

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, and I'm here with Dr. John Chao, the friendly  
4 dentist, founder of Alhambra Dental and creator of this show. How  
5 are you doing today Dr. John?  
6

7 **Dr. John Chao:** Wonderful, Sal, we're going to have a great show. Stay tuned, we  
8 are going to talk about something very interesting.  
9

10 **Salvador Gaytan:** Very interesting, and actually very interesting involving  
11 celebrities, and celebrities that have veneers, that you would not  
12 think have them. But we're going to get into that right after our  
13 Rapid Fire Five. And are you ready Dr. John for the Rapid Fire  
14 Five?  
15

16 **Dr. John Chao:** Yes.  
17

18 **Salvador Gaytan:** Okay, I'm going to ask you five questions, true or false, and you're  
19 going to tell us the answer, and then you're going to give us more  
20 details afterwards.  
21

22 **Dr. John Chao:** Fire away Sal.  
23

24 **Salvador Gaytan:** Okay, question number one. Women are more prone to passing on  
25 germs to their children than men, true or false?  
26

27 **Dr. John Chao:** False.  
28

29 **Salvador Gaytan:** False, okay. People who drink higher levels of alcohol have lower  
30 levels of bad breath, because alcohol kills germs, true or false?  
31

32 **Dr. John Chao:** False.  
33

34 **Salvador Gaytan:** False, okay. Question number three: The alcohol used in  
35 mouthwashes is different than the alcohol used in beer and wine,  
36 true or false?  
37

38 **Dr. John Chao:** False.  
39

40 **Salvador Gaytan:** False, okay. Question number four: People who clench their teeth  
41 while sleeping are more prone to tooth loss, true or false?  
42

43 **Dr. John Chao:** True.  
44

45 **Salvador Gaytan:** True, okay. Question number five: Chewing tobacco is less  
46 harmful to teeth and gums than cigarettes and cigars, true or false?

47  
48 **Dr. John Chao:** False.  
49  
50 **Salvador Gaytan:** False, okay. Let's get to question number one: Women are more  
51 prone to passing on germs to their children than men. It's kind of a  
52 trick question, but it was false.  
53  
54 **Dr. John Chao:** It's false. You would think it's true, because the mothers tend to  
55 the babies more often in our society than men. It is known that  
56 germs that the parents have, generally get passed to the child in the  
57 first two years of the child's life. This complex of bacteria stays  
58 with the child for the rest of his or her life.  
59  
60 **Salvador Gaytan:** Now, we talked about that on other show a little bit, that it can be  
61 the mother or the caregiver who is with the child in the first two  
62 years, isn't that right?  
63  
64 **Dr. John Chao:** Right, right. Whoever tends to the child during those first two  
65 years, tend to pass his or her or their bacteria to the child. So, if the  
66 adult have germs that are associated with cavities or associated  
67 with gum disease, that child will have those germs to deal with for  
68 the rest of his or her life.  
69  
70 So, therefore caretakers should definitely take care of their teeth,  
71 have really good hygiene and be sure their teeth are in good shape  
72 before they do parenting. And definitely, as we talk about at the  
73 last show, if you expect to be pregnant, please take care of your  
74 teeth in terms of cavities and gum disease before you do get  
75 pregnant.  
76  
77 **Salvador Gaytan:** So, even if -- if someone was looking to hire a nanny for their  
78 children, they really should inspect or know about their nanny's  
79 dental hygiene.  
80  
81 **Dr. John Chao:** That's a very good thought, Sal. I haven't thought of that, but  
82 that's for sure. It could be the grandmother.  
83  
84 **Salvador Gaytan:** The grandmother, right.  
85  
86 **Dr. John Chao:** So, if you're going to use other people to take care of your  
87 children, you should also think about what kind of teeth they have.  
88  
89 **Salvador Gaytan:** So, you have to during the interview say, "Please open wide, let  
90 me see the teeth, let me see the gums."  
91

92 **Dr. John Chao:** Yeah, well even if they want to do it for free. You should look a  
93 gift horse in the mouth. Don't just accept it, but take a look at it  
94 and think about your children's future dental health when you get  
95 nannies. And especially all joking aside, take care of your own  
96 dental health for sure during and actually before you get to take  
97 care of the child.  
98

99 **Salvador Gaytan:** Yes, excellent, excellent. Okay, question number two: People who  
100 drink higher levels of alcohol have lower levels of bad breath,  
101 because alcohol kills germs. And that is?  
102

103 **Dr. John Chao:** That's false. You would think that alcohol will kill germs, actually  
104 it does, but the overall effect of alcohol is that it dehydrates the  
105 mouth, and then the systemic effects of alcohol is known to  
106 increase the risk of gum disease.  
107

108 **Salvador Gaytan:** Now, why does it -- so in other words, alcohol dehydrates the  
109 mouth, and the dehydration increases the risk of gum disease?  
110

111 **Dr. John Chao:** Yes, saliva is an antibacterial element in the mouth that lowers the  
112 germ count in regards to the germs that creates cavities, and also  
113 the germs that cause gum disease. So, when the mouth is dried, it  
114 becomes more susceptible to the disease process.  
115

116 And of course, the chronic alcoholic doesn't have a very good  
117 immune system, because of the effect that alcohol has on the liver.  
118 Those -- and the alcoholics tend to have poor dental health, just on  
119 that account alone.  
120

121 **Salvador Gaytan:** So, if someone has, let's say, a drink or two at a night, at an  
122 evening, that's not a big deal, right?  
123

124 **Dr. John Chao:** Not to teeth.  
125

126 **Salvador Gaytan:** Not to teeth? Okay.  
127

128 **Dr. John Chao:** I suppose you can use Johnnie Walker Black and gargle your  
129 mouth with it every night. I don't know how good that will be for  
130 you, but...  
131

132 **Salvador Gaytan:** Would that kill some germs?  
133

134 **Dr. John Chao:** Yeah, that definitely will kill some germs. I don't know how your -  
135 - I'm not sure that you'll necessarily have a beneficial overall  
136 effect on oral health.  
137

138 Talking about alcohol, you know in the old days, dentists will have  
139 a little whiskey in the cupboard, and before they do some dentistry,  
140 they'll give the patient a swig, and maybe the dentists have a swig  
141 too. So, I've heard that happen in the old days.  
142  
143 **Salvador Gaytan:** Well, because that was the antiseptic of choice.  
144  
145 **Dr. John Chao:** Yeah, they don't give Novocain -- not much Novocain those days,  
146 and maybe there was none.  
147  
148 **Salvador Gaytan:** We're talking a long time ago, right?  
149  
150 **Dr. John Chao:** A long time ago, not in my career.  
151  
152 **Salvador Gaytan:** Right, not in your career, okay. Patients should not expect to walk  
153 in your office and get a swig.  
154  
155 **Dr. John Chao:** No, we don't serve alcohol yet.  
156  
157 **Salvador Gaytan:** Okay, excellent.  
158  
159 **Dr. John Chao:** Now, we have other means of sedating the patients, such as IV  
160 sedation or with oral sedatives or with nitrous oxide, or just with  
161 some basic chairside manners and we can calm the patient down.  
162 So, that's a little different.  
163  
164 **Salvador Gaytan:** Excellent, excellent. And for those just tuning in, you're listening  
165 to SmileTalk. I'm Salvador Gaytan here with Dr. John Chao, the  
166 friendly dentist from Alhambra Dental, and you can reach Dr. John  
167 at [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104.  
168  
169 Okay Dr. John, getting onto question number three: The alcohol  
170 used in mouthwashes is different than the alcohol used in beer and  
171 wine, and that is...?  
172  
173 **Dr. John Chao:** Well, in as much as it affects dentistry, there is really no difference  
174 what kind of alcohol the person uses. So, I don't see that -- of  
175 course chemically it could be slightly different, but it's all the same  
176 as far as dental health is concerned.  
177  
178 **Salvador Gaytan:** Alcohol is alcohol.  
179  
180 **Dr. John Chao:** Alcohol is alcohol, it's going to dehydrate. So, for that reason,  
181 there could be negative effects.  
182

183 **Salvador Gaytan:** Well, now just a side question that came to my mind. Is alcohol in  
184 mouthwashes, is that a valuable ingredient in your opinion or does  
185 it matter?  
186

187 **Dr. John Chao:** There's controversy about that. Some dentists believe that even the  
188 little bit of alcohol in mouthwashes may not be good for dental  
189 health. I think it's for each patient, each doctor to decide. Some  
190 patients don't do well with alcohol in the mouthwashes, other  
191 patients don't mind. So, I think it's not critical.  
192

193 I think a lot of good mouthwashes have alcohol, but it depends on  
194 your own reaction to the alcohol element in mouthwashes, then  
195 you should decide what kind you should use.  
196

197 **Salvador Gaytan:** Well now, when you said some patients don't do well with alcohol  
198 in the mouth, what did you mean by that?  
199

200 **Dr. John Chao:** It may burn a little bit, so we dispense non alcoholic mouthwashes  
201 in our office, just because some patients don't take well to it.  
202

203 **Salvador Gaytan:** And of course I am a patient of yours, and I have noticed that when  
204 I have had mouthwash, there is no alcohol in it, and I like it,  
205 truthfully, I use mouthwash with no alcohol.  
206

207 **Dr. John Chao:** And some people don't mind that little burning sensation that goes  
208 with certain kinds of mouthwashes. So, in general we stay away  
209 from alcoholic mouthwashes, where we're better off.  
210

211 **Salvador Gaytan:** Very good. Okay, question number four: People who clench their  
212 teeth while sleeping, are more prone to tooth loss. That is true or  
213 false?  
214

215 **Dr. John Chao:** That's actually true. Most people don't realize how much force is  
216 exerted onto the teeth when they clench. It's been reported by  
217 certain scientific studies, that you can exert more than 200 pounds  
218 per square inch of force against your teeth when you clench. Some  
219 reports actually cite about 400 pounds per square inch.  
220

221 **Salvador Gaytan:** Now, for the public, 200 pounds, 400 pounds, I mean what does  
222 that mean? You can chip teeth, break teeth, I mean what does that  
223 mean?  
224

225 **Dr. John Chao:** Yeah, you can chip, break or crack teeth, you certainly can wear  
226 them down over a period of time. Maybe it's a little bit at the time,  
227 but it can do major damage not only to your tooth, but to the  
228 crowns and to the fillings that you have.

229  
230  
231  
232  
233  
234  
235  
236  
237  
238  
239  
240  
241  
242  
243  
244  
245  
246  
247  
248  
249  
250  
251  
252  
253  
254  
255  
256  
257  
258  
259  
260  
261  
262  
263  
264  
265  
266  
267  
268  
269  
270  
271  
272  
273  
274

So, the clenching habit is very destructive, and for that reason if your dentist sees that your teeth are flattening out and he sees signs of wear on your teeth, he would generally recommend a night guard, and that would, to a certain extent, alleviate the problem.

Unfortunately, most people, if they clench their teeth at night, they do clench it during the daytime. They are not even aware of it. It's like blinking your eye, but they do it without being aware, and those are habits that should be controlled as much as possible.

**Salvador Gaytan:** Now, there's another question again in my mind. Are there some people that will clench at night, but don't clench during the day?

**Dr. John Chao:** It's possible, but generally I see that being carried over. A person who is aware of the clenching habit will clench less during the daytime, but of course when you're sleeping, then you lose all control over that.

In certain stages of sleep, you're going to be more restless, and there will be more clenching. And of course, stress has a lot to do with clenching. A person going through a period of stress, will probably clench more, especially if they tend to clench anyway.

**Salvador Gaytan:** Now, does the clenching, also can it hurt your jawbone and areas of the jaw?

**Dr. John Chao:** That's a good question. We had discussed this in one of the other shows, that is if you have very strong muscles, you're a very well built man, you workout Sal, and so if you clench your teeth, you're not going to get headaches and damage your jawbone, you're just going to literally wear your teeth away.

But for a person with a less muscular structure, then instead of wearing the teeth down, the jaw joints or the muscles get affected. So, people complain of having jaw pains, facial pains, neck pains, eye strain, different symptoms that we group together and call that TMJ syndrome or TMD syndrome.

That's something that would come about when the clenching affects the muscles and the jaw joints.

**Salvador Gaytan:** I see, interesting. Okay, let's get on...

**Dr. John Chao:** Well, I want to add to that.

275 **Salvador Gaytan:** Go ahead.  
276  
277 **Dr. John Chao:** So, a lot of people, they are not aware that this is the problem, and  
278 they have severe headaches, for which there is no medical  
279 explanation.  
280  
281 They can go from doctor to doctor. They can go to the  
282 neurologists, go to the ear, nose and throat doctor, go to their  
283 internist, and they cannot find a solution to this very severe,  
284 debilitating problem in certain cases.  
285  
286 So, if you have something like that or if you know a loved one that  
287 has something like that, be sure to remember there is a possibility  
288 that this is actually a dental problem that your dentist can help you  
289 with.  
290  
291 **Salvador Gaytan:** Well, now you bring up an interesting point, because a parent of  
292 one of my acquaintance's friends has had migraines for a long  
293 time. I don't know much about the source, but it's possible that  
294 like you said, someone that has headaches, and they can't hear it,  
295 that maybe it's a result of clenching at night.  
296  
297 **Dr. John Chao:** Yes, it is possible, but there are more than 500 causes of  
298 headaches. However, clenching or having joint problems, jaw and  
299 joint problems is one of them.  
300  
301 Talking about migraines, migraines is a vascular problem, however  
302 it is known that clenching of the teeth or jaw and joint problems  
303 can be a trigger, so that if you clench your teeth a lot, or if you  
304 have jaw joint problems, then you tend to have more attacks of  
305 migraines.  
306  
307 So, that, even if you have migraines, is a good idea to talk to your  
308 dentist about how you can maybe reduce the frequency of those  
309 attacks if you happen to know that you clench your teeth a lot.  
310  
311 **Salvador Gaytan:** And get yourself a night guard.  
312  
313 **Dr. John Chao:** Get yourself a night guard, and so hopefully that will alleviate  
314 some of the problem.  
315  
316 **Salvador Gaytan:** Yes, excellent. Okay, question number five: Chewing tobacco is  
317 less harmful to teeth and gums than cigarettes and cigars.  
318  
319 **Dr. John Chao:** That definitely is false. Chewing tobacco is a major cause of oral  
320 cancer, so is smoking and chronic intake of alcohol. 5% of the

321 cancer in the body is found in the oral cavity and the oral fairings  
322 in the throat. So, that's one out of 20, and this is definitely  
323 something that can be reduced in terms of risk to the patient if they  
324 can stop drinking or smoking or chewing tobacco. The disease is  
325 very debilitating and the survival rate is not very good.  
326

327 **Salvador Gaytan:** Now, could actually chewing tobacco -- people put tobacco in  
328 between their gum and cheek and just leave it there. Couldn't that  
329 actually be worse than smoking cigarettes and cigars, because it's  
330 just sitting there?  
331

332 **Dr. John Chao:** It's sitting there for long periods of time, and it could, but I haven't  
333 seen any studies that compare the devastation caused by chewing  
334 tobacco and putting it between your cheek and gum, and as  
335 compared to cancer that may be caused by smoking or drinking.  
336

337 But all three are very, very devastating. In fact, not this year, but  
338 the year, last year and the year before that, I had two patients who  
339 actually passed away from oral cancer. Unfortunately, I didn't see  
340 them, except when they were in the terminal stages.  
341

342 **Salvador Gaytan:** I see.  
343

344 **Dr. John Chao:** Very, very wonderful people. So, don't think...  
345

346 **Salvador Gaytan:** Did they smoke?  
347

348 **Dr. John Chao:** Yeah, they smoked and drank, both are women. So, it's very sad to  
349 see that. So, take it seriously, it can happen. It does happen in the  
350 oral cavity, it could happen in the lungs and other places in the  
351 body.  
352

353 **Salvador Gaytan:** Interesting, okay, for anyone tuning in, you're listening to  
354 SmileTalk, I'm Salvador Gaytan here with Dr. John Chao, the  
355 friendly dentist from Alhambra Dental, and you can reach Dr. John  
356 at [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104.  
357

358 Okay, Dr. John, we're going to talk about some celebrities that  
359 have veneers that we wouldn't expect. Now, you're going to give  
360 us -- you have three male celebrities that -- now, don't give us right  
361 now, because I'm going to give the audience a couple of female  
362 celebrities, and then you're going to share with us three male  
363 celebrities that no one would think.  
364

365 **Dr. John Chao:** Okay Sal, now before you do that, let's talk about what veneers  
366 are. It's possible that the veneers, it's not something that  
367 everybody knows about.  
368

369 **Salvador Gaytan:** That's true.  
370

371 **Dr. John Chao:** So, veneers are actually very thin porcelain shells that go on the  
372 front surface of upper or lower teeth. They can change the color,  
373 size and shape of the teeth. In some cases, the teeth are not shaped  
374 down at all. In some cases, they have to be shaped somewhat.  
375

376 Once they are on there, they make the teeth look very nice and  
377 very natural. And a lot of people have them, especially in the  
378 entertainment industry.  
379

380 **Salvador Gaytan:** So, basically a veneer is like a square cap on each tooth that's  
381 blended in to look even. Is that a decent explanation?  
382

383 **Dr. John Chao:** More or less true Sal, it's not like Chiclets, straight square across.  
384

385 **Salvador Gaytan:** Not Chiclets, okay.  
386

387 **Dr. John Chao:** That will be a little bit too artificial, but it is an artistic endeavor on  
388 the part of the dentist, as well as a technical challenge to make a  
389 person's smile change to something that they like better. There are  
390 different ways to do it, and it depends on the skill and the  
391 technique of the dentist and his technician.  
392

393 **Salvador Gaytan:** I know that you are very skilled in that, because you've done a lot  
394 of cases for a lot of years on veneers, haven't you?  
395

396 **Dr. John Chao:** I've done quite a bit. In fact, I was one of the pioneers when it first  
397 all started back in the 70s.  
398

399 **Salvador Gaytan:** 70s?  
400

401 **Dr. John Chao:** 70s when we started doing direct bonding. We actually fixed  
402 people's teeth by putting composites on their teeth. That started the  
403 entire cosmetic revolution. Eventually, then we had the so called  
404 veneers that are made in the laboratory. So, now it's gotten to be  
405 something that's real common. So, back to our questions.  
406

407 **Salvador Gaytan:** Okay, well, let's get to the celebrities. Now, there are a couple of  
408 female celebrities that have veneers, and one is Cindy Crawford,  
409 one of the big supermodels.  
410

411 **Dr. John Chao:** Yeah, she is beautiful, and I'm not surprised she has veneers.  
412  
413 **Salvador Gaytan:** Absolutely. And another one who is very young, I am surprised,  
414 it's Miley Cyrus reportedly has some veneers, and she is about 15 I  
415 believe.  
416  
417 **Dr. John Chao:** Well, if you're in the entertainment industry, of course you can  
418 have that done. Shirley Temple had all kinds of -- we talked about  
419 this, all kinds of what's called {stay plates} or little dentures that  
420 filled in the gaps when she was losing baby teeth.  
421  
422 **Salvador Gaytan:** I see. Now, their smiles look very good in pictures, but are you  
423 surprised that someone at 15 -- is that unusual for someone at 15 to  
424 have veneers?  
425  
426 **Dr. John Chao:** I've done it on people about that -- yeah.  
427  
428 **Salvador Gaytan:** So, that's about the youngest?  
429  
430 **Dr. John Chao:** Yeah, especially -- you hate to be cutting on teeth, but teeth have  
431 erupted, and they are pretty stable, and it's important for younger  
432 teenagers or teenagers to have a good smile when they're going  
433 through high school and so on.  
434  
435 If it's discolored or chipped, and otherwise not looking good, it's  
436 only a good idea I think to do the best you can, to make them look  
437 better.  
438  
439 **Salvador Gaytan:** Okay, now give us -- there's three male celebrities that earlier were  
440 surprising to me. Go ahead. Give us the three male celebrities that  
441 reportedly have veneers.  
442  
443 **Dr. John Chao:** Well, they are very, very well known names. Number one is Tom  
444 Cruise, number two is Denzel Washington, and number three is  
445 Brad Pitt.  
446  
447 **Salvador Gaytan:** Brad Pitt? Now, I'm surprised. Now, their smiles all look very  
448 good, and but you've noticed, because you have a trained eye, that  
449 the way that they each did their veneers, there are some  
450 differences, they are not the same. Isn't that right?  
451  
452 **Dr. John Chao:** Well, yeah, there are differences. The differences come from the  
453 patient himself or herself, how she likes to look. Some people are  
454 like very, very white teeth, some people are like -- because they  
455 have a big smile for instance, they want a lot of veneers, maybe 10  
456 of them on the upper teeth.

457  
458 **Salvador Gaytan:** So, when you say veneer, basically you can put one veneer on each  
459 tooth that a person wants to have done, right?  
460  
461 **Dr. John Chao:** Right, right, so if you don't have a big smile, you just want six.  
462 You just want the upper six teeth done. You don't want the other  
463 teeth done. So, there are a lot of personal preferences involved, and  
464 there is a lot of judgment by the dentist as to what should be done,  
465 how many, and what color, size and shape they want it to be.  
466  
467 But I have to say that for those people in the entertainment  
468 industry, they generally like it to be very white.  
469  
470 **Salvador Gaytan:** Very white. Well, sometimes I've seen a little too white.  
471  
472 **Dr. John Chao:** Sometimes maybe too white, but those people love it. We have a  
473 shade guide, that we call Hollywood Whites.  
474  
475 **Salvador Gaytan:** Hollywood Whites.  
476  
477 **Dr. John Chao:** Hollywood Whites, so if you really want...  
478  
479 **Salvador Gaytan:** So, someone comes in to see you, and they say, "Dr. John, I want  
480 to see the shade guide for Hollywood Whites." You can show it to  
481 them?  
482  
483 **Dr. John Chao:** Yeah, we can have extremely white teeth, and we can actually  
484 custom make it, so that they are even whiter than the Hollywood  
485 Whites. So, once a while I've had to do that, because we are there  
486 to let the patient get what the patient wants.  
487  
488 **Salvador Gaytan:** Right, so some of them want to glow in the dark?  
489  
490 **Dr. John Chao:** Well, we {had} some light. But most of the time, I've not had any  
491 complaints about patients saying that their teeth are too white. It's  
492 amazing. People like their teeth white, and that's why whitening is  
493 such a big industry. So, but I've had a few patients who said, "Gee,  
494 I wish I had chosen something a little whiter."  
495  
496 **Salvador Gaytan:** Yes. That's pretty expensive, because once you choose the color,  
497 and they put you put the veneers on, you really can't just redo  
498 them.  
499  
500 **Dr. John Chao:** Not with glue on already, no. The patient should know that once  
501 it's made, we don't just put it on and glue it. We'll put it on the  
502 teeth and the patients would have a chance at that time to look at it.

503  
504 **Salvador Gaytan:** So, it's like a trial run?  
505  
506 **Dr. John Chao:** A trial run, yeah, a dry run to see, "Well, do you like it or not?"  
507 They have that opportunity to say, "Well, I like it this way, I like it  
508 that way. I'd like the shade changed a little bit, like the corners a  
509 little rounded or more squared, different things." So, it is a trial and  
510 error type of a process.  
511  
512 **Salvador Gaytan:** So, you're like an artist making these veneers?  
513  
514 **Dr. John Chao:** Yeah, it's like the artists painting a very exquisite portrait  
515 sometimes.  
516  
517 **Salvador Gaytan:** So, would you consider yourself a Picasso in this for that regard?  
518  
519 **Dr. John Chao:** No, I wouldn't want to say that.  
520  
521 **Salvador Gaytan:** Oh come on Dr. John, come on, I've seen your work.  
522  
523 **Dr. John Chao:** Yeah well, no, we try to please the patients. I do have to say I  
524 enjoy doing that. I enjoy doing cosmetic dentistry, it's very  
525 rewarding.  
526  
527 **Salvador Gaytan:** See, I can tell just by the way you're smiling, when you talk about  
528 this, that you love putting these smiles together.  
529  
530 **Dr. John Chao:** Yeah, not only because I enjoy the work, but the effect on the  
531 patient is astounding, where patients actually cry when they get  
532 their new smile. You'll see patients' personality changed almost  
533 overnight.  
534  
535 **Salvador Gaytan:** Well, that's fantastic.  
536  
537 **Dr. John Chao:** Just as a life change. So, it's so important for people to have a  
538 great smile. And no matter what the economic situation is, people  
539 need to have that. In fact, I believe that they can actually compete  
540 better if they have a great smile. That way you feel better about  
541 yourself, you're going to do better in the world.  
542  
543 **Salvador Gaytan:** Absolutely. Well, we're coming to the end of our show today Dr.  
544 John. I think it was a fascinating show, especially here {it was}  
545 about the veneers. We can probably get into a little bit more about  
546 that later.  
547

548 But for anyone tuning in, you're listening to SmileTalk with Dr.  
549 John Chao, the friendly dentist from Alhambra Dental. You can  
550 contact Dr. John at [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104. We'll  
551 see you next week.

552  
553 *Dr. John Chao:* Tune in again, keep smiling in the meantime.

554  
555 *Salvador Gaytan:* That's right.

556  
557 [END OF AUDIO]