

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, Merry Christmas, everybody.
6
7 **Salvador Gaytan:** Merry Christmas almost to be, a couple of weeks away.
8
9 **Dr. John Chao:** Yes, it's not too early to say so.
10
11 **Salvador Gaytan:** Not too early to celebrate.
12
13 **Dr. John Chao:** Yes.
14
15 **Salvador Gaytan:** Hopefully people have their trees up by now, right, Dr. John?
16
17 **Dr. John Chao:** Yeah, it'd be come and gone real fast, so we might as well just
18 start it.
19
20 **Salvador Gaytan:** Now, you have a very big office, you decorate that office, don't
21 you?
22
23 **Dr. John Chao:** The ladies, they're pretty good with this stuff.
24
25 **Salvador Gaytan:** So, you are definitely in the spirit.
26
27 **Dr. John Chao:** That's right. They always get the tree, they put the lights up. We
28 have some people who will put the lights up outside the office. Our
29 office looks like a Two Storey Tudor, as you know. So, when we
30 put the lights on, it really looks nice. It really fits with the season.
31
32 **Salvador Gaytan:** So, the people will have to drive by your office, so they can get a
33 little glimpse.
34
35 **Dr. John Chao:** Really? Because now we have a new library across the street, so a
36 lot of people do come by.
37
38 **Salvador Gaytan:** Because you're right across the street from Alhambra High School
39 and the new library they built.
40
41 **Dr. John Chao:** Yeah, right. So, all of a sudden we have a lot of foot traffic coming
42 through. We used to have so -- we have people coming by and
43 saying hi and so on.
44
45 **Salvador Gaytan:** So, they go get a good book and then they stop in and see how they
46 can, I guess chime up their smile for the holidays? Anyone coming

47 in for a little holiday tune-up, “Hey, Dr. John, I’m going to be” --
48 didn’t you say that people, a lot of times, come in before big events
49 like holidays or weddings?
50
51 **Dr. John Chao:** Yeah, they’ll come in, they say, “I want my teeth fixed. I’m going
52 to get together with my relatives and it’s a big get-together, how
53 can we get this done?” So, for different reasons they want their
54 teeth all done up by Christmas.
55
56 **Salvador Gaytan:** Now, when you say done up, I guess there are different levels of
57 done up, but what do you mean?
58
59 **Dr. John Chao:** Like do a complete smile makeover.
60
61 **Salvador Gaytan:** Like veneers and things like that?
62
63 **Dr. John Chao:** Veneers, crowns, bridges or get a new set of dentures that look a
64 lot better and that give them a bright smile.
65
66 **Salvador Gaytan:** Dentures that won’t come out when they’re chewing Christmas
67 turkey?
68
69 **Dr. John Chao:** Well, not the kind I would make.
70
71 **Salvador Gaytan:** Not the kind you make.
72
73 **Dr. John Chao:** Especially if I put some mini implants underneath it, and it’s
74 amazing. It’s amazing how older people, who have dentures, feel
75 so much better and do so much better, enjoy life a lot more and
76 have their personality really come back or revert to what they were
77 when they have new teeth, comfortable teeth that they can eat with
78 and smile and talk with.
79
80 **Salvador Gaytan:** Well, we kind of take that for granted, I mean you and I have good
81 teeth, they’re solid, they stay in place, they’re not moving around
82 when we’re talking or eating, but it’s kind of a luxury for some
83 people.
84
85 **Dr. John Chao:** Yeah, to them to have a comfortable set of good-looking teeth,
86 that’s a major, major change. I think too many people in America
87 are suffering with that, that’s why denture adhesives and glues and
88 so on is a billion dollar industry, because people wear dentures that
89 don’t fit, and it’s a real downer for quality of life, and we enjoy
90 fixing people up.
91

92 **Salvador Gaytan:** So, for the Christmas season, anyone looking over there might
93 make a good Christmas gift to themselves, get in and see you or
94 their dentist.
95

96 **Dr. John Chao:** Yeah.
97

98 **Salvador Gaytan:** And...
99

100 **Dr. John Chao:** And if you have a family member who needs new teeth, for
101 heaven's sake, take them to the dentist. Get them fixed up, they
102 will forever be grateful.
103

104 **Salvador Gaytan:** Might be the best present they ever got, huh?
105

106 **Dr. John Chao:** Absolutely. Can you imagine having a great new smile, be able to
107 eat better? There could not be a better gift.
108

109 **Salvador Gaytan:** Absolutely. Now, Dr. John, we're going to keep this Christmas
110 season here, like you said, a little entertaining, a little something
111 about dentistry, a little off the beaten path.
112

113 We're going to start with our Rapid Fire Five, and then we have a
114 little trivia, what is the most listened-to song, and you're going to
115 give the answer to that, but we'll get to that. Let's get to our Rapid
116 Fire Five, Dr. John. Five true or false questions, you give the true
117 or false, and then the details. Are you ready?
118

119 **Dr. John Chao:** Yes, let's get cracking.
120

121 **Salvador Gaytan:** Okay. Here we go, Dr. John, let's see. Question number one: There
122 are new drills in development that use spray silica. Is that true or
123 false?
124

125 **Dr. John Chao:** True.
126

127 **Salvador Gaytan:** True, okay. Question number two: In the future, dentists will be
128 able to grow teeth, true or false?
129

130 **Dr. John Chao:** True.
131

132 **Salvador Gaytan:** Wow. Question number three: Digital x-rays are as good as regular
133 x-rays, true or false?
134

135 **Dr. John Chao:** True.
136

137 **Salvador Gaytan:** Question number four...

138
139 **Dr. John Chao:** Actually, better.
140
141 **Salvador Gaytan:** Better? Okay.
142
143 **Dr. John Chao:** True.
144
145 **Salvador Gaytan:** Fantastic. Question number four: There will be a breakthrough
146 ingredient in toothpaste or mouthwash that will practically repair
147 cavities, true or false?
148
149 **Dr. John Chao:** True.
150
151 **Salvador Gaytan:** Well, so the breakthrough is right. Okay, question number five:
152 There are some vitamins and herbs in development that can be
153 especially effective in promoting the health of gum tissue, true or
154 false?
155
156 **Dr. John Chao:** It will be true.
157
158 **Salvador Gaytan:** It'll be true, okay. Okay, getting back to question number one:
159 There are new drills in development that use spray silica. That's
160 true.
161
162 **Dr. John Chao:** Yeah, actually, technically not the drill, it's a nozzle that shoots out
163 a powder, a fine silica powder that's abrasive. This abrasive then is
164 pointed at the decayed area of the tooth. This will remove the
165 decay gently and does not require shots or drilling. It's a painless
166 procedure that can remove cavities which are still shallow, not too
167 deep.
168
169 When it's really deep, then this cannot be used. Generally, there
170 are cavities on the biting surface or on the sides of the teeth, not
171 between the teeth, but it's an excellent procedure, I do it a lot in
172 my office.
173
174 **Salvador Gaytan:** I see.
175
176 **Dr. John Chao:** And a lot of dentists use this kind of technology. So, it's actually
177 true. There is a substitute for drill. There's also laser, so called,
178 drills that can remove enamel and decay. We talked about that
179 once before.
180
181 **Salvador Gaytan:** Yes.
182

183 **Dr. John Chao:** But I don't use laser anymore, because the diameter of the laser is
184 actually bigger than the diameter of my air abrasion nozzle. So, I
185 can actually remove decay a lot more accurately with a smaller
186 diameter nozzle that's associated with the air abrasion machine,
187 than actually the laser.
188

189 **Salvador Gaytan:** So, I guess we call it a drill, but it's not really a drill, but the drill
190 that's made of -- that shoots out silica is even more accurate with
191 that than laser.
192

193 **Dr. John Chao:** Yeah. Laser is a great tool, but by the time you get done, it's a nice
194 round little spot that's much bigger than the little tiny little spot
195 that I can get with Air Abrasion.
196

197 **Salvador Gaytan:** So, therefore you can take out the decay without taking out any
198 good teeth or the minimal amount of good tooth.
199

200 **Dr. John Chao:** Yeah, I think you can't really tell the difference, unless you're
201 using a microscope. So, I use a microscope for practically
202 everything I do in my office, it's an operating microscope, it's not
203 just a magnifying glass. It's got illumination, and so I'm aware
204 when something is a little bit bigger.
205

206 So, to conserve tooth structure, I prefer personally the Air
207 Abrasion. It doesn't mean that they may not have technology now
208 that gives you a smaller diameter in terms of using a laser, but for
209 me, I'm used to using the Air Abrasion that I can do effectively
210 and conservatively.
211

212 **Salvador Gaytan:** And it's painless.
213

214 **Dr. John Chao:** And painlessly, above all, above all.
215

216 **Salvador Gaytan:** That's the thing, painless. People love that.
217

218 **Dr. John Chao:** Now, yeah, the laser also makes a noise.
219

220 **Salvador Gaytan:** Does it?
221

222 **Dr. John Chao:** It goes pop, pop, pop noise that's not so pleasant. With the air
223 abrasion, the problem is that you have a lot of powder flying
224 around. So, we put masks on, we cover the patient's eyes and nose
225 with stuff, so it is a little bit messy, and for that reason sometimes
226 is not used.
227

228 Now, there's a new one up, a new machine that has come out. It
229 actually will mix the powder with water, so it doesn't spray as
230 much, but it just came out, I haven't gotten a hold of it yet, but I'm
231 going to try it in the future.
232
233 **Salvador Gaytan:** I bet there are patients saying if they can get the painless, they'd
234 wear a full mask, they don't care.
235
236 **Dr. John Chao:** Yeah, just keep it painless.
237
238 **Salvador Gaytan:** Yeah, no shots, no pain for you, who cares?
239
240 **Dr. John Chao:** Yeah, but for us, we don't like so much dust, so we have all kinds
241 of air filters in the office. We have one with a -- you've seen it,
242 with a big old nozzle, it looks like an elephant's trunk.
243
244 **Salvador Gaytan:** Yes.
245
246 **Dr. John Chao:** It sucks up all the powder, and we have medical grade air filters,
247 that sucks up all the debris in the air and so on. So, we really make
248 a point to get rid of the powder, but it's still a disadvantage, but it's
249 certainly worth the awhile.
250
251 **Salvador Gaytan:** Worth the benefits. Okay, question number two, Dr. John, this is
252 crazy, I've never heard about this before. In the future, dentists will
253 be able to grow teeth. That's true?
254
255 **Dr. John Chao:** Yes, they actually have grown teeth at USC School of Dentistry.
256 They're able to insert tooth buds, and put it in such a way into a
257 kind of a mix, is what they call polymer scaffold, and embed that
258 in the stomach of rats. Then after 20, 30 weeks, they can actually
259 see the shape of a tooth coming up, the enamel and root and so on.
260
261 **Salvador Gaytan:** Wow.
262
263 **Dr. John Chao:** So, they're doing a wonderful work. So, I can see eventually either
264 through gene therapy or tissue engineering that the dentists can
265 actually grow a tooth in somebody's mouth.
266
267 **Salvador Gaytan:** Now, do you think that they would be able to grow a tooth that is
268 similar to the tooth that was lost or it would have a different
269 structure?
270
271 **Dr. John Chao:** I wouldn't know. I think that's to be determined.
272
273 **Salvador Gaytan:** To be determined.

274
275 **Dr. John Chao:** If you can grow a tooth rather than put an implant, then you can
276 put some kind of a filling or a crown on the tooth that just grew.
277
278 **Salvador Gaytan:** Well, they should be, because I read something where sharks, they
279 lose a bunch of teeth all of the time, and they grow teeth
280 throughout their lifetime.
281
282 **Dr. John Chao:** Yeah, like we talked about horses, they also grow teeth.
283
284 **Salvador Gaytan:** Right.
285
286 **Dr. John Chao:** So, it's coming up. I have no doubt that in the next 10, 15 years or
287 so, there will be some discovery, some giant step forward where
288 we can actually grow teeth, but I'm sure it will be very expensive.
289
290 **Salvador Gaytan:** Yes.
291
292 **Dr. John Chao:** So, the implants still probably -- it's going to be with us for a long
293 time, yet.
294
295 **Salvador Gaytan:** Right. Okay, before we get to question number three, anyone just
296 tuning in, you're listening to SmileTalk with Dr. John Chao, the
297 friendly dentist from Alhambra Dental. You can reach Dr. John at
298 AlhambraDental.com or 626-308-9104.
299
300 Now, question number three, Dr. John: Digital x-rays are as good
301 as regular x-rays. Well, it's true, but they're actually better, aren't
302 they?
303
304 **Dr. John Chao:** Yeah, you still use the same x-ray machine, but you don't use film,
305 you use a different type of a sensor rather than film to pick up the
306 radiation, because the sensor is at least seven to 10 times more
307 sensitive than film, you can turn down the radiation.
308
309 But once you get the image, you can actually manipulate this
310 image with your computer. So, you can actually colorize it, you
311 can actually enlarge it, you can put different contrasts in it, so you
312 can get a lot more information from the same x-ray that you used
313 to take just with the film.
314
315 So, in that sense, it contains more information, and actually it gives
316 the patient less radiation, besides you can dispense with the
317 developer and the solutions and all that stuff that are actually bio-
318 hazardous. And then, on top of that, you can immediately see the
319 image on the computer.

320
321 So, you only have to stand around three, four, five minutes for the
322 film to develop. So, it's very, very convenient and very
323 informational. So, it's a great development, almost every office has
324 it now.
325
326 **Salvador Gaytan:** How long have you been using digital?
327
328 **Dr. John Chao:** I've been using digital for about three years.
329
330 **Salvador Gaytan:** Three years.
331
332 **Dr. John Chao:** Now, as you know, we're starting to use Cone Beam CT for most
333 of our patients, and that allows us to actually walk through
334 somebody's tooth from different directions and that's going to be
335 more and more popular as time goes on.
336
337 We use it for root canals, we use it for implants, we use it for
338 diagnosing gum problems, diagnosing strange things that we
339 normally cannot find the answer for. We use that for sleep apnea to
340 measure airway. So, there are a lot of applications of the 3D x-rays
341 now.
342
343 So, along with digital x-rays and 3D, we're getting a lot more
344 information more accurately. So, you can ask, "Well, what
345 advantage is that?" That we can be more accurate in our treatment.
346 We can treat without doubt, we don't have to over-treat. We can
347 treat exactly as to the degree the tooth is injured or the gums are
348 injured, and we get better results and it costs the patients less.
349
350 **Salvador Gaytan:** Well, because I can even remember especially as a kid, getting
351 some x-rays, they're putting on this, I don't know what it weighs,
352 30, 40 pound lead vest.
353
354 **Dr. John Chao:** Yeah, to you it must have felt that much. You were such a little
355 guy then.
356
357 **Salvador Gaytan:** Yeah.
358
359 **Dr. John Chao:** But we still use that, that's still used. Yeah, we cover everything
360 up.
361
362 **Salvador Gaytan:** Do you use that even when you're taking the digital x-ray?
363
364 **Dr. John Chao:** Absolutely.
365

366 **Salvador Gaytan:** Okay.
367
368 **Dr. John Chao:** We cover everything up.
369
370 **Salvador Gaytan:** Right.
371
372 **Dr. John Chao:** Including the throat to protect the thyroid.
373
374 **Salvador Gaytan:** Right.
375
376 **Dr. John Chao:** So, we still take all the precautions.
377
378 **Salvador Gaytan:** Okay, question number four: There will be a breakthrough
379 ingredient in toothpaste and or mouthwash that will practically
380 repair cavities. That is true.
381
382 **Dr. John Chao:** It's true, and in fact they have something called Enamelon, that
383 actually can replenish the lost molecules of enamel that's been
384 etched away by whatever acid is in the mouth, provided the cavity
385 has not gone past the enamel. This material, toothpaste or
386 mouthwash, actually has the ability to reconstruct or re-mineralize
387 enamel much better than just fluoride.
388
389 In fact it's something like four or five times as effective in some
390 studies that I've seen. So, that's coming up. Eventually, maybe we
391 can even reconstruct tooth structure, remove decay and then put
392 something in there and cause the enamel to re-grow. Wouldn't that
393 be nice?
394
395 **Salvador Gaytan:** That'd be incredible.
396
397 **Dr. John Chao:** Yeah, you wouldn't have to have fillings put in, you can actually
398 restructure enamel.
399
400 **Salvador Gaytan:** When will you have that, Dr. John?
401
402 **Dr. John Chao:** Well, that's coming up.
403
404 **Salvador Gaytan:** Come on.
405
406 **Dr. John Chao:** That will be nice to have.
407
408 **Salvador Gaytan:** Absolutely.
409
410 **Dr. John Chao:** Really, really, that'd be nice to have. So, that will probably come
411 about before we can engineer a whole tooth, by engineering a

412 whole tooth, but I think that's in the horizon. That will come
413 before we can -- because that's only one kind of tissue.
414
415 **Salvador Gaytan:** Right.
416
417 **Dr. John Chao:** If it's one kind of a tissue, I can see it being effectuated than if you
418 have to have -- grow a whole tooth with where the -- there are
419 different types of tissue involved.
420
421 **Salvador Gaytan:** Well, yeah, you said they're growing teeth in a rat's stomach.
422 You'd need a lot of rats wouldn't you?
423
424 **Dr. John Chao:** Yeah, they do use rats for [crosstalk] purposes.
425
426 **Salvador Gaytan:** Maybe that's a good investment, to invest in a rat farm, Dr. John.
427 Right, huh? Three, four, five, 10 years down the road, you might
428 have a monopoly on it, what do you say?
429
430 **Dr. John Chao:** No, I don't think I would deal well with rats, but I think probably
431 the technology, there's some easy way, some way to develop
432 enamel, that will be good. That will be good.
433
434 **Salvador Gaytan:** Or to grow teeth, you have like a tooth farm. That would be crazy,
435 wouldn't it?
436
437 **Dr. John Chao:** Yeah, come up with something that can grow enamel, just that
438 alone. Just that alone would be great. That would be fantastic.
439
440 **Salvador Gaytan:** So, that'd be the next big discovery in science, maybe.
441
442 **Dr. John Chao:** I think that will be a giant step forward. Yeah, that I can see
443 happening in the next five to 10 years.
444
445 **Salvador Gaytan:** Wow. Okay, question number five, Dr. John: There will be some
446 vitamins and herbs that can be especially effective in promoting
447 the health of gum tissue and that's actually kind of false, isn't it?
448
449 **Dr. John Chao:** Well...
450
451 **Salvador Gaytan:** True or false, it's kind of a mixed question.
452
453 **Dr. John Chao:** It's kind of a mixed question. There have been studies done, but
454 they're not really in the mainstream yet. My guess is that -- there's
455 not a whole lot of money selling vitamins.
456
457 **Salvador Gaytan:** Right.

458
459 **Dr. John Chao:** So, where's the money going to come from to do a project that's
460 going to show vitamin C can really help teeth? I mean we know
461 that certain vitamins do have a beneficial effect, but there has been
462 no really formal scientific study.
463
464 So, as a matter of a scientific statement, we cannot say that certain
465 vitamins and certain herbs can help with gum health or help with
466 your teeth, but generally we do say that if you either balance diet,
467 have a nutrition that's well balanced and exercise and so on, that
468 you will have better oral health than if you didn't.
469
470 **Salvador Gaytan:** Right.
471
472 **Dr. John Chao:** So, it's kind of a mixed answer.
473
474 **Salvador Gaytan:** But there's no magic herb or vitamin for teeth?
475
476 **Dr. John Chao:** Nothing specifically that says, "Okay, we put this in a group of a
477 thousand people, and we didn't give it to another thousand people,
478 and then we study it for a period of time, and then statistically the
479 group with the vitamins had this and this benefit." We don't have
480 that one.
481
482 **Salvador Gaytan:** Right.
483
484 **Dr. John Chao:** It costs too much to do something like that. So, we use common
485 sense.
486
487 **Salvador Gaytan:** Right.
488
489 **Dr. John Chao:** Use common sense, but generally vitamins would be good, if you
490 take it in a way that's recommended by your doctor.
491
492 **Salvador Gaytan:** Okay, well, that's the end of our Rapid Fire Five, Dr. John. Now,
493 we have a little -- the spirit of being entertaining and lights, you
494 have -- let's start with the trivia question: What is the most
495 listened-to song of all time? We'll give the audience a chance to
496 answer that, the most listened-to song of all time?
497
498 People are probably thinking about their favorite artist or to this or
499 to that, what is, Dr. John, the most listened-to song of all time?
500
501 **Dr. John Chao:** Now, it wouldn't be *Jingle Bells*, right?
502
503 **Salvador Gaytan:** No, that's not...

504
505 **Dr. John Chao:** *Jingle Bells* is pretty popular during the winter time.
506
507 **Salvador Gaytan:** That's pretty popular, but that's not the most listened-to song, is it?
508
509 **Dr. John Chao:** No, and it's not one of Beatles' songs.
510
511 **Salvador Gaytan:** It's not a Beatles song.
512
513 **Dr. John Chao:** It's not an Elvis song.
514
515 **Salvador Gaytan:** It's not an Elvis song, not a Frank Sinatra, not a big band song.
516
517 **Dr. John Chao:** You know who sang this? Marilyn Monroe sung this song...
518
519 **Salvador Gaytan:** For President Kennedy.
520
521 **Dr. John Chao:** For President Kennedy. What's the name of this? Happy birthday.
522
523 **Salvador Gaytan:** Happy birthday.
524
525 **Dr. John Chao:** Happy birthday was written by Michael and Patty Hill in 1893. It
526 is the most listened-to song of all time.
527
528 **Salvador Gaytan:** Because everybody sings it to everybody.
529
530 **Dr. John Chao:** Everybody has a birthday.
531
532 **Salvador Gaytan:** That's probably the most -- the song that people sing the most
533 even, not just listen to. I mean everyone can sing happy birthday,
534 right?
535
536 **Dr. John Chao:** Yeah. Now, I understand -- I don't know whether how many years
537 ago this was, that somebody actually copyrighted this song and
538 made a lot of money out of it. Do you remember that?
539
540 **Salvador Gaytan:** No, I don't, but I wish I would have.
541
542 **Dr. John Chao:** Yeah, somebody actually went about and did this. I don't know
543 whether it says still copyrighted or not. I didn't know they can
544 actually do that. It seems to me it would be what's called prior art.
545 You can't copyright something that's been around so long, but
546 somehow I heard that...
547
548 **Salvador Gaytan:** Maybe someone, they didn't copyright it at the beginning and...
549

550 **Dr. John Chao:** Yeah, that's very interesting.
551
552 **Salvador Gaytan:** Now, see I remember growing up as a kid, I think it was Sheriff
553 John who used to have a different song, "Put another candle on the
554 birthday cake." Put another candle on the birthday cake, the
555 birthday cake, you're another year old today." That's another
556 birthday song, maybe we should copyright that one.
557
558 **Dr. John Chao:** Yeah, you did pretty good.
559
560 **Salvador Gaytan:** Now, you have something else about *Jingle Bells*.
561
562 **Dr. John Chao:** Yeah, well *Jingle Bells* is actually -- I was just kidding, but *Jingle*
563 *Bells* is actually one of the best known and commonly sung winter
564 songs in the world.
565
566 **Salvador Gaytan:** That's true.
567
568 **Dr. John Chao:** You know the history of *Jingle Bells*?
569
570 **Salvador Gaytan:** I do not know the history of *Jingle Bells*.
571
572 **Dr. John Chao:** Okay, it was written by a Reverend James Lord Pierpont. He was a
573 Unitarian Minister who lived in Savannah, Georgia. He
574 copyrighted this song, which we now know as *Jingle Bells*, as
575 "One horse open sleigh" on September 16, 1857.
576
577 **Salvador Gaytan:** 1857, so that's about a little over 150 years, 152 years old.
578
579 **Dr. John Chao:** Yeah, actually I've got an arrangement for that.
580
581 **Salvador Gaytan:** You've got an arrangement for that, Dr. John?
582
583 **Dr. John Chao:** Yeah.
584
585 **Salvador Gaytan:** On your -- in the music that you arrange.
586
587 **Dr. John Chao:** Yeah, so we're going to play it just a few seconds of it, and
588 anybody in the audience, if you want to download it from
589 AlhambraDental.com, you can do so. It's something that I put
590 together with different instruments. So, let's hear it Sarah.
591
592 [Music playing]
593
594 **Salvador Gaytan:** I like it, Dr. John.
595

596 **Dr. John Chao:** Okay, alright, Merry Christmas everybody.
597
598 **Salvador Gaytan:** I like it. We're getting into the spirit early.
599
600 **Dr. John Chao:** That gets me into the spirit now.
601
602 **Salvador Gaytan:** That's right.
603
604 **Dr. John Chao:** I did this so long ago, I forgot how I did it.
605
606 **Salvador Gaytan:** Really?
607
608 **Dr. John Chao:** Putting all the instruments together and arranging it.
609
610 **Salvador Gaytan:** That's pretty good.
611
612 **Dr. John Chao:** If you ask me to do it again, I couldn't do it.
613
614 **Salvador Gaytan:** That is...
615
616 **Dr. John Chao:** Okay, everybody, you can download this song, *Jingle Bells* from
617 my website, AlhambraDental.com.
618
619 **Salvador Gaytan:** So, Dr. John, you have a little second career on the side, maybe,
620 huh?
621
622 **Dr. John Chao:** I don't think so.
623
624 **Salvador Gaytan:** Maybe Carnegie Hall for you next, huh?
625
626 **Dr. John Chao:** No, I like dentistry best.
627
628 **Salvador Gaytan:** You like dentistry best, huh?
629
630 **Dr. John Chao:** I like dentistry, I like dentistry, I love it.
631
632 **Salvador Gaytan:** Well, we're going to have -- through the month of December we're
633 going to have more trivia coming up. I have a little trivia for you.
634 There's this song, *Chestnuts roasting on an Open Fire*. Did you
635 know what type -- that's a Christmas song, right, usually Christmas
636 in the cool weather and so forth? What month do you think that the
637 writers of this song wrote it in? What month of the year?
638
639 **Dr. John Chao:** Well, the first guess would be some time in winter, right?
640

641 **Salvador Gaytan:** That is true, that would make common sense. Cool song, cold
642 winter.
643
644 **Dr. John Chao:** On the other hand, it could be some other time.
645
646 **Salvador Gaytan:** Yeah.
647
648 **Dr. John Chao:** I have a feeling it's some other time.
649
650 **Salvador Gaytan:** You are right, you are right. This actual song was written --
651 *Chestnuts on an Open Fire*, was written in the summer time.
652
653 **Dr. John Chao:** Summer time? That's so hot.
654
655 **Salvador Gaytan:** In the summer time. It was written by vocalist Mel Tormé and Bob
656 Wells. According to Tormé, the song was written during a
657 blistering hot summer in an effort to stay cool by thinking cool. Is
658 that crazy?
659
660 **Dr. John Chao:** But they're thinking hot, because they're roasting those chestnuts.
661
662 **Salvador Gaytan:** Well, but then they have -- I forget how the song goes, but there
663 are other references to Christmas and cool weather and everything.
664 So, yeah, *Chestnuts Roasting on an Open Fire*, *Jack Frost and*
665 *nipping at your nose*". Well, that's cold.
666
667 **Dr. John Chao:** I like that, I like that.
668
669 **Salvador Gaytan:** That's cold, so that's just kind of crazy. It was first recorded in --
670 well, actually no. Nat King Cole trio first recorded this song early
671 1946. So, the song has been around, I guess -- the song was written
672 in 1944, but...
673
674 **Dr. John Chao:** Okay, the song and the music at the same time? I mean the lyrics.
675
676 **Salvador Gaytan:** Yeah, but Nat King Cole recorded it in 1946.
677
678 **Dr. John Chao:** Okay, alright.
679
680 **Salvador Gaytan:** Yeah, because that's the recording that made it famous.
681
682 **Dr. John Chao:** Yeah, okay.
683
684 **Salvador Gaytan:** Can you sing it for us, Dr. John?
685
686 **Dr. John Chao:** No.

687
688 *Salvador Gaytan:* Come on, now.
689
690 *Dr. John Chao:* Give me a piano, I'll play it. Too bad we don't have piano here,
691 too bad.
692
693 *Salvador Gaytan:* Are we going to hear with your musical arrangements, are we
694 going to hear you singing on those arrangements, Dr. John?
695
696 *Dr. John Chao:* No, you wouldn't want them to hear me sing.
697
698 *Salvador Gaytan:* Oh, come one.
699
700 *Dr. John Chao:* That would not -- that will get everybody turning off their radios.
701
702 *Salvador Gaytan:* But then you wouldn't be just a friendly dentist, you'd be the
703 singing dentist.
704
705 *Dr. John Chao:* The singing dentist, yeah. Yeah, that wouldn't be very appealing, I
706 don't think.
707
708 *Salvador Gaytan:* Yeah? Well, we're coming to the conclusion of our show, Dr.
709 John. It's been a great show, what do you think?
710
711 *Dr. John Chao:* Yeah, I think we enjoyed it. I had certainly enjoyed it, I hope the
712 audience did too, and we'll look forward to see everybody next
713 week.
714
715 *Salvador Gaytan:* That's right, we have more Christmas trivia for each show, and
716 don't forget, the show right before New Year's, Dr. John is going
717 to reveal his incredible New Year's resolutions, aren't you, Dr.
718 John?
719
720 *Dr. John Chao:* Well, I hope so, I hope so
721
722 *Salvador Gaytan:* Absolutely.
723
724 *Dr. John Chao:* It depends on a couple of developments.
725
726 *Salvador Gaytan:* Okay, that's a wrap for our show. We'll talk to you next week.
727
728 *Dr. John Chao:* Goodbye, everybody.
729
730 [END OF AUDIO]