytan:** Right.

81  
82 **Dr. John Chao:** So, what happened, just reading this article is that, what's called a  
83 denture is not like a whole set of teeth, it's really like a partial  
84 denture, that sits on one side of the mouth, one piece on one side, it  
85 has eight teeth.

86  
87 **Salvador Gaytan:** It's like a quarter of the lower jaw or something.

88  
89 **Dr. John Chao:** It's like half of a lower jaw, okay?

90  
91 **Salvador Gaytan:** Half of a lower jaw.

92  
93 **Dr. John Chao:** So, he fell down and the thing went down his throat.  
94  
95 **Salvador Gaytan:** Right.  
96  
97 **Dr. John Chao:** It's kind of narrow, it's like a tube.  
98  
99 **Salvador Gaytan:** Yeah.  
100  
101 **Dr. John Chao:** It's kind of narrow, so it went down his throat, he's apparently a  
102 tough guy, it got stuck on one of the -- went through his trachea.  
103  
104 **Salvador Gaytan:** Right.  
105  
106 **Dr. John Chao:** Actually, that must have been very uncomfortable.  
107  
108 **Salvador Gaytan:** Right.  
109  
110 **Dr. John Chao:** But he fell, so he probably didn't feel it, because he was suffering  
111 from pain, from other parts of his body.  
112  
113 **Salvador Gaytan:** Right.  
114  
115 **Dr. John Chao:** So, it went down and it got lodged in one of the bronchial tubes  
116 and just stayed there. So, I would bet that this little piece of partial  
117 denture has some metal in it, because if it didn't have metal, x-rays  
118 would not find it.  
119  
120 **Salvador Gaytan:** Right.  
121  
122 **Dr. John Chao:** Because it goes right through. I suppose he might find some hints  
123 of it, but I already mentioned that this has a metal. By the way, this  
124 could only have happened, because the denture is unilateral. It just  
125 stays on one side. In America, we make partial dentures that  
126 doesn't hook onto just one side, it goes around behind the lower  
127 front teeth and it hooks onto teeth on the other side.  
128  
129 **Salvador Gaytan:** Right.  
130  
131 **Dr. John Chao:** In that case, it not only stabilizes the teeth, but it also is not  
132 swallowed easily.  
133  
134 **Salvador Gaytan:** Almost impossible, really.  
135

136 **Dr. John Chao:** Almost. Well, you can still swallow it, but in fact, a patient of mine  
137 who is a surgeon, he did recover a partial denture, he told me, from  
138 the throat.  
139  
140 **Salvador Gaytan:** Wow.  
141  
142 **Dr. John Chao:** But the patient was in distress.  
143  
144 **Salvador Gaytan:** Right.  
145  
146 **Dr. John Chao:** He did have to go in there and pick it up, but that denture was  
147 actually all plastic, so x-rays didn't particularly show it. He had to  
148 go in there and look for it, but he did get it out. So, what should we  
149 do? We should always make partial dentures bilateral, have it go to  
150 the other side. In fact dentists are not supposed to make it just one  
151 side unless you're very sure it's not going to be swallowed.  
152  
153 **Salvador Gaytan:** So, I mean, I don't wear dentures, so I'm a little novice, but...  
154  
155 **Dr. John Chao:** You don't?  
156  
157 **Salvador Gaytan:** No, I don't -- well, [crosstalk], hopefully never, Dr. John.  
158  
159 **Dr. John Chao:** What's that thing bouncing in your mouth?  
160  
161 **Salvador Gaytan:** If you keep taking care of my choppers right, I won't have to, now,  
162 will I?  
163  
164 **Dr. John Chao:** Yeah, I should tighten it a little bit more next time.  
165  
166 **Salvador Gaytan:** Tight, you got it bolted down, but I've never realized that dentures  
167 could come out. I mean someone could be sleeping, and so it  
168 comes out, and you could actually only swallow it, isn't that  
169 possible?  
170  
171 **Dr. John Chao:** You can actually -- this must be about 30 years ago. A dentist from  
172 Huntington Park swallowed his unilateral denture and he actually  
173 died.  
174  
175 **Salvador Gaytan:** Wow.  
176  
177 **Dr. John Chao:** He actually choked, so it's not to be taken lightly.  
178  
179 **Salvador Gaytan:** Right.  
180

181 **Dr. John Chao:** So, if you have a little denture that's -- anything that's small and  
182 removable, get it out of your mouth before you sleep.  
183  
184 **Salvador Gaytan:** Yes.  
185  
186 **Dr. John Chao:** In fact, I strongly recommend you don't even wear it, because you  
187 never know when you might fall asleep and choke and something  
188 happens and then it's gone.  
189  
190 **Salvador Gaytan:** Right. Fascinating tidbit, now there is another little -- well, I don't  
191 know if it's breaking news, but we have another interesting...  
192  
193 **Dr. John Chao:** Yeah, well, this is an announcement from the Academy of General  
194 Dentistry, that reports that foreign dental objects swallowed and  
195 become lodged in the throat or stomach is actually not a rare  
196 happenstance. Actually, it happens more often than what you  
197 would think.  
198  
199 **Salvador Gaytan:** Really?  
200  
201 **Dr. John Chao:** Yeah. They talked about not only dentures, but toothpicks have  
202 been swallowed and have caused liver abscesses and bulimics have  
203 actually swallowed toothbrushes.  
204  
205 **Salvador Gaytan:** Bulimics, bulimics, I mean for people who don't know, bulimics  
206 are people that eat a lot of food and then...  
207  
208 **Dr. John Chao:** And they throw up.  
209  
210 **Salvador Gaytan:** And then want to throw it up, so then they probably want to brush  
211 their teeth, because their mouth....  
212  
213 **Dr. John Chao:** No, no -- well, that may be true.  
214  
215 **Salvador Gaytan:** No, no, no, they are using the toothbrush to make themselves  
216 throw up.  
217  
218 **Dr. John Chao:** Exactly.  
219  
220 **Salvador Gaytan:** I got you.  
221  
222 **Dr. John Chao:** And then somehow it got down the throat.  
223  
224 **Salvador Gaytan:** I got you, okay.  
225

226 **Dr. John Chao:** Yeah, yeah, they -- I mean certainly it'd be good for them to brush  
227 their teeth after that.  
228  
229 **Salvador Gaytan:** Right.  
230  
231 **Dr. John Chao:** Although I don't know, I mean you're brushing all that acid  
232 against your teeth.  
233  
234 **Salvador Gaytan:** Well, you'd want to get it out somehow.  
235  
236 **Dr. John Chao:** I would say just rinse, rinse, rinse, rinse, rinse, get rid of the acid.  
237 Don't brush, just rinse like crazy, okay? So, anyway, so besides  
238 partial dentures, orthodontic retainers have been swallowed.  
239  
240 **Salvador Gaytan:** Orthodontic retainers, I had orthodontic retainers at one time.  
241  
242 **Dr. John Chao:** Yeah, those little things, if it's really small.  
243  
244 **Salvador Gaytan:** Yeah.  
245  
246 **Dr. John Chao:** If you're not careful, you can swallow things. So, swallowing  
247 things and choking to death is a possibility, ladies and gentleman,  
248 more than 2700 Americans choke to death every year.  
249  
250 **Salvador Gaytan:** Just on stuff like that?  
251  
252 **Dr. John Chao:** I don't know the statistics of what the breakdown is, but 2700  
253 people do choke to death.  
254  
255 **Salvador Gaytan:** That's a lot of people.  
256  
257 **Dr. John Chao:** Partly because of the stuff they swallow.  
258  
259 **Salvador Gaytan:** Now, toothpicks -- do you think toothpicks are a valid instrument  
260 to use?  
261  
262 **Dr. John Chao:** Well, if nothing else is there and something is stuck between your  
263 teeth, go somewhere quiet, nobody seeing you and try to get rid of  
264 it, but I would prefer that you bring dental floss.  
265  
266 **Salvador Gaytan:** Floss, yeah.  
267  
268 **Dr. John Chao:** Floss your teeth.  
269

270 **Salvador Gaytan:** When I was a kid, I used to see some of my relatives pick a  
271 toothpick at a restaurant and so, I probably was about 10 or  
272 something, and I tried a toothpick.  
273  
274 I got it in between my teeth and it broke off. It was hard to get that  
275 little piece back out and ever since I said, "I don't want to use  
276 toothpick anymore" so...  
277  
278 **Dr. John Chao:** Well, actually if there's a problem when you have to use toothpick  
279 all the time, food is getting stuck between the teeth, you probably  
280 should consult the dentists, you shouldn't have food stuck between  
281 the teeth habitually at the same place.  
282  
283 **Salvador Gaytan:** Right.  
284  
285 **Dr. John Chao:** If it's in different places, I can understand, but if it's the same  
286 place, you got to do something about that, because first of all,  
287 that's just not comfortable.  
288  
289 **Salvador Gaytan:** It might be a food trap, right?  
290  
291 **Dr. John Chao:** Food trap, it causes decay, it causes gum problems and it could be  
292 a major cause of bad breath.  
293  
294 **Salvador Gaytan:** Wow.  
295  
296 **Dr. John Chao:** So, do take your floss with you, do floss your teeth after meals, if  
297 you have a habitual food trapping location in your mouth, tell your  
298 dentist and do something about it.  
299  
300 **Salvador Gaytan:** Now, Dr. John, a lot of people would just say that's, well,  
301 psychotic in a way, and I know this, because I do have floss  
302 everywhere, in my car, in my golf bag, my overnight bag. I do  
303 actually floss when I eat, maybe I'm on the way to the course or  
304 whatever and some of my buddies sometimes have seen me.  
305  
306 **Dr. John Chao:** Course, you're not talking about taking an academic course, right?  
307  
308 **Salvador Gaytan:** The golf course.  
309  
310 **Dr. John Chao:** Golf course, yeah.  
311  
312 **Salvador Gaytan:** The golf course, yes.  
313  
314 **Dr. John Chao:** To me, course is like something I go to class for.  
315

316 **Salvador Gaytan:** Right.  
317  
318 **Dr. John Chao:** But you are a leisurely gentleman, so course means to you – course  
319 means playing.  
320  
321 **Salvador Gaytan:** Playing the golf.  
322  
323 **Dr. John Chao:** Playing golf.  
324  
325 **Salvador Gaytan:** Exactly.  
326  
327 **Dr. John Chao:** Course means to me I sit in the class.  
328  
329 **Salvador Gaytan:** Well, we got to get you out in the link some more.  
330  
331 **Dr. John Chao:** I ought to have more courses like you, like what you do.  
332  
333 **Salvador Gaytan:** That’s right, that’s right. Hey, but you know what? Some of my  
334 friends they think, “Come on, that’s crazy,” because they just  
335 associate brushing and maybe in the morning and in the evening,  
336 but if you don’t get that food out of your -- those particles out of  
337 your mouth, that just sits there all day, creates decay, right?  
338  
339 **Dr. John Chao:** Yeah, but you know what the positive thing about flossing is?  
340  
341 **Salvador Gaytan:** What?  
342  
343 **Dr. John Chao:** You know flossing is actually addictive?  
344  
345 **Salvador Gaytan:** Really? How’s so?  
346  
347 **Dr. John Chao:** That feeling that you – the fresh feeling that you get once you get  
348 used to it, you don’t want to do without it. You would feel awful if  
349 you don’t get to floss your teeth after meals.  
350  
351 **Salvador Gaytan:** That is true.  
352  
353 **Dr. John Chao:** And after you floss it, you clean it all up, “Wow”, it feels so much  
354 better.  
355  
356 **Salvador Gaytan:** Yeah.  
357  
358 **Dr. John Chao:** Don’t you experience that?  
359  
360 **Salvador Gaytan:** Absolutely.  
361



362 **Dr. John Chao:** That's what keeps you going.  
363  
364 **Salvador Gaytan:** Exactly, but you got to round it off with a quick brush too.  
365  
366 **Dr. John Chao:** Yeah, absolutely.  
367  
368 **Salvador Gaytan:** But if nothing else, floss at least.  
369  
370 **Dr. John Chao:** You floss, you brush and floss your teeth after meals, it gives you  
371 such a good feeling around your mouth.  
372  
373 **Salvador Gaytan:** That's right.  
374  
375 **Dr. John Chao:** It will make you feel good.  
376  
377 **Salvador Gaytan:** Absolutely.  
378  
379 **Dr. John Chao:** Those of you listening to this program, try it. You will love it.  
380  
381 **Salvador Gaytan:** Yes.  
382  
383 **Dr. John Chao:** Okay. It's not such a chore, it's not such a chore, it's really, really  
384 good for you and you will like it. It is addictive. This is John Chao  
385 speaking, of course. I've heard it -- I was reading an article, but I  
386 believe it.  
387  
388 **Salvador Gaytan:** Well, it is true, but you know what, I think you'd be surprised how  
389 many people don't floss at all. They brush their teeth, but they  
390 don't use the floss on a regular basis.  
391  
392 **Dr. John Chao:** I go to dental conventions and conferences, I could be the only one  
393 in the bathroom brushing my teeth and flossing my teeth, and all  
394 these doctors, they go right by.  
395  
396 **Salvador Gaytan:** They don't stop by, "Hey, give me some of that floss."  
397  
398 **Dr. John Chao:** They're not lining up to borrow my floss.  
399  
400 **Salvador Gaytan:** Right. They should be, they should be.  
401  
402 **Dr. John Chao:** Yeah, well we should. I'm just kidding, a lot of them do it with me,  
403 and I'm just...  
404  
405 **Salvador Gaytan:** Okay, Dr. John, and in fact for anyone just tuning in, you're  
406 listening to SmileTalk. I'm Salvador Gaytan, here with Dr. John  
407 Chao from Alhambra Dental. You can reach Dr. John at

408 [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104, and you welcome all  
409 questions, don't you, Dr. John?  
410  
411 **Dr. John Chao:** Yes, and come to [AlhambraDental.com](http://AlhambraDental.com) if you want to listen to any  
412 part of this show again, alright? And if there is a subject that you  
413 want more information on, either email us and call us, and we'll be  
414 glad to send you simple-to-read pamphlets on the subjects that  
415 we're covering on this show.  
416  
417 **Salvador Gaytan:** In fact, you have a lot of also past shows. Now, you were doing a  
418 little work on the website, so the link wasn't quite working, but  
419 you will have a lot of past shows that people can listen to as well,  
420 on your website.  
421  
422 **Dr. John Chao:** Yes, in fact, all of them.  
423  
424 **Salvador Gaytan:** All of them, excellent.  
425  
426 **Dr. John Chao:** In fact all of them, and we even have certain ones transcribed.  
427  
428 **Salvador Gaytan:** Wow.  
429  
430 **Dr. John Chao:** So, we'll have certain ones on the website.  
431  
432 **Salvador Gaytan:** Fantastic. Okay, Dr. John, we need to get -- we have to finish -- we  
433 have four Rapid Fire questions from our last show, and we've had  
434 so much interesting information that we've been a little  
435 fragmented, but we're getting our information.  
436  
437 **Dr. John Chao:** Well, this in entertaining and informative, so however we do it,  
438 then -- accomplish our goal, that's fine.  
439  
440 **Salvador Gaytan:** That's right, we don't have to stick to our structure every time.  
441 That's right.  
442  
443 **Dr. John Chao:** Alright, okay.  
444  
445 **Salvador Gaytan:** Okay. Our second question was: Because nicotine has not been  
446 considered to be a drug, the FDA has no authority to regulate its  
447 use. That is false.  
448  
449 **Dr. John Chao:** That has been actually true. FDA has had trouble trying to regulate  
450 nicotine as a drug, until recently. In fact, as of June 22, 2009 the  
451 FDA had no authority, but on June 22, 2009, the Family Smoking  
452 Prevention and Tobacco Control Act was signed into law by  
453 President Barack Obama.

454  
455 This act gives the U.S. Food and Drug Administration, the  
456 authority to regulate the manufacturing, marketing and distribution  
457 of tobacco products. So, what has this got to do with dentistry.  
458 Why am I interested?  
459  
460 **Salvador Gaytan:** Yeah, why are you interested?  
461  
462 **Dr. John Chao:** I'm interested because we as dentists are the first line of defense in  
463 the war against oral cancer, and many other tobacco related  
464 diseases. It's been the long standing position of the American  
465 Dental Association and us dentists, that nicotine is a drug, and that  
466 cigarettes and other tobacco products are nicotine delivery devices  
467 and therefore should be regulated by the FDA.  
468  
469 We're particularly concerned over the years with the insidious  
470 marketing of tobacco products to children, especially so called  
471 smokeless or spit tobacco products.  
472  
473 **Salvador Gaytan:** Correct and you know what, another thing...  
474  
475 **Dr. John Chao:** I've always been incensed about it. Personally, I think it's  
476 abominable.  
477  
478 **Salvador Gaytan:** Absolutely.  
479  
480 **Dr. John Chao:** That they would do this and that's just unacceptable to us and  
481 we're being aware of this as dentists, and we've been aware of this,  
482 and our association and us as individuals, have been trying to fight  
483 this problem for a long time.  
484  
485 **Salvador Gaytan:** Well, it seems like the business plan has been, because statistically  
486 it's been proven that if you get someone smoking as a child, I  
487 mean, 12, 13, 15, that they're more apt to take it into their adult  
488 life, but if you don't get them before 18, it's hard to turn someone  
489 into a smoker after 18. So, that's why I think the marketing has  
490 been towards kids.  
491  
492 **Dr. John Chao:** Yeah. You know what the tragic thing is? I think it starts even  
493 before that. It starts with the mother being a smoker or when she's  
494 pregnant or she's not smoking and she got secondary smoke from  
495 the husband.  
496  
497 **Salvador Gaytan:** Right, or a family member.  
498

499 **Dr. John Chao:** Those chemicals, not only nicotine, but those chemicals go through  
500 the placenta and affects the brain chemistry of the children, and  
501 after they are born, they are just...  
502

503 **Salvador Gaytan:** More predisposed, do you think?  
504

505 **Dr. John Chao:** They are absolutely ready -- they are readymade victims for  
506 smoking. Their brain chemistry is such that they don't come alive,  
507 the brain doesn't come alive until they smoke, because the brain  
508 has been already affected, when they are being carried. So, when  
509 they are eight or nine or 10, they take their first smoke and then  
510 they're addicted for life.  
511

512 **Salvador Gaytan:** Wow.  
513

514 **Dr. John Chao:** It's really a tragedy. So, when we're talking about smoking, when  
515 we're talking about how it affects the children, we have to go back  
516 to the parents, to the mother. Please don't smoke when you're  
517 pregnant and don't even get around any smoke.  
518

519 **Salvador Gaytan:** Right.  
520

521 **Dr. John Chao:** Fathers, don't smoke. Keep your house smoke free.  
522

523 **Salvador Gaytan:** Smoke free.  
524

525 **Dr. John Chao:** If you have to smoke, go outside. Don't give secondary smoke to  
526 the pregnant woman. It's horrible, okay, because you will set up  
527 your children for life, as far as being likely to be addicted to  
528 smoking.  
529

530 **Salvador Gaytan:** Yes.  
531

532 **Dr. John Chao:** Now, it doesn't mean that there's no way out of it. I don't want to  
533 say that they're just condemned, just because of the brain  
534 chemistry part, but it's going to take effort, it's going to take effort.  
535 It's better that those people never touch cigarettes.  
536

537 So, if your parents -- I'm talking to young people now -- if your  
538 parents have smoked during the time that you were being carried,  
539 then don't touch cigarettes.  
540

541 **Salvador Gaytan:** Don't touch them.  
542

543 **Dr. John Chao:** And parents, if you have smoked during that period of time, during  
544 pregnancy, then warn your children, don't let them even touch it.

545  
546 *Salvador Gaytan:* Yeah.  
547  
548 *Dr. John Chao:* Okay, because you're setting up a very, very bad result.  
549  
550 *Salvador Gaytan:* Okay, Dr. John.  
551  
552 *Dr. John Chao:* Okay, that's enough preaching.  
553  
554 *Salvador Gaytan:* Question number three...  
555  
556 *Dr. John Chao:* My father was a preacher; I tend to get carried away.  
557  
558 *Salvador Gaytan:* Well, we like it, we like it. Well, we've got to keep moving  
559 though, we got to keep moving.  
560  
561 *Dr. John Chao:* Yeah, let's get going here.  
562  
563 *Salvador Gaytan:* Next question: One out of three big league baseball players still  
564 use spit tobacco. That is true.  
565  
566 *Dr. John Chao:* That is true. Why don't they ban it? Why don't they ban it? Why  
567 are these people heroes to our children, to the younger generation,  
568 and they go around spitting this stuff, this awful stuff that causes  
569 cancer and all kinds of problems.  
570  
571 *Salvador Gaytan:* Nothing is as sexy like spitting some chew tobacco, huh?  
572  
573 *Dr. John Chao:* Did you know that the place this tobacco touches is 50 times more  
574 likely to develop oral cancer.  
575  
576 *Salvador Gaytan:* You mean inside the cheek area?  
577  
578 *Dr. John Chao:* Yeah, wherever you put the darn thing, and it's always there, then  
579 that's the place that oral cancer can develop.  
580  
581 *Salvador Gaytan:* That is nuts.  
582  
583 *Dr. John Chao:* And it's very, very addictive, because it's got a lot of nicotine in it.  
584  
585 *Salvador Gaytan:* Well, I do have certain friends, some baseball players, actually one  
586 golfer that does -- he's trying to be a pro right now, and he loves  
587 his chew tobacco and he will not give it up.  
588  
589 *Dr. John Chao:* They can't.  
590

591 **Salvador Gaytan:** They can't, I know they can't.  
592  
593 **Dr. John Chao:** They can't, it's just too addictive.  
594  
595 **Salvador Gaytan:** Yeah.  
596  
597 **Dr. John Chao:** I'm glad they banned it in the minor leagues now. But you know  
598 what they do? They fine these guys 50 bucks.  
599  
600 **Salvador Gaytan:** That's no big deal.  
601  
602 **Dr. John Chao:** If the referee sees you.  
603  
604 **Salvador Gaytan:** Yeah, yeah.  
605  
606 **Dr. John Chao:** Come on, what's 50 bucks?  
607  
608 **Salvador Gaytan:** Nothing.  
609  
610 **Dr. John Chao:** I think they catch them only once or twice, they're frowned upon,  
611 they're trying to get to the big league, so they don't want to really  
612 be on the bad side of management. But it's really -- we should  
613 really encourage people to leave that stuff alone.  
614  
615 **Salvador Gaytan:** Okay, Dr. John, next question: As more people -- a ban on  
616 cigarettes, more people are now using spit tobacco. That is true.  
617  
618 **Dr. John Chao:** That's actually true.  
619  
620 **Salvador Gaytan:** Wow.  
621  
622 **Dr. John Chao:** They think that if you don't smoke cigarettes, then there's less  
623 harm coming out as using spit tobacco. Let me give you some  
624 statistics here.  
625  
626 **Salvador Gaytan:** Okay.  
627  
628 **Dr. John Chao:** Six million people use spit tobacco daily in the United States,  
629 while 47 million smoke. So, spit tobacco is still used by six million  
630 people, that's a lot.  
631  
632 **Salvador Gaytan:** Yes.  
633  
634 **Dr. John Chao:** Of course, we know that the U.S. Surgeon General issued a report  
635 in 1986, saying that spit tobacco products does cause cancer. Okay.

636 Did you know that spit tobacco is actually the only part of the  
637 tobacco industry that's growing?  
638  
639 **Salvador Gaytan:** I didn't know that.  
640  
641 **Dr. John Chao:** Yeah. They are selling more spit tobacco.  
642  
643 **Salvador Gaytan:** At least we don't get second hand smoke from it, huh, [inaudible]  
644 something.  
645  
646 **Dr. John Chao:** Yeah, you just got to hear it when they spit into the spittoon. Okay,  
647 but it is banned in high schools, right? Okay. Which is the next  
648 question?  
649  
650 **Salvador Gaytan:** Fantastic. The next question: High school colleges and most minor  
651 leagues ban spit tobacco. That is true.  
652  
653 **Dr. John Chao:** That's true. That's good, that's good. Okay. Whether kids do use it  
654 or not, who knows.  
655  
656 **Salvador Gaytan:** Well, that's true, because they can use it on their own time.  
657  
658 **Dr. John Chao:** Yeah. I think it gives them a high, doesn't it? I wonder whether it  
659 enhances their performance, like steroids.  
660  
661 **Salvador Gaytan:** I don't know if it enhances, but isn't there something -- a  
662 connection between the spit tobacco and when you chew food and  
663 you get that satisfaction sensation from the chewing, the saliva,  
664 maybe there's some of that in that addiction with chew tobacco  
665 versus smoking.  
666  
667 **Dr. John Chao:** Yeah. I grew up in Singapore. In Singapore, we get in contact with  
668 different races. It's like a melting pot of the world, actually. All  
669 races go there.  
670  
671 **Salvador Gaytan:** Like Los Angeles, maybe.  
672  
673 **Dr. John Chao:** Yeah, something like that, except it's an island.  
674  
675 **Salvador Gaytan:** International.  
676  
677 **Dr. John Chao:** So, you meet all kinds of people. I remember the people from India  
678 love -- and maybe even Malaya love to chew beetle nuts. I think  
679 beetle nut has some kind of nicotine in it.  
680  
681 **Salvador Gaytan:** Beetle nut?

682  
683 **Dr. John Chao:** Yeah.  
684  
685 **Salvador Gaytan:** What is beetle nut?  
686  
687 **Dr. John Chao:** It's like a nut, you just chew and you spit out, and even today when  
688 I have people who use beetle nut, I can tell their teeth all worn out.  
689  
690 **Salvador Gaytan:** Really?  
691  
692 **Dr. John Chao:** Chemically eroded. So, beetle nut has some acid in it, but...  
693  
694 **Salvador Gaytan:** Is that found just in China or...  
695  
696 **Dr. John Chao:** Yeah, it's something like chewing tobacco, I guess. It's in India.  
697  
698 **Salvador Gaytan:** India.  
699  
700 **Dr. John Chao:** India, a lot. It comes from a leaf, they actually chew the leaf. So,  
701 it's kind of a -- chewing is kind of a national, kind of an  
702 international habit.  
703  
704 **Salvador Gaytan:** Well, it's like -- well, look at babies. Babies, they want their  
705 pacifier, it's just I guess human nature to want to chomp on.  
706  
707 **Dr. John Chao:** Chewing gum and grind your teeth, and you know what I mean, we  
708 get a lot of pleasure out of eating. That's why we have to have  
709 healthy teeth, but we can go overboard and chew every old thing.  
710 But did you know there are two -- have you heard of Duck  
711 Harvey?  
712  
713 **Salvador Gaytan:** Duck Harvey? I have not.  
714  
715 **Dr. John Chao:** Okay. Duck Harvey ended up with oral cancer and there are stories  
716 about him. Even though he had oral cancer, he is still chewing  
717 tobacco. He just can't help himself.  
718  
719 **Salvador Gaytan:** He had -- well, I guess that's from being...  
720  
721 **Dr. John Chao:** He survived it, he survived it.  
722  
723 **Salvador Gaytan:** That's like people who smoke, they have a lung removed, and they  
724 still smoke.  
725  
726 **Dr. John Chao:** Yeah. Duck Harvey was an umpire.  
727



728 **Salvador Gaytan:** Umpire?  
729  
730 **Dr. John Chao:** Yeah, he was well known.  
731  
732 **Salvador Gaytan:** For major league baseball?  
733  
734 **Dr. John Chao:** Yeah. Then there was a Minnesota Twins outfielder called Bill  
735 Tuttle, and he made some videos showing, telling about how kids  
736 should not chew spit tobacco. He did not survive oral cancer.  
737 Okay, so we're done with that particular thing, so kids, do not pick  
738 up spit tobacco.  
739  
740 **Salvador Gaytan:** Don't touch the spit tobacco. Don't touch any tobacco, because it's  
741 just not healthy.  
742  
743 **Dr. John Chao:** It's just bad for you, bad for you.  
744  
745 **Salvador Gaytan:** Well, that was fantastic, Dr. John. We're coming to the end of our  
746 show here, again, but we did get through our questions.  
747  
748 **Dr. John Chao:** Okay, now, I have to say this. Don't use spit tobacco, because it  
749 can cause oral cancer and other problems.  
750  
751 **Salvador Gaytan:** Right.  
752  
753 **Dr. John Chao:** So, what are the warning signs for cancer?  
754  
755 **Salvador Gaytan:** Red sores.  
756  
757 **Dr. John Chao:** Yeah.  
758  
759 **Salvador Gaytan:** Sore gum.  
760  
761 **Dr. John Chao:** A sore in your mouth that bleeds easily and doesn't heal. Anything  
762 that doesn't heal in your mouth, I guess any part of your body, you  
763 should consult a doctor, or if it's in the mouth, the dentist. A lump,  
764 or thickening in your mouth or in your neck, you should see the  
765 doctor, the physician or the dentist, a soreness or swelling that  
766 doesn't go away.  
767  
768 **Salvador Gaytan:** Right.  
769  
770 **Dr. John Chao:** Or if you look in your mouth, you see a red or white patch on your  
771 cheek, on your tongue, on the palate that doesn't go away, and  
772 that's also a warning sign. So, if you have any problems, anything

773 that doesn't go away, that you notice, see the dentist, and the other  
774 one, that's a very bad sign already, if you have trouble swallowing.  
775  
776 **Salvador Gaytan:** Oh yeah.  
777  
778 **Dr. John Chao:** Okay? Don't wait, go immediately.  
779  
780 **Salvador Gaytan:** Well, Dr. John, that is the conclusion of our show. You can reach  
781 Dr. John at [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104. Talk to you  
782 next weekend.  
783  
784 **Dr. John Chao:** Goodbye, everybody.  
785  
786 [END OF AUDIO]