

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, it's right, it is the season, Dr. John, we are  
8 getting closer to Christmas Eve and Christmas.  
9  
10 **Dr. John Chao:** Yeah, before you know it, it will be all over, so let's really enjoy it.  
11  
12 **Salvador Gaytan:** That's right.  
13  
14 **Dr. John Chao:** Let's have some fun.  
15  
16 **Salvador Gaytan:** Have some extra hot chocolate, some marshmallows, listen to  
17 some Christmas music, isn't that right, Dr. John?  
18  
19 **Dr. John Chao:** Yeah, especially hot chocolate.  
20  
21 **Salvador Gaytan:** I love hot chocolate. That's one of my number one memories with  
22 Christmas, aside from presents and so forth, but I guess as an adult,  
23 having some hot chocolate, listening to some Christmas music and  
24 just relaxing.  
25  
26 **Dr. John Chao:** That sounds pretty good to me.  
27  
28 **Salvador Gaytan:** Sounds pretty darn good. Now, Dr. John, we have our Rapid Fire  
29 Five, we also have some Christmas trivia. Before we get to our  
30 Rapid Fire Five today, you've arranged -- you have a CD  
31 arrangement of songs, and we've played some snippets for the  
32 audience on our last two shows.  
33  
34 **Dr. John Chao:** Now, we have another one.  
35  
36 **Salvador Gaytan:** We have another one, and you know what, you have a prelude to  
37 the song that we're going to play here.  
38  
39 **Dr. John Chao:** Okay, we're going to play and see if you can guess the tune.  
40  
41 **Salvador Gaytan:** Okay, but you have a little prelude to -- okay yeah, go ahead, play  
42 it and let's...  
43  
44 **Dr. John Chao:** Yeah, let's play it and see whether you can recognize the song.  
45  
46 [Music Playing]

47  
48 **Salvador Gaytan:** Well, I don't want to give it away, but it is *Away in a Manger*.  
49  
50 **Dr. John Chao:** Yeah, you got it.  
51  
52 **Salvador Gaytan:** I like it.  
53  
54 **Dr. John Chao:** Okay, those of you who like this music, you can download it at  
55 [AlhambraDental.com](http://AlhambraDental.com).  
56  
57 **Salvador Gaytan:** Because you have personally arranged this with a keyboard and...  
58  
59 **Dr. John Chao:** Yes.  
60  
61 **Salvador Gaytan:** Right?  
62  
63 **Dr. John Chao:** Yes, this is my composition. Okay, so you can download it all you  
64 want. You can download it and give it to your friends, just enjoy it.  
65  
66 **Salvador Gaytan:** Dr. John's Christmas composition?  
67  
68 **Dr. John Chao:** Yes, my gift to the audience.  
69  
70 **Salvador Gaytan:** Fantastic.  
71  
72 **Dr. John Chao:** I kind of like it. It's got the spirit of...  
73  
74 **Salvador Gaytan:** I'm feeling really especially relaxed right now.  
75  
76 **Dr. John Chao:** Yeah. Would you give me a cup of hot chocolate?  
77  
78 **Salvador Gaytan:** Oh man, I thought you were going to bring me a hot chocolate.  
79 Well, now you have some information, I guess a little trivia about  
80 this song in Poland, is it?  
81  
82 **Dr. John Chao:** Yeah, the Polish Americans, not in Poland, but Polish Americans  
83 on Christmas Eve spread hay on their kitchen floor and under the  
84 table cloth to remind them of the stable and the manger. When they  
85 make up the table for dinner, they have two extra places setup for  
86 guess who?  
87  
88 **Salvador Gaytan:** Me and you?  
89  
90 **Dr. John Chao:** No, we are not that good.  
91  
92 **Salvador Gaytan:** Not that good, yeah.

93  
94 **Dr. John Chao:** Mary and Christ child, in case they knock on the door and want to  
95 come in.  
96  
97 **Salvador Gaytan:** That's a very interesting tradition.  
98  
99 **Dr. John Chao:** Yeah, isn't that nice? I think that's really, really nice.  
100  
101 **Salvador Gaytan:** That's right.  
102  
103 **Dr. John Chao:** I like that idea.  
104  
105 **Salvador Gaytan:** That's very nice, and in fact before we get into the Rapid Fire Five,  
106 you have some more, I guess, trivia about Santa Claus?  
107  
108 **Dr. John Chao:** Yeah. So, what do you remember about how Santa Claus was  
109 born?  
110  
111 **Salvador Gaytan:** Well, my first memories of Santa Claus was that he is coming into  
112 our house late at night when I am asleep, to bring me my presents.  
113 When I was about eight, because we left out cookies and milk for  
114 Santa, he ate the cookies and milk, he dropped off my presents.  
115  
116 I said, "You know, but I want to see Santa." So, when I was about  
117 eight, and I told my mom, I said, "I am going to hide behind the  
118 couch, and I'm going to wait up and I want to see Santa." So, she  
119 said, "Oh sure, okay."  
120  
121 We came home from the relatives, it was about midnight. I said, "I  
122 want to lay behind the couch." She said, "Okay. Why don't you get  
123 in your pajamas, lay down, I'm going to tell you a story and then  
124 you can wait, like I'll put you out." I fell asleep; of course, I'm a  
125 kid, right? I got mad that she didn't wake me up, because the  
126 presents were there, and said oh well -- so those are my memories.  
127  
128 **Dr. John Chao:** So, how old were you then?  
129  
130 **Salvador Gaytan:** I was about 28.  
131  
132 **Dr. John Chao:** 28.  
133  
134 **Salvador Gaytan:** No, no, I was only eight.  
135  
136 **Dr. John Chao:** Only eight, huh? No, I didn't know about leaving cookies and  
137 milk.  
138

139 **Salvador Gaytan:** Yeah, we left cookies and milk for Santa every year.  
140  
141 **Dr. John Chao:** I didn't know that was part of -- is that part of American tradition?  
142  
143 **Salvador Gaytan:** That is part of American tradition.  
144  
145 **Dr. John Chao:** No, I didn't know about that one until you just told me.  
146  
147 **Salvador Gaytan:** Really?  
148  
149 **Dr. John Chao:** Yeah, we never had that. We had Santa come by during the night  
150 and left a few things in the sock, and that was it.  
151  
152 **Salvador Gaytan:** Now, your first recollections of Christmas, because you're from  
153 China, your recollections of Christmas are in China, is that right?  
154  
155 **Dr. John Chao:** Right, and China not being a Christian nation. At the time, when I  
156 was there, there was only maybe 1% of the population who were  
157 Christians. So, among the Christian community, there was  
158 celebration of Christmas, but it's not all over the place.  
159  
160 **Salvador Gaytan:** Not like here in the United States.  
161  
162 **Dr. John Chao:** Yes. In the years that was to follow, of course it became a  
163 worldwide tradition, but at the time when I was there in China,  
164 there wasn't much going on. We celebrated in a different way. I  
165 remember that one Christmas I actually got an orange. That was a  
166 big deal. We got the California Sunkissed Orange.  
167  
168 **Salvador Gaytan:** Because fruit like that was hard to come by.  
169  
170 **Dr. John Chao:** Yeah, I mean you don't get that. So, we got an orange. I think I  
171 must have played with it for a whole week.  
172  
173 **Salvador Gaytan:** Oh my God. Did it {grow} up before you could eat it?  
174  
175 **Dr. John Chao:** Yeah. It was a lot of fun, I remember that orange. So, when you  
176 ask me, "Think of something about Christmas," I'd remember the  
177 orange.  
178  
179 **Salvador Gaytan:** Remember the orange, huh?  
180  
181 **Dr. John Chao:** Each one of us, eight of us, each one had an orange.  
182  
183 **Salvador Gaytan:** Wow, that's -- see, the American kids have got an orange, are you  
184 kidding me?

185  
186 **Dr. John Chao:** Yeah, an orange from America, that's a big deal in China, big deal  
187 at the time.  
188  
189 **Salvador Gaytan:** Yeah. Now, you have some other information about what, Santa  
190 Claus or...?  
191  
192 **Dr. John Chao:** Yeah, did you know Santa Claus is actually over 200 years old?  
193  
194 **Salvador Gaytan:** 200 years old, and he's still living?  
195  
196 **Dr. John Chao:** Yeah, he's still around every Christmas.  
197  
198 **Salvador Gaytan:** He's still cooking, okay.  
199  
200 **Dr. John Chao:** Yeah. He was born in the United States, in the 1860s, about 150 I  
201 guess. When he was born, like this, he was named Santa Claus, and  
202 at that time he had a white beard and a belly. Then later on, he  
203 became a famous person after the novelist Washington Irving put  
204 him in the novel.  
205  
206 Then, he became known as St. Nicolas, which is actually the Dutch  
207 way of pronouncing St. Nicolas, Santa Claus. St. Nicolas became  
208 Santa Claus. He did smoke a pipe, he flew around in the wagon  
209 without any reindeer though, and he did have a red suit, and he did  
210 live in the North Pole at the time. So, then in 1863, then he had his  
211 reindeer.  
212  
213 **Salvador Gaytan:** How did he get his reindeer in three years? We don't know, do we?  
214  
215 **Dr. John Chao:** Well, the story just came around.  
216  
217 **Salvador Gaytan:** We don't know, because he was given his reindeer.  
218  
219 **Dr. John Chao:** Yeah, so not being part of -- not having grown up in America, I  
220 have an excuse not to know all these little details.  
221  
222 **Salvador Gaytan:** Well, that is true, I don't even know all the -- I don't know those  
223 details.  
224  
225 **Dr. John Chao:** You should know, you should know more than me.  
226  
227 **Salvador Gaytan:** I don't know, I just know he had reindeers. I mean how he got  
228 them, I mean I was a kid, come on now.  
229

230 **Dr. John Chao:** Okay, now there are two places where Santa resides in the United  
231 States. Where are they?  
232

233 **Salvador Gaytan:** Well, to me it would seem like Washington DC, because President  
234 Obama is giving out money left and right through all the stimulus  
235 package.  
236

237 **Dr. John Chao:** It's been Christmas all year.  
238

239 **Salvador Gaytan:** Yeah, and I'm paying for it.  
240

241 **Dr. John Chao:** Now, there are two homes for Santa. One is in Torrington,  
242 Connecticut, where Santa and his helpers give out presents. The  
243 other is in Wilmington, New York.  
244

245 **Salvador Gaytan:** Wilmington, New York.  
246

247 **Dr. John Chao:** Where there's a village for Santa.  
248

249 **Salvador Gaytan:** That's where my credit card payments go.  
250

251 **Dr. John Chao:** Is that right?  
252

253 **Salvador Gaytan:** Yeah. I'm wondering...  
254

255 **Dr. John Chao:** You've been financing Santa Clauses' spending.  
256

257 **Salvador Gaytan:** I'm financing Santa at Wilmington, I just remembered that. It must  
258 be like credit card capital over there.  
259

260 **Dr. John Chao:** Yeah, Wilmington, and there's actually a place in California.  
261

262 **Salvador Gaytan:** Where is that?  
263

264 **Dr. John Chao:** It's called Santa's Village, and it's located in Carpinteria, south of  
265 Santa Barbara, I've been there.  
266

267 **Salvador Gaytan:** You sat on Santa's lap and asked for some presents [crosstalk]  
268 boy?  
269

270 **Dr. John Chao:** It was not open at the time, but you see all the stuff. It was not  
271 during Christmas, so it's been a few years, it may still be there for  
272 all that I know. So, that's an interesting little tidbit. So, if you want  
273 to celebrate Christmas, you can go to Santa Barbara, find  
274 Carpinteria and go there and enjoy. Now, it used to be, there was a  
275 Santa's Village near 09:19, do you remember that?

276  
277 **Salvador Gaytan:** Yeah, I remember a little bit about that, but it wasn't -- I don't  
278 know if it's still there.  
279  
280 **Dr. John Chao:** Yeah, I haven't seen it for years, and years and years.  
281  
282 **Salvador Gaytan:** Yeah, but it was small time.  
283  
284 **Dr. John Chao:** But it was nice, because sometimes it snowed up there.  
285  
286 **Salvador Gaytan:** It's true, well.  
287  
288 **Dr. John Chao:** So, actually it was quite a nice place for Christmas celebrations.  
289  
290 **Salvador Gaytan:** Yes, we've had a few. Remember my cousins had a cabin up there  
291 for a few years, we go up there in the snow? Now, I just remember  
292 having a snowball fight, my first ones, and then one of my cousins,  
293 who is about five years older, he decided to pack a snowball like a  
294 baseball.  
295  
296 That thing was packed, and that thing hit me right in the nose. I'm  
297 going to tell you something. I didn't think a snowball could hurt,  
298 but that one hurt. I still remember that.  
299  
300 **Dr. John Chao:** Is that why it looks broken? No, I'm just kidding.  
301  
302 **Salvador Gaytan:** I can still feel it, and I still want to get even with him, can you  
303 believe that, to this day? I tell you. Okay, Dr. John, we had a little  
304 trivia session there, we got a little bit more probably at the end of  
305 the show, but we do have our Rapid Fire Five. Are you ready, Dr.  
306 John?  
307  
308 **Dr. John Chao:** Yes, let's get going on some official business here.  
309  
310 **Salvador Gaytan:** That's right, a little official business for the audience as well, five  
311 true or false questions, you tell me whether they are true or false,  
312 and then we get back to the details. Okay, question number one:  
313 There will be ways in the future to straighten teeth without braces,  
314 true or false?  
315  
316 **Dr. John Chao:** True.  
317  
318 **Salvador Gaytan:** Okay. Question number two: In the future, dental management  
319 companies will make private practice obsolete, true or false?  
320  
321 **Dr. John Chao:** False.

322  
323 **Salvador Gaytan:** Okay. Question number three: There are ways to reverse gum  
324 disease, true or false?  
325  
326 **Dr. John Chao:** True.  
327  
328 **Salvador Gaytan:** Okay. Question number four: Ceramic fillings are becoming more  
329 popular than metal fillings, true or false?  
330  
331 **Dr. John Chao:** True.  
332  
333 **Salvador Gaytan:** Okay, question number five: There is a new whitening product that  
334 is supposed to whiten teeth and last longer, true or false?  
335  
336 **Dr. John Chao:** Not yet, false.  
337  
338 **Salvador Gaytan:** False, okay. Let's get back to question number one, Dr. John.  
339 Question number one is, will there be ways -- or there will be ways  
340 in the future to straighten teeth without braces?  
341  
342 **Dr. John Chao:** Well, you'll have to be born with straight teeth if you don't want  
343 braces, and the only way you can do that is to use a genetic  
344 therapy, where you actually have to study the genes and make  
345 alteration in the genetic makeup of the parents. So, that will be a  
346 little ways off, but I wouldn't be surprised that eventually it will  
347 come, maybe, 20, 25 years.  
348  
349 **Salvador Gaytan:** So, you're saying that the parents, the man and woman, would have  
350 their genes altered before she got pregnant?  
351  
352 **Dr. John Chao:** Something like that.  
353  
354 **Salvador Gaytan:** Or would you alter the genes when the baby is a fetus?  
355  
356 **Dr. John Chao:** You have to alter the genes in the parents.  
357  
358 **Salvador Gaytan:** In the parents.  
359  
360 **Dr. John Chao:** Can you imagine how astounding that would be?  
361  
362 **Salvador Gaytan:** That would be astounding.  
363  
364 **Dr. John Chao:** To be able to determine the teeth, you can also then determine the  
365 nose and color of the eyes and the hair, and how tall the baby is  
366 going to be or how tall the baby will grow up to be. It will be a

367 new world. You can genetically specify the kind of baby you're  
368 going to have, if that's possible.  
369  
370 If you can have straight teeth, you can dictate straight teeth when  
371 the baby is born. The world will be totally different from what it is  
372 today. But that's coming up, that's coming up.  
373  
374 **Salvador Gaytan:** Everyone will want to look like a movie star.  
375  
376 **Dr. John Chao:** Yeah.  
377  
378 **Salvador Gaytan:** There will be no people that would be considered unattractive.  
379  
380 **Dr. John Chao:** Well, no, then the person with the crooked nose and crooked teeth  
381 would be the rock star.  
382  
383 **Salvador Gaytan:** Rock star, okay.  
384  
385 **Dr. John Chao:** You'd be very 12:59 or she.  
386  
387 **Salvador Gaytan:** That's true, that's true.  
388  
389 **Dr. John Chao:** But there's a brave new world coming up, and it's almost  
390 frightening to think that there could be such wonderful ways to  
391 help mankind, but the same thing can turn around and create mass  
392 confusion or...  
393  
394 **Salvador Gaytan:** Chaos.  
395  
396 **Dr. John Chao:** Real ethical issues.  
397  
398 **Salvador Gaytan:** Ethical issues, yes.  
399  
400 **Dr. John Chao:** Very, very interesting ethical issues, that the philosophers will have  
401 to munch over. But it's not with us yet, but it would be very  
402 interesting to see.  
403  
404 **Salvador Gaytan:** In the future, okay. Question number two: In the future, dental  
405 management companies will make private practice obsolete, that is  
406 false.  
407  
408 **Dr. John Chao:** Yeah. When HMOs first came out maybe 20 years ago, people  
409 were worried, "Oh yeah, they're going to take over the  
410 profession," but it never happened. It never happened, because I  
411 think the American public likes choice.  
412

413 Management companies provide a certain kind of dentistry that  
414 suits some people, but Americans like choices and diversity. They  
415 like to be able to pick the level of care, and they like to pick their  
416 own dentist. They don't want every dentist to be stamped out of  
417 the same mould.

418  
419 Management companies tend to make a dentist a commodity, rather  
420 than a doctor who is going to look after his patients in his own  
421 individual capacity, and treat that patient in a unique way that the  
422 patient needs to be treated.

423  
424 For that to happen, you cannot have a low cost volume practice.  
425 The American public has resisted that, and dentists have resisted it.  
426 Some dentists, of course like it, and that's as it should be. It does  
427 serve certain sectors of our society, but there are also many, many  
428 niches that dentists can fall into, and not all of it is management  
429 controlled.

430  
431 So, that's a very good question, and I don't see that happening in  
432 the near future at all. I think dentistry is very, very unique in its  
433 own way. It speaks to the American people in a unique way, and  
434 the Americans have been habituated and have become used to  
435 different varieties of qualities of care.

436  
437 Not everybody wants the same thing, and not everybody wants the  
438 same thing all the time. You can move from one system of  
439 delivery, which is HMO, to a private practice from time to time;  
440 you can switch back and forth also. So, people like to have  
441 choices, and I think that's good.

442  
443 That's good that nothing comes -- as little as possible should come  
444 in between the doctor and the patients. That's when dentistry is  
445 practiced most effectively both in cost and quality.

446  
447 **Salvador Gaytan:** Excellent, okay. For anyone just tuning in, you're listening to  
448 SmileTalk. I'm Salvador Gaytan here with Dr. John Chao, the  
449 friendly dentist from Alhambra Dental. You can reach Dr. John at  
450 [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104. Okay, Dr. John, question  
451 number three: There are ways to reverse gum disease. That is true?

452  
453 **Dr. John Chao:** Yeah. We have certain bioactive materials now in terms of  
454 collagen, in terms of bone regenerative materials, that can actually  
455 cause bone to regenerate under certain circumstances. These may  
456 come from animals such as pigs and cow. It could come from  
457 cadaver tissue, they're all being used right now to regenerate, both  
458 bone and gum.

459  
460 So, that is actually a disease that under certain circumstances can  
461 be reversed. More research is on the way, more materials will be  
462 available that can do a better job than what we're doing even now.  
463  
464 **Salvador Gaytan:** Because as you've mentioned in previous shows, people lose more  
465 teeth, because the gums become soft, and then the tooth gets loose,  
466 isn't that right?  
467  
468 **Dr. John Chao:** Yeah, the gums get soft, because the bone underlying the gum has  
469 been destroyed by infection, and so the tooth will come loose. We  
470 don't have a way now to re-grow bone across the board, just  
471 certain areas we can re-grow bone. But who knows what the future  
472 will bring.  
473  
474 What's also interesting is that we have non-surgical ways that fall  
475 short of using scalpel and knives to do surgery and then regenerate  
476 bone. We have non-surgical ways using antiseptic methods to  
477 control the growth of bacteria in the mouth that's been very  
478 effectively used to preserve teeth, even sometimes hopeless teeth.  
479  
480 We do it quite frequently in our office, using lasers, using  
481 antibiotic therapy, using topical antibiotics. So, the combination of  
482 those things are pretty effective.  
483  
484 **Salvador Gaytan:** Wow, okay. Question number four: Ceramic fillings are becoming  
485 more popular than metal fillings, that's true.  
486  
487 **Dr. John Chao:** Yes, I think most people know that, and they...  
488  
489 **Salvador Gaytan:** Now, metal filling is gold, silver, that's a metal filling.  
490  
491 **Dr. John Chao:** Yeah, right. Gold, silver, anything that's metallic, it could be even  
492 non-precious metal that's being used. But people don't like to have  
493 metal shining through their back teeth or through the front teeth.  
494  
495 **Salvador Gaytan:** With the price of gold, it's a little prohibitive, isn't it?  
496  
497 **Dr. John Chao:** Well, it's getting more and more expensive to do gold, but it's not  
498 prohibitive. Actually, I prefer gold where it doesn't show. I like  
499 gold because gold for one thing would never break. Gold is softer,  
500 so it doesn't abrade teeth, whereas porcelain and ceramic fillings  
501 would tend to abrade the opposing teeth, but certainly it looks  
502 better. People like that and it's more popular.  
503

504 My observation is that less and less do people actually -- when they  
505 can afford to, prefer to have silver fillings put in. They'd rather  
506 have porcelain or plastic fillings put in. Plastics are a little bit more  
507 expensive than silver, but for most people they prefer that.

508  
509 But if you use porcelain fillings in the form of inlays or onlays,  
510 then they're much more costly, but they last longer, and they are  
511 preferred by a lot of patients.

512  
513 **Salvador Gaytan:** How long does a normal, ceramic filling last in your opinion?

514  
515 **Dr. John Chao:** A porcelain onlay, inlay can last a long time, eight, nine, 10 years  
516 or more. If they're well maintained, it could be longer than that.

517  
518 **Salvador Gaytan:** 20 years?

519  
520 **Dr. John Chao:** 20 years, it has been around that long, yes. So, we don't know the  
521 final verdict, but I see gold fillings, gold inlays, gold onlays, gold  
522 crowns last 20, 30, 40 years. So, gold has been proven to be the  
523 best.

524  
525 **Salvador Gaytan:** That's good, because I only have one cavity in the back molar, and  
526 you put in a gold filling on top, and God, I think I have had that at  
527 least 15, 17, 18 years.

528  
529 **Dr. John Chao:** Yeah, the way you maintain your teeth, and you're very good at it,  
530 you have another 50 years.

531  
532 **Salvador Gaytan:** I like it, I'll bet that baby stays for life man. In fact, it's even a  
533 small investment now.

534  
535 **Dr. John Chao:** Gold is really for life. You do gold, or anything you do really well  
536 in the mouth in the appropriate circumstance, it can last a lifetime  
537 with a good maintenance. I have no doubt of that. We can't  
538 guarantee it when we put it in, but the chances are it will last a long  
539 time if it's done right.

540  
541 Certain restorations are just not meant to last a long time. A big,  
542 plastic filling is just not going to hold up. A big silver filling may  
543 hold up 10, 15, 20 years, but plastics just are not going to hold up.  
544 But they are better looking, so people do change them after a few  
545 years.

546  
547 **Salvador Gaytan:** Interesting, okay, question number five, Dr. John. There is a new  
548 whitening product, that is supposed to whiten teeth and last longer.  
549 That is true?

550  
551 **Dr. John Chao:** Well, we have products -- that's not true yet. We have products that  
552 can whiten teeth and whiten teeth tremendously five, six, seven, 10  
553 shades and have a dramatic effect, but there is nothing that can  
554 keep the tooth from getting stained again.  
555  
556 There is no product that can actually do that. So, that's -- and I  
557 have not seen it, maybe it will come around sometime. For the  
558 sensitivity, there are products, fluoride products that you can apply  
559 to your teeth before and after you bleach them. That can decrease  
560 the sensitivity, but there is no such product yet.  
561  
562 **Salvador Gaytan:** Now, most of the time when people whiten teeth, they have to re-  
563 whiten or touch up -- I don't know, I guess it depends on their  
564 health habits, but every three, four months, six months. I mean  
565 nothing is going to last -- a whitening is not going to last for two,  
566 three years, right?  
567  
568 **Dr. John Chao:** Well, you can eat food, like you drink hot chocolate, you drink tea,  
569 coffee and there are foods that have different colorings on them.  
570 So, eventually the teeth will absorb the stain again. So, therefore  
571 you have to do two things. If you want to keep your teeth white,  
572 you need to see the hygienist, or the dentist and get your teeth  
573 polished.  
574  
575 When you have a nice, shiny, smooth surface, then you're less  
576 likely to collect stain, in fact less likely to get decay. Did you know  
577 that there's a nanopolish? You know what nanotechnology is?  
578  
579 **Salvador Gaytan:** I'm familiar a little bit. It's a microscopic...  
580  
581 **Dr. John Chao:** Yeah, it's a technology on the atomic and molecular level. So, a  
582 dentist came up with a polish that's so fine, it's actually 100,000  
583 times less than the size of a grain of sand.  
584  
585 **Salvador Gaytan:** You can see that through your microscope, right?  
586  
587 **Dr. John Chao:** Not mine, that will be a face microscope. Anyway, he came up  
588 with a polish that can polish enamel so smoothly that he believes  
589 that bacteria cannot attach itself to that enamel when it's so  
590 smooth.  
591  
592 **Salvador Gaytan:** Because those molecules are bigger and they can't get through.  
593  
594 **Dr. John Chao:** Bacteria cannot stay on it. It just slips right off.  
595

596 **Salvador Gaytan:** So, you're saying that polish is available or it's in development?  
597  
598 **Dr. John Chao:** It's been tested in an experiment.  
599  
600 **Salvador Gaytan:** So, it's not on the market yet?  
601  
602 **Dr. John Chao:** Not on the market, but he believes he'll be doing more research on  
603 it.  
604  
605 **Salvador Gaytan:** Come on, let's get some of that, Dr. John. Let's get that into the  
606 laboratory.  
607  
608 **Dr. John Chao:** And you polish that up, then there's another way where you can  
609 reduce the cavity rate. So, that's nice. But anyway, whitening the  
610 teeth is something that you just have to do continuously. It doesn't  
611 stop if you want to keep it white.  
612  
613 **Salvador Gaytan:** Well, we're coming to the conclusion of our show, Dr. John. We  
614 got to say goodbye to the audience, but the audience can get a hold  
615 of you where, Dr. John?  
616  
617 **Dr. John Chao:** [AlhambraDental.com](http://AlhambraDental.com) or call 626-308-9104. We'd love to hear  
618 from you.  
619  
620 **Salvador Gaytan:** That's a wrap.  
621  
622 **Dr. John Chao:** Merry Christmas.  
623  
624 [END OF AUDIO]