

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

7 **Dr. John Chao:** Wonderful. We're going to have a great show, and we're going to
8 finish talking about bad breath and how to treat it. And then we're
9 going to go into some other interesting subjects.
10

11 **Salvador Gaytan:** We have a power packed show today. I don't know if we're going
12 to be able to squeeze it all in, but we're going to try. We're going
13 to be talking, as you said, about the solutions to bad breath.
14

15 Also, you have some interesting information about chewing gum
16 that can heal cavities and harden cavities. You also have some
17 information on how the correlation between a mother's dental
18 hygiene and cavities can also influence how the children have
19 cavities, or how many they have.
20

21 And we've also got something new that you've created here, a
22 Rapid Fire Five. So, before we get to the bad breath, let's start with
23 the Rapid Fire Five. I'm going to ask you five questions, true or
24 false, and then the audience will have a couple of seconds, they can
25 try to play along.
26

27 You'll tell me whether it's true or false, and then you can expand
28 on why it's true or why it's false. Are you ready?
29

30 **Dr. John Chao:** Yes, let's go ahead.
31

32 **Salvador Gaytan:** Okay, first question. Using a mouthwash that is alcohol based, can
33 lead to a person becoming legally drunk, if used more than five
34 times a day, is that true or false Dr. John?
35

36 **Dr. John Chao:** False.
37

38 **Salvador Gaytan:** Okay, false it is. We'll come back to the explanations on that
39 afterwards. Question number two: Chocolate can stain teeth, true
40 or false?
41

42 **Dr. John Chao:** True.
43

44 **Salvador Gaytan:** True. Question number three: Children under five years of age do
45 not need to brush their teeth, because they have baby teeth that will
46 fall out anyway, true or false?

47
48 **Dr. John Chao:** False.
49
50 **Salvador Gaytan:** False. Question number four: People, who wear dentures, do not
51 need to brush them, because dentures are made from acrylic and
52 are designed not to stain.
53
54 **Dr. John Chao:** False.
55
56 **Salvador Gaytan:** False, okay. Question number five: People who smoke, have a
57 higher rate of tooth loss than non smokers, true or false?
58
59 **Dr. John Chao:** True.
60
61 **Salvador Gaytan:** That's true, unbelievable. Okay, let's go to the first question, so
62 you can tell the viewers why. The first question: Using a
63 mouthwash that is alcohol based can lead to a person becoming
64 legally drunk if used more than five times. That's false. Why is
65 that false Dr. John?
66
67 **Dr. John Chao:** Well, if it were true, we'll have a lot of people getting off DUI
68 charges, because they can say, "Well, I just rinsed my mouth a few
69 times a day, and that's how I got drunk." That would be good for
70 people who drink, but unfortunately that's not true for them,
71 because there is just not enough alcohol there to cause that kind of
72 a problem, besides they are not swallowing it.
73
74 So, but nevertheless, the alcohol content in some mouthwashes
75 may not be so good for the tissues in the mouth, because they do
76 tend to dry up the mouth, and we don't want the mouth to be dried
77 up for different reasons. One of which is that it does produce bad
78 breath.
79
80 **Salvador Gaytan:** I see, okay. Question number two; I asked you, can chocolate stain
81 teeth? That answer is true. Why is it true chocolate can stain teeth?
82
83 **Dr. John Chao:** Chocolate of course has pigmentation in it. It will, over a period of
84 time, get your teeth to be brownish, especially between the teeth.
85 However, interestingly enough, chocolate has some ingredients in
86 it. It can actually lower the risk of cavity.
87
88 **Salvador Gaytan:** Is that really true?
89
90 **Dr. John Chao:** Yeah, that would be really true, and it's got antioxidants in it, that
91 actually has some health benefits.
92

93 **Salvador Gaytan:** I see, interesting. The third question I asked you. Children -- this is
94 actually a very interesting question, because I think a lot of adults
95 aren't aware of this, that have children. Children under five years
96 of age, do not need to brush their teeth, because they have baby
97 teeth that will fall out anyway. And that's false, isn't it?
98

99 **Dr. John Chao:** That's false, and that raises one of my pet peeves. It's that children
100 won't lose their baby teeth until much later, especially the
101 posterior baby teeth, the baby molars. They won't lose those until
102 they are 10, 11 or 12 sometimes.
103

104 During that period of time, if the teeth are decayed, and decayed to
105 the nerve, they can suffer a lot of pain. The children don't always
106 complain. They think that they are supposed to have pain.
107

108 So, a lot of children suffer needlessly, because the parents are not
109 really aware of what can happen. So, they should have those baby
110 teeth taken care of. Number one, so the child doesn't suffer.
111 Number two, if those baby teeth are taken out too soon, because of
112 decay, the bite, the teeth alignment can become crooked.
113

114 The space between the teeth can close up, and that can lead to
115 crooked teeth and orthodontic problems, when the child grows up.
116

117 **Salvador Gaytan:** So, even though a child is at three years old, four years old, should
118 they still do the same things that an adult should do, like brush
119 their teeth and floss?
120

121 **Dr. John Chao:** Well, they're kind of young to be really brushing their own teeth
122 when they are one, two or three years old, but the parents can start
123 the habit, and try to clean their teeth with a soft cloth, with maybe
124 very, very soft toothbrush, and keep those baby teeth clean as they
125 come in.
126

127 That's a very, very good habit. In fact, I should add that parents
128 should take their child to the dentist around one year old.
129

130 **Salvador Gaytan:** One year old?
131

132 **Dr. John Chao:** The recommendation has changed. Just to talk to the dentist about
133 how to take care of the baby teeth as they erupt.
134

135 **Salvador Gaytan:** Now, I want to get into a little bit more of that, but for anyone just
136 tuning in, you're listening to SmileTalk, I'm Salvador, here with
137 Dr. John, the friendly dentist. Anyone wanting to get in contact
138 with Dr. John, it's 626-308-9104, or you can logon to

139 AlhambraDental.com for more information on Dr. John and his
140 practice.
141
142 Anyway, that's such a big thing. I want to just touch upon one
143 other thing on children and brushing teeth. If children don't brush
144 their teeth, like at four, five, six, and they develop decay on the
145 baby teeth, that can actually affect their permanent teeth coming in,
146 can it?
147
148 **Dr. John Chao:** Yes, sometimes it can get so infected, that it can actually affect the
149 tooth bud or the permanent tooth, and the tooth can come out
150 stained or with defects on the enamel. That can happen. So, the
151 infection can disrupt the formation of the new teeth.
152
153 **Salvador Gaytan:** Interesting. Okay, let's go to question number four. People who
154 wear dentures, which a lot of -- a lot of people do these days.
155 People who wear dentures, do not need to brush them, because
156 dentures are made from acrylic, and are designed not to stain. That
157 is false. Why is that false?
158
159 **Dr. John Chao:** Denture wearers know that that's false, because dentures do get
160 stained. Because it is acrylic, the structure of acrylic products are
161 porous. If you cut it and look at it under the microscope, it's
162 actually tubular, so bacteria and debris does get stuck in there, and
163 bacterial colonies can grow.
164
165 So, it is especially important for denture wearers to clean their
166 dentures, to at least rinse them and leave them in the denture rinses
167 and denture bath products.
168
169 **Salvador Gaytan:** Now, I'm sure most people that don't have dentures, they probably
170 thought, "Oh yeah, they're acrylic, so maybe that's an easy thing."
171 But that's probably a reason why they don't want to have to have
172 dentures, because even though they don't necessarily brush them,
173 they have to clean them after every meal. Don't they take them
174 out? Isn't that right?
175
176 **Dr. John Chao:** You should, because food does get underneath. Just a real quick
177 remark about dentures, dentures can only give you one tenth of the
178 chewing efficiency that you get with natural teeth.
179
180 **Salvador Gaytan:** Really? See, I didn't know that either.
181
182 **Dr. John Chao:** Yeah, it's a very challenging change for a person to go from
183 natural teeth to dentures.
184

185 **Salvador Gaytan:** So, that's a word to the wise to the people out there, take care of
186 your choppers, right?
187

188 **Dr. John Chao:** Exactly. Well, let's say you don't want those false choppers. You
189 don't want your teeth to be like stars that come out in the night.
190

191 **Salvador Gaytan:** Come out in the night, there you go. Question number five I asked
192 you. People who smoke, have a higher rate of tooth loss than non
193 smokers, and that is true. Why is that true?
194

195 **Dr. John Chao:** Smoking disrupts the immune system, and actually restricts blood
196 supply to the oral cavity, and that's where healing takes place. So,
197 if the gums are under attack by pathogens or bacteria, that are
198 detrimental to the gums and the bone, then the body is not able to
199 heal as well.
200

201 And therefore the smokers tend to lose their teeth to Periodontitis
202 or gum disease at a much higher rate than non-smokers.
203

204 **Salvador Gaytan:** Now, if someone is a lifelong smoker, and people have the right to
205 smoke if they want. If they are a lifelong smoker, they decide,
206 "Hey, I'm not giving it up." If they come to the dentist every three
207 or six months, can they mitigate that problem?
208

209 **Dr. John Chao:** For sure, for sure. There are smokers, who won't give up smoking,
210 and they can go to the dentist and have their teeth maintained, but
211 they are still at a higher risk. There are at greater risk if they don't
212 take care of their teeth at all.
213

214 Gum disease is a genetic disease. So, if you smoke and you have
215 that genetic trait for gum disease, then you are liable to lose your
216 teeth very early.
217

218 **Salvador Gaytan:** Get the double whammy.
219

220 **Dr. John Chao:** Yes, we have young people coming in their late 20s and 30s with
221 very loose teeth. And if those people continue to smoke, they
222 almost have no chance of saving those teeth.
223

224 **Salvador Gaytan:** Now, we're going to get into some of the remedies to bad breath,
225 but you just -- one other thing I want to mention, since you just hit
226 on it, losing teeth. You, in your practice, you are really for trying
227 to save teeth. And you have a lot of ways to save teeth, isn't that
228 right?
229

230 **Dr. John Chao:** Yeah, dentistry has come a long way in terms of saving teeth that
231 have advanced gum disease. So, we have different methods that
232 can save teeth without surgery now. Formerly we had to do a
233 surgery to save teeth, but in a lot of cases we can avoid that
234 particular procedure.
235

236 **Salvador Gaytan:** I think that's the thing that a lot of people don't know about. Now,
237 before we move onto the bad breath too, you talk about saving
238 teeth and gum disease and everything.
239
240 I know you're very experienced, you've been doing this for a lot of
241 years, and I've seen your practice in your office, but I guess what
242 comes in my mind is, do you ever get tired of standing over people
243 all day and filling holes? I mean do you ever get tired of that?
244

245 **Dr. John Chao:** No, actually not. It's my passion, and it's my hobby, and it still is
246 my life work. I really, really enjoy it. Your question reminded me
247 of what a professor used to tell me. When I was in dental school,
248 he said, "Doing dentistry is like a master Swiss watchmaker,
249 repairing a watch in the dark while somebody is spitting on his
250 hands."
251
252 But nowadays, it's quite different. We have great illumination.
253 There is the operating microscope that I happen to have, and a lot
254 of dentists have that now. And it magnifies the tooth into a gigantic
255 object in my vision, and you have a very, very strong light that
256 brightens up the whole field of operation.
257
258 So, it's almost like working on the side of a mountain, doing some
259 gardening under the bright noon day sun practically. So, in many
260 ways, dentistry is much more enjoyable and much easier than it
261 was in previous years.
262

263 **Salvador Gaytan:** So, what keeps your passion to help your patients fueled day after
264 day, week after week?
265

266 **Dr. John Chao:** Well, it's the patients mainly, because of the new things we can do
267 for them, that I get a lot of gratification. We can save teeth that we
268 formally were not able to do. We can produce a smile that was not
269 possible before in a very short time.
270
271 There are a lot of wonderful, wonderful changes that comes in,
272 including the use of lasers and 3D imaging, using X-rays, so we
273 have tremendous amount of new stuff coming in, that has
274 contributed to my enthusiasm to share that with my patients.
275

276 I don't want to say that this is myself alone. This is a show that is
277 here to give information about what dentistry can do in general, not
278 just about my practice. And dentists as a whole now have a lot
279 more tools in their arsenal to combat gum disease, combat decay.

280
281 And just a matter of getting the information out to the public, and
282 let the public know that this is available. All they have to do is
283 show up at the dental office, and ask the dentist what dentistry can
284 do for them, and to go back regularly.

285
286 I think that would do a lot for improving the dental health of our
287 population.

288
289 **Salvador Gaytan:** Excellent, and for anyone tuning in, you're listening to SmileTalk,
290 I'm Salvador, here with Dr. John, the friendly dentist from
291 Alhambra Dental. 626-308-9104, or you can logon to his website
292 AlhambraDental.com.

293
294 **Dr. John Chao:** We want the listeners to leave their questions on my website. We
295 would love to hear from you, and we'll hear your comments about
296 our show, and ask questions of us that we can answer at our next
297 show. So, feel free to call or go to AlhambraDental.com.

298
299 **Salvador Gaytan:** Excellent, excellent, okay. Let's get to, what we didn't get to in the
300 last show, some of the remedies and solutions for bad breath. Now,
301 just in a nutshell, quickly, the causes of bad breath quickly are
302 what?

303
304 **Dr. John Chao:** The cause of bad breath is basically bacterial. Bacteria in the
305 mouth produces sulfites and mercaptans, that are detectable as
306 odors, and these are lodged between the teeth, under the gum, on
307 the teeth, in the cavities, and on the back of the tongue.

308
309 So, treatment basically consists of treating gum disease, teaching
310 the patients how to properly brush and floss, treat the gum disease,
311 if it's beyond the early stage, and then take care of the cavities,
312 they need to be filled, and then do the next most important thing,
313 that is to mechanically clean the back of the tongue. That's where a
314 lot of the bacteria is lodged.

315
316 There are ways to scrape it and clean it, that are very, very
317 effective, and the patients need to be taught how to do it.

318
319 **Salvador Gaytan:** Now, you mentioned the tongue, and it kind of brought up a
320 memory, because obviously I'm a patient of yours, a very happy

321 patient I might add. I've been coming to you for a number of years,
322 in fact I even drive from Orange County to come to your office.
323
324 **Dr. John Chao:** That's right, that's right, and you know you have to behave.
325
326 **Salvador Gaytan:** You're darn right I have to behave, otherwise I would.
327
328 **Dr. John Chao:** At least before your appointment.
329
330 **Salvador Gaytan:** Darn right, and so I wouldn't have it any other way, but the person
331 who cleans my teeth, May, a great hygienist at your office. She is
332 constantly -- every time I am there, she is telling me, "Salvador,
333 you have to make sure you clean and brush your tongue."
334
335 **Dr. John Chao:** That's a message Sal.
336
337 **Salvador Gaytan:** There is a message.
338
339 **Dr. John Chao:** Have you suspected she was giving you a message?
340
341 **Salvador Gaytan:** She is giving me a message, I know, and I was -- so when you
342 mentioned, but tell people -- I think a lot of people think, "Okay,
343 I'm going to brush my teeth, I'm going to floss, but why is
344 cleaning the tongue, brushing the tongue so important every time?"
345
346 **Dr. John Chao:** Well, the tongue is like a wet rag as we mentioned before, and that
347 has to be kept clean. It's so easy for bacteria to lodge there,
348 because it's just -- it's very rough and corrugated, and it's warm
349 back there, and it's dark.
350
351 That's why, there are so much germs lodged there, and it's
352 important to mechanically get it out of there.
353
354 **Salvador Gaytan:** So, someone can brush their teeth, they can floss, they can use the
355 mouthwash, but if they don't brush their tongue, they could still
356 have bad breath.
357
358 **Dr. John Chao:** Especially in the back of the throat, especially in the back of the
359 throat. They've got to reach back in there. And if that doesn't
360 work, there are prescribed medications that we can put on the
361 tongue. We can teach patients how to do that.
362
363 So, if you're unable to get rid of the bad breath by brushing your
364 tongue, then you should see your dentist and ask for something that
365 can help with that.
366

367 **Salvador Gaytan:** Now, you mentioned there is also some mouthwashes that are
368 preferred, that have peroxide base.
369

370 **Dr. John Chao:** Yeah, we have two kinds of mouthwashes. One is prescribed, and
371 we recommend that those be done only for the short term. So,
372 those should be used only for the short term. Those are called
373 Chlorhexidine rinses.
374

375 They are basically two kinds we recommend as mouthwashes. One
376 is the baking soda and peroxide. So, the other two are baking soda
377 and peroxide. So, those you can find at the drug stores.
378

379 **Salvador Gaytan:** Also, a common cause is just someone having gum disease or not
380 getting food particles out between their teeth?
381

382 **Dr. John Chao:** Yes, food particles, eventually if it lodges there, will deteriorate.
383 And not flossing causes bacterial fermentation between the teeth.
384 So, that's something that's important for the patients to do. We tell
385 the patients who don't like to floss their teeth, just floss the teeth
386 you want to save.
387

388 **Salvador Gaytan:** Flossing the teeth you want to save, there you go. I want to save all
389 my teeth.
390

391 **Dr. John Chao:** So, floss them all.
392

393 **Salvador Gaytan:** Floss them all, absolutely. Now, let's get onto something that is
394 kind of related to bad breath, and in regards to chewing gum. Now,
395 you have an interesting story. Well, we didn't do our trivia in the
396 beginning. So, we'll do it here at the end.
397

398 It's about a Mexican, a very, very famous Mexican revolutionary,
399 that had a hand in creating gum and promoting gum here in the
400 United States. Now, don't give the answer who that was, but give
401 the background of how that came about.
402

403 **Dr. John Chao:** Okay. There was a gentleman by the name of Thomas Adams, who
404 was, among other things, an inventor. He met this gentleman that
405 you're alluding to.
406

407 **Salvador Gaytan:** The Mexican revolutionary.
408

409 **Dr. John Chao:** Yes, and actually entertained this gentleman in his New York
410 home in 1869. This gentleman brought over from Mexico a ton of
411 this stuff called chickle. Chickle apparently came from a kind of a
412 rubber tree, that's called a Sapodilla Tree.

413
414 And this was like a rubber tree, where you cut the bark and the sap
415 would come out, and the sap then becomes chickle. Then, if you
416 chew it, it tastes like what we have today.
417
418 **Salvador Gaytan:** A chewing gum.
419
420 **Dr. John Chao:** The chewing gum. But the reason that this person gave Thomas
421 Adams this chickle, is so that Thomas Adams can make it into an
422 ingredient in rubber. Rubber was very expensive at the time, and if
423 you can mix chickle with rubber, then you can make a lot of
424 money.
425
426 But Mr. Adams was not able to succeed in making any of that
427 happen. He couldn't make anything out of chickle as a rubber
428 product. So, and then it happened that he chewed it. He chewed it,
429 because he saw this gentleman from Mexico chewed it. So, he
430 chewed it and realized that this could be a gum.
431
432 **Salvador Gaytan:** Add flavor to it.
433
434 **Dr. John Chao:** Flavor, and it chewed better than the paraffin that was being used
435 at the time for gum. So, he took little balls of it, and wrapped it up
436 in tissue paper and took it to the local pharmacy, drug store and
437 said would you sell this for me?
438
439 **Salvador Gaytan:** Did it sell?
440
441 **Dr. John Chao:** It sold out that afternoon, and so then he began to distribute it, and
442 pretty soon he couldn't make enough. He couldn't make enough.
443
444 **Salvador Gaytan:** He couldn't use it to make rubber, so he used it for chewing gum.
445
446 **Dr. John Chao:** Chewing gum, and he could make enough, so eventually he had to
447 make a machine, that he patented, to make gum. And it gets better.
448 Then he got so popular, that he actually had to invent a machine
449 that would dispense chewing gum in the subway of New York.
450
451 **Salvador Gaytan:** So, that was the first vending machine?
452
453 **Dr. John Chao:** He actually had the first vending machine. So, this gentleman had
454 the first vending machine invented, and invented chewing gum on
455 account of this gentleman, this revolutionary figure from Mexico.
456
457 **Salvador Gaytan:** And this famous revolutionary figure that brought gum, chickle,
458 is?

459
460 **Dr. John Chao:** His name is very long, so I won't do the whole name, but in short
461 this is General Lopez de Santa Anna.
462
463 **Salvador Gaytan:** Yes, General Santa Anna, and there is actually a city in Orange
464 County named Santa Anna. That's where it came from. And he
465 was the general that defeated the The Men of the Alamo.
466
467 **Dr. John Chao:** That's right.
468
469 **Salvador Gaytan:** So, we like him for the gum, but not for the Alamo. Well, Dr. John,
470 we are coming to the conclusion of our program here, and what did
471 you think of today's program?
472
473 **Dr. John Chao:** I think we had fun. I'm not sure we got to everything we wanted to
474 talk about.
475
476 **Salvador Gaytan:** We did not get to everything, but we knew that, we tried that, huh?
477
478 **Dr. John Chao:** But we tried, but we'll bring it back next week and we'll continue.
479
480 **Salvador Gaytan:** Excellent. So, you've been listening here to SmileTalk with Dr.
481 John, the friendly dentist. 626-308-9104, or you can logon to
482 AlhambraDental.com if you want more information on Dr. John,
483 and also submit your email questions and we'll answer them on
484 next shows.
485
486 **Dr. John Chao:** In the next show, we'll talk about the Yellow Rose of Texas.
487
488 **Salvador Gaytan:** The Yellow Rose of Texas, best part of the Alamo. That is another
489 good story.
490
491 **Dr. John Chao:** That's a little history there that -- it doesn't have anything to do
492 with dentistry, as much as it has to do with just interesting. It's just
493 interesting.
494
495 **Salvador Gaytan:** Excellent, we'll see you next show.
496
497 [END OF AUDIO]