

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:** Dr. John Chao, hi everybody.
6

7 **Salvador Gaytan:** For anyone that -- Dr. John does like questions. You can submit
8 those at AlhambraDental.com, isn't that right?
9

10 **Dr. John Chao:** That's right. Call us or email us. But we have breaking news from
11 Australia.
12

13 **Salvador Gaytan:** We have breaking news about the lost sailor with the perfect teeth,
14 Dr. John.
15

16 **Dr. John Chao:** His perfect teeth helped authorities to identify him. He and his
17 ship, and the crew had been totally lost since 1941.
18

19 **Salvador Gaytan:** 1941, wow.
20

21 **Dr. John Chao:** You want to hear the story?
22

23 **Salvador Gaytan:** Let's hear the story, Dr. John.
24

25 **Dr. John Chao:** Okay, the story is, there was a ship called HMAS Sydney, that had
26 a run-in with a German warship in 1941. Both boats sunk, the
27 German boat sunk and the Sydney also sunk, but Sydney sunk with
28 all crew members gone, disappeared, and they were never to be
29 heard from again.
30

31 But around that time, they discovered that there was a dead sailor
32 in a little boat that landed on Christmas Island. This is an island a
33 couple of thousand kilometers from Perth.
34

35 **Salvador Gaytan:** Australia.
36

37 **Dr. John Chao:** Australia. This sailor was found and was buried. The name on his
38 uniform was McGowan. McGowan has a brother, and so
39 McGowan thought that this corpse must be one of the sailors from
40 the ship that was totally lost. He tried to get the government to
41 exhume the body of his brother for many, many years.
42

43 So, finally he was able to get the government to exhume the body
44 and to find out whether it's his brother or not. So, Mr. McGowan,
45 his name is Bryan, thought that his brother who was named as
46 Tom, had perfect set of teeth.

47
48 How does he know that? He said his brother never had any trouble
49 with his teeth. So, he assumed that his brother had perfect teeth. It
50 so happened that out of the 1750 mouths examined by dentists in
51 that country between 36 and 38, only one recruit had perfect teeth.
52
53 **Salvador Gaytan:** One recruit, wow.
54
55 **Dr. John Chao:** So, if he's able to exhume this body, and this body has perfect
56 teeth, chances are that that is his brother. They were able to
57 exhume the body and found that this sailor had perfect teeth.
58
59 **Salvador Gaytan:** So, the perfect teeth identified this sailor years later.
60
61 **Dr. John Chao:** Yeah. So, the perfect teeth was a clue, and so therefore there are
62 some concrete evidence to show that somehow the boat was in the
63 vicinity, and one of these days they may be able to find it. So, the
64 perfect teeth helped identify a long lost sailor from 1941.
65
66 **Salvador Gaytan:** Now, what's interesting, a little tidbit in that article. You said there
67 were what, 1750 sailors examined, and only one had perfect teeth.
68 That is...
69
70 **Dr. John Chao:** Had perfect teeth. What's the chances of that, right? But it
71 occurred to me reading this news release, that they should also be
72 able to use DNA evidence to establish a connection between
73 brothers.
74
75 **Salvador Gaytan:** Right, well, yeah they could. But I'll tell you what, this is a lot
76 cheaper.
77
78 **Dr. John Chao:** But this is not in the article though.
79
80 **Salvador Gaytan:** It's not in the article. It was a lot cheaper way too maybe, you
81 know what I mean? [Crosstalk]
82
83 **Dr. John Chao:** But it's more interesting to use perfect set of teeth to identify
84 somebody, and then just a little DNA test, it's not as interesting.
85
86 **Salvador Gaytan:** Exactly, exactly. Well, Dr. John, you know what, I have a little
87 breaking news story of myself, how about that?
88
89 **Dr. John Chao:** Okay, bring it to me, bring it to me, to our audience.
90

91 **Salvador Gaytan:** It's a small little tidbit, but we are in November, but October, there
92 is a big Oktoberfest festival in Germany, the last two weeks.
93 You're familiar with that, right?
94

95 **Dr. John Chao:** I've never been there.
96

97 **Salvador Gaytan:** You've never been there. Well, they have some Oktoberfest here
98 too, but only like a couple of days.
99

100 **Dr. John Chao:** That's where the song comes from, 'Roll out the Barrel', right?
101 One of my favorite songs, 'Roll out the barrels'.
102

103 **Salvador Gaytan:** Well, I don't know, maybe it does. A lot of drinking, two week
104 festival, international, a lot of people go to Germany, so they
105 release these statistics every year about what is lost during the two
106 weeks in Oktoberfest in Germany.
107

108 Here is a short rundown, 1250 items of clothing, 700 passports,
109 420 wallets, 320 cell phones, 75 cameras, a few other
110 miscellaneous things, even one toaster. Can you believe that,
111 somebody lost a toaster?
112

113 **Dr. John Chao:** That's the average, right?
114

115 **Salvador Gaytan:** That's just for this year.
116

117 **Dr. John Chao:** This year, okay.
118

119 **Salvador Gaytan:** Yeah, and then it says here at the bottom, "And as every year, one
120 set of dentures" in Oktoberfest.
121

122 **Dr. John Chao:** Well, this is why California has a law. When you make somebody
123 a set of dentures, you must put the name of that patient on the
124 denture.
125

126 **Salvador Gaytan:** Right, for simple identification.
127

128 **Dr. John Chao:** Yeah, whoever lost his teeth, has their name on it, they can find
129 them. But in Germany, if you go to Oktoberfest, you should put the
130 phone number on the denture too.
131

132 **Salvador Gaytan:** Maybe your passport number or something like that.
133

134 **Dr. John Chao:** So they can go...
135

136 **Salvador Gaytan:** Yeah, that might be -- you know what, they probably are not going
137 go through the trouble though.
138
139 **Dr. John Chao:** But I think it's more unusual than the fact that there is a set of
140 dentures missing. What is more amazing to me is there were 400
141 wallets.
142
143 **Salvador Gaytan:** 400 wallets, 420 wallets.
144
145 **Dr. John Chao:** You know how unbelievable that is?
146
147 **Salvador Gaytan:** I know.
148
149 **Dr. John Chao:** That people would turn in 400 wallets?
150
151 **Salvador Gaytan:** Well, I don't know.
152
153 **Dr. John Chao:** Were they empty, sure they would have no money, and the credit
154 cards?
155
156 **Salvador Gaytan:** No, that doesn't say necessarily they were turned in, people just
157 reported that they lost their wallet.
158
159 **Dr. John Chao:** Oh, they lost it?
160
161 **Salvador Gaytan:** So, I'm sure that...
162
163 **Dr. John Chao:** Well, how many were found?
164
165 **Salvador Gaytan:** It doesn't say how many were found.
166
167 **Dr. John Chao:** Probably none.
168
169 **Salvador Gaytan:** Well, yeah, but you know about a true story, now that you
170 mentioned that? Because there was an SE football game, I got
171 tickets from you.
172
173 **Dr. John Chao:** Yes, I remember that story, tell us that story.
174
175 **Salvador Gaytan:** I got tickets from you, this was, I don't know, two or three years
176 ago, I had my niece and her good friend. We were all excited to go
177 to the USC-UCLA football game at the Rose Bowl, and we had
178 some food bags with us, and we were packing.
179
180 I had my wallet with the tickets in my back pocket, and the crowd
181 was just bumper to bumper when we got to the gates. Somehow I

182 get to the gate, look for my tickets, and my wallet is gone, gone.
183 I'm thinking I've been pick-pocketed, it's what I'm thinking.
184
185 I say, "How could I possibly? It couldn't have gone." Oh my God,
186 here I am, my niece, my sister, no tickets. So, we go to lost and
187 found, nobody turned it in during the first quarter. I was trying to
188 get a hold of you, but you couldn't hear your cell phone.
189
190 So, finally I went to this one ticket counter, talked to a manager
191 there and I said, "Hey, we lost our tickets." But I had looked at the
192 tickets, and I knew the isle and the row, the section in my mind.
193 So, I was able to -- because you had season tickets. I was able to --
194 they were able to look up your tickets and they could verify that
195 yeah, I knew the ticket numbers.
196
197 You know what they actually did after the first quarter? They
198 issued new tickets, so that we could go in there. So, I thought,
199 "Okay, at least I'm saved, right? At least I got my niece and them
200 into the football game, and her friend," who cares about my
201 wallet? And my wallet did have \$500 in it.
202
203 You know the story though that at the kicker, in the third quarter,
204 somebody comes up to me and says, "Hey, you need to come down
205 to the lost and found, we have your wallet."
206
207 **Dr. John Chao:** Who is somebody?
208
209 **Salvador Gaytan:** It was someone from the lost and found.
210
211 **Dr. John Chao:** One of the attendants?
212
213 **Salvador Gaytan:** Yeah, one of the attendants came up to me, and that I had
214 complained to, because they knew, they issued the tickets. I came
215 down there, someone turned in my wallet at half time with the
216 money and the tickets.
217
218 **Dr. John Chao:** Yeah, that's a great story.
219
220 **Salvador Gaytan:** Right. So, anyway, moving on, Dr. John, we do have some Rapid
221 Fire Five questions for our audience today, very interesting
222 questions, and are you ready, Dr. John?
223
224 **Dr. John Chao:** Okay, shoot away.
225
226 **Salvador Gaytan:** Okay, our first question, mouth guards can prevent neck injuries in
227 sports, true or false?

228
229 **Dr. John Chao:** That's actually true. We'll talk about that.
230
231 **Salvador Gaytan:** True, okay, absolutely. Number two: Infants are not affected by
232 tooth decay, true or false?
233
234 **Dr. John Chao:** That's false.
235
236 **Salvador Gaytan:** That's false.
237
238 **Dr. John Chao:** You can give me something harder.
239
240 **Salvador Gaytan:** I know. But I'll tell you what though, a lot of people...
241
242 **Dr. John Chao:** We don't need to talk about that.
243
244 **Salvador Gaytan:** Number three: A fractured tooth must be removed immediately or
245 it will decay, true or false?
246
247 **Dr. John Chao:** That's false.
248
249 **Salvador Gaytan:** It's false. There's a lot of ways people can fracture a tooth, which
250 you're going to go into. The best place to put a knocked out tooth
251 is back in the mouth, true or false?
252
253 **Dr. John Chao:** Yeah, you have to think about that one, that's actually true.
254
255 **Salvador Gaytan:** That is true?
256
257 **Dr. John Chao:** Actually true.
258
259 **Salvador Gaytan:** Wow, and you'll tell us why that's true.
260
261 **Dr. John Chao:** You'd want to wash that tooth out though, don't put it in with the
262 dirt.
263
264 **Salvador Gaytan:** That's right. Question number five: Dental hypersensitivity is not
265 very common, true or false?
266
267 **Dr. John Chao:** No, it's actually quite common, and we get complaints about that
268 all the time.
269
270 **Salvador Gaytan:** Alright. For anyone just tuning in, you're listening to SmileTalk,
271 with Dr. John Chao, and you can reach him at
272 AlhambraDental.com with any of your questions or other
273 requested information. Okay, question number one, Dr. John:

274 Mouth guards can prevent neck injuries in sports. There is some
275 truth to that. Why is that?
276
277 **Dr. John Chao:** Okay, because now if it's properly made, a blow to the jaws will
278 be cushioned. We're not talking about those things you buy
279 from...
280
281 **Salvador Gaytan:** A sporting goods store.
282
283 **Dr. John Chao:** Yeah, and then you put it in your mouth. Those things are okay,
284 but if it's properly made with enough cushioning material between
285 the upper and lower jaws, you'll cushion the blow, you'll prevent
286 of course broken teeth. You prevent jaw fractures, you prevent
287 cerebral hemorrhages and neck injuries. It's very, very effective if
288 it's custom fabricated. Your dentist has to make it for you.
289
290 **Salvador Gaytan:** Now, why is that? Why does it need to be custom fabricated versus
291 something that you can buy generic in a sporting goods store?
292
293 **Dr. John Chao:** Well, what you buy in the stores are not really made for you, and it
294 doesn't have the cushioning effect. It could be ill fitting, it could
295 even cause more problems when you get hit. So, when the blow is
296 cushioned, then the damage is less.
297
298 **Salvador Gaytan:** I see.
299
300 **Dr. John Chao:** So, if you look at your jaw, the way the jaw bone is formed, the
301 jaw is shaped like a U, with each end just below the midbrain. So,
302 when you hit the lower jaw, the force is transmitted directly to the
303 midbrain. There is only a little bit of bone between...
304
305 **Salvador Gaytan:** The midbrain, you mean like below the ear area?
306
307 **Dr. John Chao:** Yeah, just in front of the ear, just above the top of the jaw joint, the
308 TMJ. So, that can knock you out, and this is how people get
309 knocked out during boxing matches. So, that is very, very
310 important, especially if you play contact sports. Now, you play
311 basketball, didn't you, in school?
312
313 **Salvador Gaytan:** Yes, basketball, yeah.
314
315 **Dr. John Chao:** I understand you're quite a standout.
316
317 **Salvador Gaytan:** Basketball was fun, high school, a little college.
318

319 **Dr. John Chao:** Weren't you champions, national champions or something in the
320 high school?
321

322 **Salvador Gaytan:** Not high school, but in my National AAU Junior Olympic Team,
323 because we won it twice when I was -- see, I was actually 11 and
324 13, we were national champions.
325

326 **Dr. John Chao:** You were an Olympian?
327

328 **Salvador Gaytan:** That is true, a junior Olympian.
329

330 **Dr. John Chao:** Olympian, junior Olympian, oh my God.
331

332 **Salvador Gaytan:** That's right, that was fun, we had gold medals and all the thing.
333

334 **Dr. John Chao:** Yeah, what happened to you since? I'm just kidding, now you're a
335 golfer, right, now you're a champion in golfing.
336

337 **Salvador Gaytan:** I gave up basketball, my days ended in college, and I went to golf,
338 because I miss the competition.
339

340 **Dr. John Chao:** Yeah, so now you are Mr. Orange County, right, or something like
341 that?
342

343 **Salvador Gaytan:** In Golf, yeah, I won the Orange County championship, yeah, in
344 2008. Non-contact, so I don't think I need a mouth guard.
345

346 **Dr. John Chao:** Yeah, the reason I brought it up -- now, I'm going to challenge you
347 on that. I see more teeth broken from basketball than I do from
348 football.
349

350 **Salvador Gaytan:** Really?
351

352 **Dr. John Chao:** You think basketball is less violent? In a way it is, but it can injure
353 your mouth a lot easier, because you get elbows flying around.
354 You bump into other people's heads, right, you can fall down. One
355 guy broke his tooth when he fell down. His front teeth landed on
356 the basketball.
357

358 **Salvador Gaytan:** Oh, wow.
359

360 **Dr. John Chao:** Well, all kinds of stuff happens. So, I don't know any studies about
361 it, but my impression is, you can have more dental injuries playing
362 basketball.
363

364 **Salvador Gaytan:** Well, at least in football, they are all wearing something, but it is
365 true though, if I were playing basketball today knowing what I
366 know, I would definitely wear a mouthpiece, and more
367 professionals you see in the NBA, you'll see more of them wear
368 mouthpieces.
369

370 **Dr. John Chao:** Yeah, not only to protect your teeth, actually it's to protect your
371 brain, and prevent jaw fractures.
372

373 **Salvador Gaytan:** That is correct.
374

375 **Dr. John Chao:** Now, guess how many teeth per year are knocked out as a result of
376 sports activities? Just guess, just guess, in the nation per year?
377

378 **Salvador Gaytan:** I'm going to guess 10,000.
379

380 **Dr. John Chao:** According to the American Dental Association, this is authoritative
381 source, more than 1.2 million teeth -- I'm reading it word for word
382 -- are knocked out each year due to sports related injuries.
383

384 **Salvador Gaytan:** Wow.
385

386 **Dr. John Chao:** 1.2 million, you know how many bridges dentists have to
387 construct, implants and root canals, caps?
388

389 **Salvador Gaytan:** That alone is going to keep dentists in business forever.
390

391 **Dr. John Chao:** That is just sports related, how about accidents, kids falling down,
392 all kinds of stuff. Cheerleading, that's a hazardous sport.
393

394 **Salvador Gaytan:** Yeah, because of all the tumbling.
395

396 **Dr. John Chao:** Yeah, I've treated cheerleaders, jaw problems and broken teeth,
397 and all kinds of stuff. So, maybe they should be wearing sports
398 guards.
399

400 **Salvador Gaytan:** That would be pretty gruesome visually, all of them wearing big
401 mouth guards.
402

403 **Dr. John Chao:** Yeah, I don't think that would become popularly accepted in...
404

405 **Salvador Gaytan:** No. Okay, Dr. John, let's get to question number two, infants are
406 not affected by tooth decay, that is false.
407

408 **Dr. John Chao:** Yeah, that's false. They can get decay from fruit drinks, sodas.
409

410 **Salvador Gaytan:** Candy.
411
412 **Dr. John Chao:** Candy.
413
414 **Salvador Gaytan:** Even food, right?
415
416 **Dr. John Chao:** Yeah, just -- so their teeth are just as vulnerable as anybody else's,
417 and the parents need to take care of their teeth. Now, when do you
418 think the parents should bring the child to the dentist? How soon?
419
420 **Salvador Gaytan:** I will say as soon as they have some choppers, maybe two years
421 old?
422
423 **Dr. John Chao:** They get their baby teeth sooner than that.
424
425 **Salvador Gaytan:** Really?
426
427 **Dr. John Chao:** So, the rule is six months after the first tooth.
428
429 **Salvador Gaytan:** Six months after the first tooth -- when does a child usually have
430 the first tooth?
431
432 **Dr. John Chao:** It could be within a year, a year and a half.
433
434 **Salvador Gaytan:** A year, year and a half, huh?
435
436 **Dr. John Chao:** Yeah, so they should be actually as soon as they see a tooth, take
437 the child to the dentist, okay.
438
439 **Salvador Gaytan:** Get them in there.
440
441 **Dr. John Chao:** Not just to check on the tooth, but as kind of a friendly visit, and
442 let the dentist advise you, the parent, on how to take care of your
443 child, how to brush it. For instance, use a very tiny little small
444 brush that's really soft, and just brush it.
445
446 I personally don't advise parents use fluoridated toothpaste. I know
447 the official line is use fluoridated toothpaste. I've got a problem
448 with children having fluoride.
449
450 **Salvador Gaytan:** Too much fluoride bad?
451
452 **Dr. John Chao:** Yeah, yeah, and then they swallow it, and it's not meant for
453 swallowing. If you look at toothpaste warnings, it says don't let
454 anybody use it who's under six years of age. So, it's contradictory
455 to say that you should put some fluoride toothpaste on a toothbrush

456 and brush the baby's teeth. I don't like that. I maybe the minority,
457 but that's what I think.
458
459 So, but anyway, do keep your baby's teeth clean, and don't --
460 please, please, please don't let them go to bed with a bottle of fruit
461 juice or milk.
462
463 **Salvador Gaytan:** Yeah, no, no, no.
464
465 **Dr. John Chao:** Their teeth are going to be all rotten, and then they have to go
466 under general anesthesia to get their teeth worked on, it's just a bad
467 experience.
468
469 **Salvador Gaytan:** Sure they're very bad for kids.
470
471 **Dr. John Chao:** Yeah, very bad for kids.
472
473 **Salvador Gaytan:** Their teeth.
474
475 **Dr. John Chao:** Especially before bed.
476
477 **Salvador Gaytan:** Okay, Dr. John, question number three: A fractured tooth must be
478 removed immediately or it will decay, that is false.
479
480 **Dr. John Chao:** Yeah, you'd want to take care of it, but you don't want to take it
481 out, unless it's just broken down in a hopeless manner. So, yeah,
482 you want to be careful though. Now, what do you think are some
483 other ways people crack or break their teeth besides the accidents,
484 get into a bar fight or [crosstalk].
485
486 **Salvador Gaytan:** I know, yeah. I know one friend that cracked a tooth chomping
487 down on an almond.
488
489 **Dr. John Chao:** Yeah, nuts, popcorn, anything hard, especially the things with...
490
491 **Salvador Gaytan:** Ice.
492
493 **Dr. John Chao:** Tiny little seeds on it -- ice too, but those little things with tiny
494 seeds, and they get between the teeth, and the seed gets between a
495 crevice, where there maybe some kind of a crack already. Then
496 you chomp down on it, that will fracture the tooth. Or just crack
497 the tooth, and you end up having root canals.
498
499 **Salvador Gaytan:** This friend, they bit into a nut with their front teeth, and a piece
500 fractured of the tooth. You never should bite anything with your
501 front teeth, really, should you? I mean it's hard.

502
503 **Dr. John Chao:** No, nothing hard. What generally happens is, they'll feel a little
504 crack, or they hear it or they'll ignore it, and then when they floss
505 their teeth in the morning or brush their teeth in the morning, "Oh
506 my God, doctor, I just brushed my teeth, and my tooth broke."
507 Well, it happened before that, it happened before that. So, people
508 have to be careful.
509
510 **Salvador Gaytan:** If someone fractures a tooth, you can actually sand it if it's a small
511 fracture, so it doesn't fracture more. Is that right?
512
513 **Dr. John Chao:** Yeah, if it's got jagged edges. But now that you brought it up, if
514 let's say it's a front tooth, and the tooth fractured, and you have
515 one piece left, the tooth is in your mouth, but there is one piece,
516 save that piece, bring it to the dentist. It's like a jigsaw puzzle, we
517 can actually put it back.
518
519 **Salvador Gaytan:** Oh wow.
520
521 **Dr. John Chao:** And glue it back on.
522
523 **Salvador Gaytan:** Interesting.
524
525 **Dr. John Chao:** Don't forget that. So, if it's one or two pieces, pick it up.
526
527 **Salvador Gaytan:** And keep it.
528
529 **Dr. John Chao:** Yeah, keep it and take it to your dentist right away.
530
531 **Salvador Gaytan:** Fantastic. Okay, next question, Dr. John: The best place to put a
532 tooth that is knocked out, is back in your mouth. That is true?
533
534 **Dr. John Chao:** That's true. Now, what you do is, we're talking about a whole
535 tooth that avulsed. This entire thing, not part of it, came out.
536
537 **Salvador Gaytan:** Right, with the root and everything.
538
539 **Dr. John Chao:** Yeah, everything, everything is there. You got a tooth on it, you
540 got a tooth there, it's probably on the floor somewhere along with
541 the blood from your mouth and everything.
542
543 Don't panic, find it, wash it. Don't scrub it, because you want to
544 preserve all the tissue that's on the root. But make sure it's washed
545 and clean, and then put it in your mouth, because that's the best
546 environment. It's got saliva, it's got all the nutrients, you'll keep it
547 moist.

548
549 **Salvador Gaytan:** So, you want to keep the tooth moist to keep the tissue and the
550 roots alive as long as possible.
551
552 **Dr. John Chao:** Yeah, in the oral environment, it's where it belongs. Of course, I
553 realize there's germs and so on, but you have saliva there, saliva
554 kills germs. So, it's more or less in the best environment.
555
556 **Salvador Gaytan:** And then get to a dentist immediately.
557
558 **Dr. John Chao:** Immediately, but don't swallow it. I mean if the guys have drowsy,
559 and he is not himself, and you put something in his mouth and he
560 swallows it. That's not good.
561
562 But if he has his wits about him, he is pretty alert, you can have
563 him or her keep the tooth between the cheek and the gum, and then
564 go to the first available dentist. It doesn't have to be your own
565 dentist too far away. Wherever it is, get to the dentist within 30
566 minutes.
567
568 **Salvador Gaytan:** And get that tooth back into the gum line.
569
570 **Dr. John Chao:** He'll put it back in for him, yeah. He'll put it back in the socket,
571 and he'll bond it or stabilize it with something, with wires or glue,
572 whatever, and then you can save the tooth.
573
574 **Salvador Gaytan:** Absolutely.
575
576 **Dr. John Chao:** Eventually, you may have to do a root canal on it, but at least you
577 save the tooth, and then you don't have to walk around without the
578 tooth. Otherwise, you're going to have an implant, a bridgework
579 and so on, it's really, really a mess.
580
581 **Salvador Gaytan:** Okay, Dr. John, our last question. We're getting down to the wire
582 here, but we're getting our last question in.
583
584 **Dr. John Chao:** Alright. We're finally on time.
585
586 **Salvador Gaytan:** That's right. Dental hypersensitivity is not very common, that's
587 false.
588
589 **Dr. John Chao:** It's absolutely very common. Now, according to the Academy of
590 General Dentistry, I read, "One in five people in the United States
591 experience dentin hypersensitivity at some point in his or her life,"
592 one out of five.
593

594 **Salvador Gaytan:** That means their teeth are more sensitive to what...?
595
596 **Dr. John Chao:** Cold, to cold or touch.
597
598 **Salvador Gaytan:** Cold or touch.
599
600 **Dr. John Chao:** Now, what happens is that you over brush your teeth, especially
601 along the gum line, and that actually mechanically abrades the
602 enamel and the root and the gum. Then, the dentin, which contains
603 little tubules, that has little tiny nerves in it, and those little tubules
604 are exposed.
605
606 Then you put a little hot, a little cold, you touch it, and then it's
607 going to be sensitive. The other is just chemical erosion. You drink
608 a lot of the juices, you sip juices or you have regurgitation of the
609 stomach, different things like that. That can be...
610
611 **Salvador Gaytan:** Or maybe some people have just thin enamel.
612
613 **Dr. John Chao:** Thin enamel that can erode easily, and then you'll have that
614 exposure. That's why it's so common. Now, there is another
615 reason why teeth are very often sensitive. I haven't read any
616 studies on it, but it has to do with clenching your teeth.
617
618 If you clench your teeth a lot, whether it's during the daytime as a
619 nervous habit or during your sleep, and it has to do with breathing
620 and sleep apnea and so on. Then there is so much force on your
621 teeth, that the nerves in the teeth are traumatized.
622
623 So, it's inflamed and it's swollen inside, and it's going to be extra
624 sensitive to any stimulus, sometime to even biting on something.
625 Then certainly it's going to be sensitive to cold, and sensitive to
626 touch.
627
628 So, even though that's not spoken of very commonly, in my
629 opinion as one dentist, I think I believe clenching and grinding
630 your teeth has a lot to do with hypersensitivity.
631
632 **Salvador Gaytan:** Fascinating. Well, we're coming to the conclusion of our show, Dr.
633 John, it went fast again, what'd you think?
634
635 **Dr. John Chao:** Yes, I thought we had fun. I hope the audience had some fun
636 listening to our jabbering, at least yours.
637
638 **Salvador Gaytan:** Oh, you're calling me a jabber, alright, I see how it goes.
639

640 **Dr. John Chao:** I've been jabbering more this time, so I'm probably more the
641 jabber.
642
643 **Salvador Gaytan:** I see how it goes, Dr. John, lots of good fun. Well, that's a wrap.
644 You can contact Dr. John at AlhambraDental.com or 626-308-
645 9104. Talk to you later.
646
647 **Dr. John Chao:** Okay, tune in next week.
648
649 [END OF AUDIO]