

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, I'm looking forward to a great show, and listeners, if  
8 you are a parent, please stay tuned, we have some wonderful news  
9 for you.  
10

11 **Salvador Gaytan:** Now, we have a lot of things and we're going to try to get through  
12 them, but we have a couple of items from our last show about  
13 mothers and how they can transfer bacteria to their infants or even  
14 caregivers can.  
15

16 We also have -- we're going to get into how chewing gum can  
17 prevent cavities or even eliminate cavities. We're going to also talk  
18 about different methods to fill cavities.  
19

20 We also have our Rapid Fire Five, but before we get to that, the  
21 purpose of this show is -- there's nothing to sell here, there's no  
22 products. The purpose is to help people decide how they can best  
23 help their dental hygiene, isn't that right Dr. John?  
24

25 **Dr. John Chao:** That's right. The opportunity came for me to host the show and  
26 create the show from KRLA, and I couldn't turn it down, because  
27 this is an opportunity for me to talk about dentistry, that I love so  
28 much.  
29

30 This is a way for the public to hear news and the information that  
31 we love to give as dentists and this is for the general public and for  
32 -- and speaking on behalf of all the dentists in an unofficial way, of  
33 course.  
34

35 **Salvador Gaytan:** Now, as we've mentioned here, there are a number of things we  
36 are going to talk about. Now, some of the things people need to  
37 know about, because it involves seeing a dentist, but there are a lot  
38 of things that you're going to share with people that can help them  
39 at home to take care of their teeth, isn't that right?  
40

41 **Dr. John Chao:** This is exactly right. There's nothing that we dentists can do for  
42 the patient that will just stand the test of time if the patient doesn't  
43 follow up at home.  
44

45 **Salvador Gaytan:** Very good, very good. Now, let's start with our Rapid Fire Five.  
46 I'm going to ask you five quick questions, true or false questions,

47 and you're going to give us the answer and then you're going to  
48 tell us why they're true or false, the audience can play along.  
49 Question number one: Adults should not brush their teeth more  
50 than three times per day, because it will wear out the tooth enamel.  
51 Is that true or false?  
52  
53 **Dr. John Chao:** False.  
54  
55 **Salvador Gaytan:** False. Okay, question number two, we'll come back to why that's  
56 false. Men should use the firmest bristle tooth brushes, because the  
57 enamel on men's teeth is rougher than on female teeth, true or  
58 false?  
59  
60 **Dr. John Chao:** False.  
61  
62 **Salvador Gaytan:** False. I guess sometimes men's heads are a little harder, but not  
63 their teeth. Okay. Question number three: Chewing gum is bad for  
64 teeth, true or false?  
65  
66 **Dr. John Chao:** That's a true and false.  
67  
68 **Salvador Gaytan:** Trick question, huh, trick question?  
69  
70 **Dr. John Chao:** Yeah, we'll talk about that.  
71  
72 **Salvador Gaytan:** Okay. Number four: Dental floss should not be used by people  
73 with sensitive gums, because floss can irritate the gums further,  
74 true or false?  
75  
76 **Dr. John Chao:** That's false.  
77  
78 **Salvador Gaytan:** That's false. Question number five: Brushing the tongue is only  
79 necessary if a person consumes a colored food like a Popsicle or a  
80 fruity drink, true or false?  
81  
82 **Dr. John Chao:** False.  
83  
84 **Salvador Gaytan:** False, all false. We kind of tricked the audience a little bit today.  
85 We'll get to the trick question number three here, but number one:  
86 Adults should not brush their teeth more than three times, because  
87 it will wear out the tooth enamel. That was false. Why is that false?  
88  
89 **Dr. John Chao:** Well, you will not wear out your enamel if you'll brush properly. If  
90 you don't brush right, you shouldn't brush it even once, because  
91 you can do a lot of damage if you go the back and forth way and  
92 really put your muscle to it.

93  
94 But if you brush properly, which is basically brushing from the  
95 gum to the tooth. So, you brush down on the upper and brush up on  
96 the lower jaws.  
97  
98 Then, this way you'll be able to do it properly. It's kind of hard to  
99 describe just on radio, but you never want to just go back and forth  
100 and scrub it really hard, it does not do any good. It actually will not  
101 wear the enamel out as it will wear the gum out, and eventually the  
102 root, which is much softer than enamel.  
103  
104 **Salvador Gaytan:** So, basically you want to brush away from the gum line.  
105  
106 **Dr. John Chao:** You want to brush the gum a little bit, just to keep it clean, but you  
107 don't want to over brush it.  
108  
109 **Salvador Gaytan:** Over brush it. So, a lot of people I know -- sometimes I'm over at  
110 people's homes, friends or acquaintances, and I might see them  
111 brushing their teeth, and they're brushing across the teeth hard.  
112 That's the wrong way to do it, isn't it?  
113  
114 **Dr. John Chao:** Yeah, that's a very good way to make your teeth too long.  
115  
116 **Salvador Gaytan:** Too long.  
117  
118 **Dr. John Chao:** When you see people smile and they're -- the teeth are really long,  
119 some teeth are long, some teeth are normal and that may be the  
120 reason why they have long teeth.  
121  
122 **Salvador Gaytan:** Long teeth, because the gums recede?  
123  
124 **Dr. John Chao:** Yeah, the gums will recede and they put notches on their teeth  
125 when they continue to brush it after the gums are gone.  
126  
127 **Salvador Gaytan:** I see, interesting. Okay, question number two: Men should use the  
128 firmest bristle tooth brushes, because the enamel on men's teeth is  
129 rougher than on female teeth, that is false. Why is that?  
130  
131 **Dr. John Chao:** That's false, because there's no difference between male and  
132 female as far as the harness of our tooth structure. But in fact, men  
133 do brush harder just because they're stronger and they will do  
134 more damage. So, we see a lot of men with notched teeth along the  
135 gum line.  
136  
137 **Salvador Gaytan:** So, should people be using softer bristle tooth brushes?  
138

139 **Dr. John Chao:** I would recommend as soft as possible, because most people over  
140 brush at the wrong places and under brush at the right places.  
141

142 **Salvador Gaytan:** So, now most people will say: “Oh, I know how to use a tooth  
143 brush.” But most people don’t really know how to use a tooth  
144 brush, do they?  
145

146 **Dr. John Chao:** Yeah, most people just brush the way they’re taught earlier, but  
147 most people over brush certain areas and under brush others.  
148

149 **Salvador Gaytan:** And the problem is that people can brush their teeth three times a  
150 day, and they think they’re helping themselves which they are to a  
151 degree, but they can also hurt themselves if they’re not doing it  
152 right.  
153

154 **Dr. John Chao:** Exactly, this is very discouraging to some patients, because -- “I’ve  
155 been brushing my teeth regularly and how come I’m having so  
156 much trouble?” That’s because they haven’t been brushing their  
157 teeth properly, and this is another reason why people should see  
158 their dentist regularly.  
159

160 **Salvador Gaytan:** To tell them.  
161

162 **Dr. John Chao:** See the hygienist and get taught how to properly brush your teeth.  
163 It can save you a lot of trouble and a lot of money.  
164

165 **Salvador Gaytan:** Because if your parents don’t teach you, then you never learn  
166 unless the dentist teaches you, right?  
167

168 **Dr. John Chao:** Yeah, the parents need to get you to the dentist, because now the  
169 recommendation is, the parents take the one year old baby to the  
170 dentist, starting one year old.  
171

172 **Salvador Gaytan:** Okay, question number three: Chewing gum is bad for teeth, that is  
173 true and false.  
174

175 **Dr. John Chao:** That is true and false. It’s kind of confusing to patients, because  
176 dentists have been telling patients, “Don’t chew gum” for the  
177 reason that sugar from the gum stays on the teeth and the germs go  
178 to work on sugar and produce acid.  
179

180 This acid then eats away or leeches out the phosphates and the  
181 calcium from the enamel. So, the acid attack then eventually  
182 creates the cavity.  
183

184                                 However, there are new type of gum coming out, that are not bad  
185                                 for teeth. We have studies that show that if gum is actually  
186                                 sugarless, that it doesn't really cause cavities, because it stimulates  
187                                 the flow of saliva. It actually has a beneficial effect. So, the  
188                                 American Dental Association has actually endorsed certain kinds  
189                                 of chewing gum.  
190  
191     **Salvador Gaytan:**       Excellent.  
192  
193     **Dr. John Chao:**        Even though the ADA or the American Dental Association has not  
194                                 endorsed certain kinds of chewing gum, there are some reports that  
195                                 show that there are gum that contains a special ingredient that  
196                                 actually benefits and retard decay.  
197  
198     **Salvador Gaytan:**       Now, we're going to get to that later.  
199  
200     **Dr. John Chao:**        But we'll talk about that later.  
201  
202     **Salvador Gaytan:**       We're going to get that later. Now, for anyone just tuning in,  
203                                 you're listening to SmileTalk. I'm Salvador Gaytan here with Dr.  
204                                 John Chao, the founder of Alhambra Dental, and anyone wanting  
205                                 to get in contact with Dr. John, 626-308-9104 or log on to  
206                                 [AlhambraDental.com](http://AlhambraDental.com).  
207  
208                                 Okay, now our fourth question: Dental floss should not be used by  
209                                 people with sensitive gums, because floss can irritate the gums  
210                                 further. That is false, why?  
211  
212     **Dr. John Chao:**        That's false. Even though floss, if not used properly, can irritate  
213                                 the gum, but you should use floss, especially if you have irritated  
214                                 gums already, if you have gum disease. That's actually very, very  
215                                 critical, because of the fermentation process that happens between  
216                                 teeth, under the gum.  
217  
218     **Salvador Gaytan:**       Now, why do you need to use floss, because particles get stuck in  
219                                 between the teeth or...?  
220  
221     **Dr. John Chao:**        Particles, debris and plaque, which is an accumulation of bacteria  
222                                 and food products and mineral matter that get stuck between the  
223                                 teeth, and these are sources for an infection between the teeth.  
224  
225     **Salvador Gaytan:**       So, even if someone has sensitive gums, well, they probably have  
226                                 sensitive gums, because they haven't been flossing. But once they  
227                                 have sensitive gums, can the floss irritate them or it actually helps?  
228

229 **Dr. John Chao:** Well, it will irritate it to a certain extent, especially if we don't do  
230 it right, but it's better that you get the stuff out of there, because  
231 what's causing the problem, the bleeding gums is actually a main -  
232 - a major symptom of gum disease.

233  
234 Healthy tissue does not bleed. It's just as the skin on your arm  
235 doesn't bleed when you touch it, gum should not bleed when you  
236 touch it or when you brush it correctly. So, bleeding gums is  
237 actually a major symptom of Periodontitis or gum disease that can  
238 lead to the loss of teeth.

239  
240 **Salvador Gaytan:** Now, when you say bleeding gums -- I mean if someone gets a  
241 little bit of blood, that's no big deal, but when they consistently  
242 have bleeding, that's the big deal, isn't it?

243  
244 **Dr. John Chao:** Yeah, if you have periods of time when your gums bleed a few  
245 days, a few weeks at a time, you should look into it. The body has  
246 a message to you, that it can handle the infection that's going on in  
247 your mouth.

248  
249 **Salvador Gaytan:** Interesting, interesting. Question number five: Brushing the tongue  
250 is only necessary if a person consumes a colored food like a  
251 popsicle or a fruity drink, that is false.

252  
253 **Dr. John Chao:** That is false. If you have this coating on your tongue and you eat  
254 something that has food dyed in it, it's going to look worse. So, it  
255 makes you think that you should brush it even more, but actually  
256 you should brush it every day as we talked about on our previous  
257 show.

258  
259 **Salvador Gaytan:** Right.

260  
261 **Dr. John Chao:** You should not only just brush the tongue in the interior part, but  
262 you should make it a point to brush the back of your tongue near  
263 your tonsils and really get in there, even though you might gag,  
264 and really put some muscle behind it and get it cleaned up.

265  
266 **Salvador Gaytan:** Excellent, excellent advice. Now, let's get to a couple of small  
267 things we didn't get to on the last show, which was very interesting  
268 to me. There is a certain type of gum -- and one of the questions  
269 kind of alluded to this. There is a certain type of gum that has an  
270 ingredient in it, that is proven to prevent and even eliminate a  
271 cavity.

272  
273 **Dr. John Chao:** Yes, this a product called Xylitol. Xylitol is a sugar substitute with  
274 sweetness that's equal to table sugar. It's a member of a group of

275 compounds known as sugar alcohol, which includes common  
276 dietary sweeteners such as Sorbitol and Mannitol. Xylitol is  
277 produced commercially from birch trees and it has an inhibitory  
278 action on the bacteria that leads to -- as a formation -- which in  
279 turn leads to cavities.  
280  
281 These two bacteria are called Streptococcus Mutans and  
282 Lactobacillus, because it does have this inhibitory effect on these  
283 germs, it can inhibit cavity formation and also it seems to have an  
284 ability to harden soft tissue that's inside the cavity. So, it can  
285 actually reverse the cavity process.  
286  
287 **Salvador Gaytan:** So, let me go back just for a second here, because you know this  
288 better than we do, but the substance, the new substance is Xylitol,  
289 that's the ingredient that can prevent cavities or eliminate, right?  
290  
291 **Dr. John Chao:** It can reduce cavity rate, but it does not eliminate cavities. It will  
292 definitely have a beneficial effect on reducing cavities.  
293  
294 **Salvador Gaytan:** Now, how does someone know if the gum has Xylitol in it, does  
295 that look on the package or...?  
296  
297 **Dr. John Chao:** Yeah, you can look on the package. There are many, many  
298 products now that has that, because we recommend, as dentists will  
299 recommend the 100% Xylitol. So, look on the label and find the  
300 100% Xylitol, that is most beneficial.  
301  
302 **Salvador Gaytan:** What was astounding to me is that someone can have a cavity, and  
303 when they have a cavity, that means there is a spot on the tooth  
304 which is softening the enamel.  
305  
306 **Dr. John Chao:** Yes.  
307  
308 **Salvador Gaytan:** And this gum can actually harden that softness?  
309  
310 **Dr. John Chao:** Yes, there's actually a report that showed that 12% to 27% of the  
311 cavities in this -- in the large group of children was actually  
312 hardened.  
313  
314 **Salvador Gaytan:** Hardened, huh?  
315  
316 **Dr. John Chao:** 12% to 27% of the cavities in this group of children actually  
317 hardened when they used 100% Xylitol.  
318  
319 **Salvador Gaytan:** So, it reversed the cavity to some degree?  
320

321 **Dr. John Chao:** Yeah, actually up to a quarter.  
322  
323 **Salvador Gaytan:** Up to a quarter?  
324  
325 **Dr. John Chao:** The cavities didn't have to be filled, because the children had been  
326 chewing the Xylitol gum. So, there's a lot of good news about this  
327 particular product.  
328  
329 **Salvador Gaytan:** Wow, I'm going to have to go out and get some of that myself,  
330 huh?  
331  
332 **Dr. John Chao:** Yeah.  
333  
334 **Salvador Gaytan:** Now, for anyone tuning in, you're listening to SmileTalk. I'm  
335 Salvador here with Dr. John, the friendly dentist and you can log  
336 onto his website [AlhambraDental.com](http://AlhambraDental.com) and find his phone number  
337 and information. I want to get just back to that. You are known as  
338 the friendly dentist, what makes you so friendly in your practice?  
339  
340 **Dr. John Chao:** Well, friendliness, it goes a long way, we just have fun. My staff  
341 and I, we keep things light and we kid around, and so this friendly  
342 description stuck and I don't mind being known as the friendly  
343 one.  
344  
345 **Salvador Gaytan:** Well the friendly and also -- we've touched about in some other  
346 shows that part of being friendly is that, a lot of people are afraid  
347 to go in, but I guess in your practice being friendly makes it also  
348 your practice coward friendly, right?  
349  
350 **Dr. John Chao:** Yes, well it's not just me, but dentists generally want to be upbeat,  
351 and optimistic and confident when we deal with patients. We know  
352 that this is the way to make our patients comfortable and at ease  
353 when they come to see us, so this is very important.  
354  
355 **Salvador Gaytan:** Now, another thing that we didn't get to talk about on our last  
356 show, which I want to get to is, there is some very fascinating  
357 information, that reveals that a mother or a caregiver actually can  
358 pass on bacteria to her children that can produce cavities in the  
359 children.  
360  
361 **Dr. John Chao:** Yes. We know that in the first two years of the infant's life,  
362 bacteria is transferred to the infant by the caregiver or the mother,  
363 most of the time it's the mother. With this transfer of bacteria,  
364 comes the transfer of bacteria that produce cavities, the  
365 Streptococcus Mutans, that I've mentioned and the Lactobacillus  
366 bacteria are transferred from the mother generally to the child.



367  
368 **Salvador Gaytan:** So, this is amazing, because this has nothing to do with {natural}  
369 hygiene, but how is the bacteria transferred, just by the close  
370 association?  
371  
372 **Dr. John Chao:** Yes, the sharing of utensils.  
373  
374 **Salvador Gaytan:** Drinks?  
375  
376 **Dr. John Chao:** Drinks and...  
377  
378 **Salvador Gaytan:** Food?  
379  
380 **Dr. John Chao:** Different ways that the mother transfers it to the infant. It's going  
381 to happen, there's nothing you can do about it. So, this implies that  
382 the better mother's health is, the better will be the child's health.  
383  
384 **Salvador Gaytan:** Because you were saying earlier that the bacteria that's transferred  
385 from the caregiver or mother to the child, actually stays with the  
386 child for life?  
387  
388 **Dr. John Chao:** That's right. The basic composition of the bacteria is formed in the  
389 first two years of life, and basically it remains unchanged for the  
390 rest of the person's life.  
391  
392 **Salvador Gaytan:** Wow, so that's caregivers and mothers, they really need to pay  
393 attention to their dental hygiene then?  
394  
395 **Dr. John Chao:** Yeah, they really -- they should pay attention to their dental  
396 hygiene before pregnancy, during pregnancy and certainly after  
397 pregnancy.  
398  
399 **Salvador Gaytan:** Very interesting. Well, we're coming to another important topic  
400 here. And the question for you, Dr. John, is -- the headline here is,  
401 where is the gold in regards to cavities and so forth? So, where is  
402 the gold Dr. John?  
403  
404 **Dr. John Chao:** I've got the gold.  
405  
406 **Salvador Gaytan:** You've got the gold.  
407  
408 **Dr. John Chao:** And I can put it anywhere that the patient wants.  
409  
410 **Salvador Gaytan:** You can put it anywhere.  
411

412 **Dr. John Chao:** I can put it on your front tooth, I can put it on your back tooth, as  
413 any dentist would and that depends on what you like. And I can put  
414 some diamonds on top of the gold and you can have a gold  
415 gleaming out of your mouth with a sparkle.  
416

417 **Salvador Gaytan:** Well, like one of the rappers, a famous rapper, he's 50 Cent, he's  
418 got the gold front teeth and so you can do that, I guess a lot of  
419 dentists can do that.  
420

421 **Dr. John Chao:** Well fashion, you know, recycles every 50 years. 50 years ago  
422 fashion -- gold was in fashion and now it seems like it's coming  
423 back. I don't think it's bad. I don't think it's bad. I think gold's  
424 fine, I love gold.  
425

426 **Salvador Gaytan:** Now, there is a -- there are a number of ways -- everyone is going  
427 to have cavities at some point in time. So, here is some information  
428 that people really need to know before they get in the chair, and  
429 there are a number of ways that you can fill cavities. Number one  
430 is gold, and I guess that's your preference, and why is that? What's  
431 the benefit of gold?  
432

433 **Dr. John Chao:** Well, gold has been around for thousands of years. Egyptians used  
434 gold to fill teeth, and so we know the properties of gold. Gold has a  
435 very low melting point, 1063 degrees centigrade. Because it has a  
436 low melting point, there is less shrinkage from the melting point to  
437 room temperature. Compared to other metals, gold has the least  
438 amount of shrinkage.  
439

440 **Salvador Gaytan:** So, what does that mean for the patient?  
441

442 **Dr. John Chao:** It means that we can more predictably make gold fit the tooth.  
443

444 **Salvador Gaytan:** I see.  
445

446 **Dr. John Chao:** And if it's a higher melting point like Chrome, which is about  
447 2000 degrees centigrade, it shrinks a lot more than gold. So, it's  
448 hard to get a good fit. Gold, when we use gold, we only cut a little  
449 bit of the tooth off. We reduce a little bit of the tooth, maybe half a  
450 millimeter or a millimeter, which is about maybe one tenth of an  
451 inch, even less than that.  
452

453 So, we can conserve the tooth structure when we use gold. When  
454 we use porcelain, when we use other types of metals, we have to  
455 cut a lot more of the tooth off.  
456

457 **Salvador Gaytan:** Now, let's just get to one of the other sources that's a popular  
458 source, silver, and that's been used for a long time to fill teeth, but  
459 there are some real pros and cons with silver.  
460

461 **Dr. John Chao:** Well, silver has been around for a long time. It has proven to be  
462 effective in controlling cavities, but it is an amalgam, which just  
463 means that it's an alloy mixed with different kinds of metals and  
464 there is ongoing debate right now within the dental profession as to  
465 how safe it is.  
466  
467 The main organization, the American Dental Association has the  
468 position that this is safe and effective, and there are some other  
469 voices into the profession that take exception to that.  
470

471 **Salvador Gaytan:** Now, why is that? What is in silver that can be harmful to the  
472 patient?  
473

474 **Dr. John Chao:** Well, there is -- a large percentage of the filling is actually  
475 mercury.  
476

477 **Salvador Gaytan:** Which is a toxin.  
478

479 **Dr. John Chao:** Which is a toxin by itself, whether it is safe in the condition it's in,  
480 in the mouth, that's right now up to debate. But we know that  
481 silver is effective, it does have a problem when it's in the mouth if  
482 over 10 - 15 - 20 years, that is, it expands over that period of time  
483 and it does lead to cracking of the teeth. Once a tooth cracks, then  
484 it's difficult to put another filling in, very often we would have to  
485 pull crowns out.  
486

487 **Salvador Gaytan:** Can gold crack teeth like silver?  
488

489 **Dr. John Chao:** Gold has the same coefficient of expansion. Practically it's the  
490 same as enamel and dentine. It's a little bit soft, it's a little bit  
491 malleable, so gold does not have the tendency to cause cracks over  
492 time.  
493  
494 And gold does not break down around the edges, around the  
495 margins as silver or any other kind of filling material. So, gold has  
496 great advantages over amalgam.  
497

498 **Salvador Gaytan:** Now, I know you use gold in your practice, do you use silver in  
499 fillings?  
500

501 **Dr. John Chao:** I don't use silver in my practice, not for the reason that I think it's  
502 unsafe in the patient's mouth, but I just don't want to deal with  
503 stocking mercury...  
504

505 **Salvador Gaytan:** In your office.  
506

507 **Dr. John Chao:** In its pure form in the office, and there were occasions many,  
508 many years ago when it was spilled, and it became a real problem  
509 for us. So, I've not used it, but -- and that's because I really prefer  
510 gold, and in some instances I prefer porcelain.  
511

512 **Salvador Gaytan:** Porcelain. Now, okay, let's get to the other -- because there are  
513 actually four composites or four things that you can fill teeth with.  
514 You got gold, silver, and the next one is a composite. What is a  
515 composite?  
516

517 **Dr. John Chao:** Composite is a combination of acrylic and glass in different  
518 combinations, and they're relatively hard. They're not as hard as  
519 silver, and they don't hold up as well as silver, and they do wear  
520 down.  
521

522 For small cavities, composites are great, because they are the same  
523 color as the tooth, and patients a lot of times prefer that, but in  
524 larger cavities, composites don't hold up very well. So, they do  
525 lead to -- they do have to be replaced more often and eventually  
526 the tooth will need to be crowned if you keep on replacing it with  
527 plastic fillings.  
528

529 **Salvador Gaytan:** So, composite might be less expensive originally, but over time  
530 you've got to replace it more often.  
531

532 **Dr. John Chao:** Yes, yes, especially if it's larger. So, if we replace a large silver  
533 filling with a large composite, then eventually you know you're  
534 going to end up using some kind of a full coverage that will be  
535 either a crown or an onlay.  
536

537 **Salvador Gaytan:** And the fourth one that is available is porcelain, isn't it?  
538

539 **Dr. John Chao:** Porcelain is excellent, it's much harder than composites, and it  
540 looks good. We use it especially for the front teeth, and we use it  
541 sometimes for the back teeth. But porcelain, being porcelain can  
542 break.  
543

544 So, to prevent breakage, we do have porcelain that we use, that  
545 would fused with gold or with other kinds of metals, and that

546                   seemed to hold up, but the disadvantage with that is, you have to  
547                   cut more tooth off.  
548  
549                   The second disadvantage is that porcelain is more abrasive than  
550                   enamel. So, porcelain will wear out enamel. The advantage of gold  
551                   is that it does not wear out the opposing teeth. So, unlike gold, for  
552                   all these reasons, the only objection to gold of course, it shows.  
553  
554   **Salvador Gaytan:**   It shows.  
555  
556   **Dr. John Chao:**     And some people don't like gold to show. So, we have to hide it.  
557  
558   **Salvador Gaytan:**   It's a little more expensive too?  
559  
560   **Dr. John Chao:**     Yeah, gold is definitely more expensive than silver.  
561  
562   **Salvador Gaytan:**   But lasts a lot longer.  
563  
564   **Dr. John Chao:**     Lasts a lot longer, and it's about the same expense as porcelain.  
565  
566   **Salvador Gaytan:**   So, 50 Cent having those big gold choppers there, it's going to last  
567                   a long time and it fits better, it's not going to wear down his other  
568                   teeth.  
569  
570   **Dr. John Chao:**     Yes, and the biggest advantage is that we can tell you gold will  
571                   never break in the mouth. Everything else breaks, but not gold.  
572  
573   **Salvador Gaytan:**   I like that. Well, Dr. John, we're coming to the conclusion of our  
574                   program here. A few things we need to finish on, about how you  
575                   make these fillings, you have a technician on site, some dentists  
576                   do, some don't, but anyway we had a great show, what'd you think  
577                   of today's show?  
578  
579   **Dr. John Chao:**     Well, I think it's great. I think we got to a lot of very interesting  
580                   information. This information I think will be very helpful to our  
581                   listeners.  
582  
583   **Salvador Gaytan:**   Excellent, and we're going to go more into the way that fillings  
584                   can be made with technicians onsite versus general laboratories,  
585                   but anyway that's it for today. You can contact Dr. John at 626-  
586                   308-9104 or log on to [AlhambraDental.com](http://AlhambraDental.com). We'll see you next  
587                   show.  
588  
589   **Dr. John Chao:**     Good bye everybody, see you next week.  
590  
591   [END OF AUDIO]