

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. We're going to have a great show, but this show will  
8 be especially more entertaining than the other shows. So, stay  
9 tuned.  
10

11 **Salvador Gaytan:** More entertainment, I like it, and some interesting tidbits. As  
12 normal, we're going to get started with our Rapid Fire Five, where  
13 I ask you five quick questions Dr. John, true or false, and then  
14 we're going to go onto the details on those questions later. Are you  
15 ready Dr. John?  
16

17 **Dr. John Chao:** Yes, shoot away.  
18

19 **Salvador Gaytan:** Okay, here we go. First question: Females have less teeth than  
20 males, because females have smaller jaws, true or false?  
21

22 **Dr. John Chao:** False.  
23

24 **Salvador Gaytan:** False, okay. Question number two: Men have bigger teeth than  
25 females, true or false?  
26

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

29 **Salvador Gaytan:** False again, okay. Question number three: Men are more prone to  
30 bad breath than women, true or false?  
31

32 **Dr. John Chao:** That would be true in my experience.  
33

34 **Salvador Gaytan:** Okay, true in your experience, maybe a little trick question there,  
35 huh?  
36

37 **Dr. John Chao:** Yeah.  
38

39 **Salvador Gaytan:** Alright. Question number four: Girls lose their baby teeth faster  
40 than boys, true or false?  
41

42 **Dr. John Chao:** Probably true.  
43

44 **Salvador Gaytan:** Probably true, well, you're {throwing} a lot of trick questions here  
45 today.  
46

47 **Dr. John Chao:** Yeah, yeah.  
48  
49 **Salvador Gaytan:** Alright, alright, you'll tell us the details of that afterwards. Okay,  
50 question number five: Men can chew food better than women,  
51 because a man's jaw is stronger, true or false?  
52  
53 **Dr. John Chao:** False.  
54  
55 **Salvador Gaytan:** False, okay. Let's go to question number one: Females have less  
56 teeth than males, because females have smaller jaws, and that is?  
57  
58 **Dr. John Chao:** False.  
59  
60 **Salvador Gaytan:** False. Why is that false Dr. John?  
61  
62 **Dr. John Chao:** Well, we are genetically given so many teeth, and generally it's 32  
63 teeth, and so male or female, there is no difference.  
64  
65 **Salvador Gaytan:** 32 teeth, so I never knew -- I knew we had 20, 30 teeth. 32 teeth is  
66 generally what each human is given?  
67  
68 **Dr. John Chao:** Most of the time. Sometimes people don't have their wisdom teeth,  
69 sometimes they're missing one or two wisdom teeth. Generally  
70 speaking, 32 teeth would be what you normally would get, male or  
71 female.  
72  
73 **Salvador Gaytan:** And that includes four wisdom teeth?  
74  
75 **Dr. John Chao:** Yeah, yes, but there is no difference between the sexes as far as the  
76 number of teeth.  
77  
78 **Salvador Gaytan:** Interesting, interesting, okay, well then that comes to our next  
79 question, which is kind of related. Men have bigger teeth than  
80 females. Well, actually males have bigger teeth than females.  
81 That's false?  
82  
83 **Dr. John Chao:** That's false. There's been no studies that I'm aware of, that  
84 actually measured men's teeth as compared to the women's teeth.  
85 I've seen a lot of very big men with tiny little teeth, and a lot of  
86 little men with very, very big teeth.  
87  
88 **Salvador Gaytan:** Now, is there any reason for that?  
89  
90 **Dr. John Chao:** I think it's a matter of genetic selection. And I've seen women  
91 with big teeth and women with small teeth. It doesn't seem to go

92 along with their size, but who knows, there could be a correlation  
93 there.  
94  
95 If men tend to be bigger, maybe their teeth are genetically bigger,  
96 but there have been no studies that I'm aware of, that addresses  
97 that particular question, but it's an interesting question to ask.  
98  
99 **Salvador Gaytan:** Now, are there any advantages to someone having smaller teeth or  
100 big teeth or disadvantages?  
101  
102 **Dr. John Chao:** Well, cosmetically there would be. Everybody has a certain  
103 amount of jawbones, certain size to their jaws. If your teeth are  
104 smaller, much smaller than what your jaws can accommodate,  
105 you're going to have gaps between your teeth. We're going to talk  
106 about that a little later when we talk about celebrities.  
107  
108 **Salvador Gaytan:** That is right.  
109  
110 **Dr. John Chao:** And then, if your jaw is small, but your teeth are much bigger than  
111 what the jaw can accommodate, guess what, you have what, Sal?  
112  
113 **Salvador Gaytan:** Crowding?  
114  
115 **Dr. John Chao:** Crowding, crooked teeth.  
116  
117 **Salvador Gaytan:** So, that's where the teeth can get all together, and there's nowhere  
118 for them to go?  
119  
120 **Dr. John Chao:** Exactly. So, there are differences that are important depending on  
121 what the size of your jaw and the teeth, and hopefully you have the  
122 right size of jaws compared to the size of your teeth, and in that  
123 case you have a nice smile, in most cases.  
124  
125 **Salvador Gaytan:** Excellent, excellent, and we're going to get a little bit more into  
126 that later, and we have some very interesting news about some  
127 celebrities on that issue. But question number three: Men are more  
128 prone to bad breath than women, that's false. I kind of thought that  
129 was true.  
130  
131 **Dr. John Chao:** Well, in my experience, there are no studies again to actually  
132 address that particular question, but I think that, based on my  
133 experience, that women and men can argue the other way, but  
134 women tend to be a little bit more careful with their dental  
135 hygiene.  
136

137 They are more conscious of the way they look and how their teeth  
138 are, and based on my experience they tend to be a little bit more  
139 careful in terms of dental hygiene than the men.  
140  
141 **Salvador Gaytan:** Well, maybe that's the reason why. Because I definitely smell  
142 more bad breath from men than I do women.  
143  
144 **Dr. John Chao:** I will have to say yeah. I see more men brought in by their women,  
145 because they have bad breath and poor hygiene, than the other way  
146 around. That's why, based on my experience, I think men tend to  
147 have bad breath more often than women.  
148  
149 **Salvador Gaytan:** Well, it's because of their hygiene, and not anything genetically  
150 female or male?  
151  
152 **Dr. John Chao:** Not that I know of.  
153  
154 **Salvador Gaytan:** Yeah, okay. Question number four: Girls lose their baby teeth  
155 faster than boys. You say that is true Dr. John.  
156  
157 **Dr. John Chao:** That's true. Girls tend to have an earlier eruption pattern than boys.  
158 They lose their baby teeth faster, and their permanent teeth come  
159 out just a little bit sooner than boys. In fact, their wisdom teeth  
160 generally come out earlier, sooner than boys of their same age. So,  
161 there is a difference between boys and girls in that respect.  
162  
163 **Salvador Gaytan:** Fantastic. And for anyone tuning in right now, you're listening to  
164 SmileTalk, I'm Salvador Gaytan here with Dr. John Chao, the  
165 friendly dentist from Alhambra Dental. You can contact Dr. John  
166 at [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104.  
167  
168 **Dr. John Chao:** Contact me for the purpose of submitting questions to our show.  
169 We would love to hear from our listeners, and hear their thoughts  
170 and answer their questions regarding this show or any subject that  
171 they are interested in.  
172  
173 **Salvador Gaytan:** Okay, question number five: Men can chew food better than a  
174 woman, because a man's jaw is stronger, and that is...?  
175  
176 **Dr. John Chao:** That's false. It depends on your teeth, depends on how you chew.  
177 Just because you tend to be -- men tend to be a little stronger, it  
178 doesn't mean their chewing is better. It depends on how you chew  
179 too.  
180  
181 If you swallow your food whole and you're not going to chew that  
182 well. So, if you chew properly, which you should pay attention to,

183 then your food is digested better, but there is no difference between  
184 men and women that I know of.

185  
186 **Salvador Gaytan:** Well, now I know -- I eat dinner with different friends and  
187 acquaintances, and I do notice that some people -- well, I ask them,  
188 because we are eating, I'm halfway done, and they are done. I ask  
189 them, "Did you inhale it or did you chew it?" Now, so people that  
190 eat too quick, that can be bad for their digestion, is that right?

191  
192 **Dr. John Chao:** Yeah, Sal, you eat a little bit too slow. You eat like a bird.

193  
194 **Salvador Gaytan:** That's what I've been told, [crosstalk] good chewer.

195  
196 **Dr. John Chao:** Yeah, good chewer, and I commend you for it, but a lot of people  
197 eat a lot faster than you. But if it's too fast, of course it's not good  
198 for your digestion. If it's too slow, it's okay, you can't be too slow.

199  
200 Actually, it's been known that if you chew your food slowly, you  
201 chew more, you actually savor your food more, and you tend to  
202 want to eat less. If you swallow your food too fast, you tend to eat  
203 more, because you have less chance to satiate the food and enjoy  
204 the flavor.

205  
206 So, people who would eat fast, tend to eat a lot more. So, if you  
207 want to lose weight, it's advised by certain experts that you chew  
208 your food more and try to enjoy what you eat more. This way you  
209 tend to eat less.

210  
211 **Salvador Gaytan:** So, now you're even giving weight saving tips.

212  
213 **Dr. John Chao:** That's right, but based on other experts.

214  
215 **Salvador Gaytan:** Other experts, okay. He is a man of much knowledge, much  
216 knowledge. Okay, we've finished the Rapid Fire Five, and we  
217 wanted to get to a part about celebrities and veneers, which we  
218 touched on the last show.

219  
220 You have three famous female celebrities that have beautiful  
221 smiles, but they have veneers, don't they?

222  
223 **Dr. John Chao:** Yeah, and I'm going to turn around and ask you some questions,  
224 because you ask me questions all the time. So, I have a question  
225 here. I'm going to name three beautiful actresses, and then I have a  
226 question for you.

227

228 Hillary Duff, Eva Longoria, Jessica Simpson, these are three  
229 beautiful entertainers, two singers and one in Desperate  
230 Housewives. Now, you can picture their face, right?  
231  
232 **Salvador Gaytan:** Very beautiful women, yes.  
233  
234 **Dr. John Chao:** Yeah, and Madonna is also very beautiful.  
235  
236 **Salvador Gaytan:** A very beautiful woman too, yes.  
237  
238 **Dr. John Chao:** Now, imagine that the three beautiful women that I just mentioned,  
239 have the same gap between their front teeth as Madonna. How  
240 would you feel about their smile if they had those gaps?  
241  
242 **Salvador Gaytan:** Well, that's a very good question Dr. John. You know, Madonna is  
243 a very beautiful woman; she's got a gap there. I prefer no gap, if I  
244 may. They'd still be beautiful, but I think the job they did, the  
245 money was well spent, because I like to see just straight teeth.  
246  
247 **Dr. John Chao:** Why?  
248  
249 **Salvador Gaytan:** Because straight teeth looks attractive, healthy, beautiful, and I  
250 think the smile is the first thing that we all see in one another. So, I  
251 think having straight teeth is a must in my book.  
252  
253 **Dr. John Chao:** You have no reason for it, it's just subjective.  
254  
255 **Salvador Gaytan:** It's totally subjective, I just like straight teeth.  
256  
257 **Dr. John Chao:** I think most people would agree with you, but there are exceptions,  
258 and maybe -- now, do you think that it's okay for men to have  
259 gaps? Women hold it against a man who has a gap between his  
260 front teeth.  
261  
262 **Salvador Gaytan:** I think from my experience, from hearing my female friends speak  
263 about other men, I think they do really like straight teeth, but I  
264 think women are a little more forgiving on that, because a man can  
265 look rugged with a few gaps here and there, but a woman needs to  
266 look more feminine, so I think it's more important for a female  
267 than a man.  
268  
269 **Dr. John Chao:** Yeah, it's like they'll accept men with a little bit of beard and  
270 scruffy...  
271  
272 **Salvador Gaytan:** Paunch belly.  
273

274 **Dr. John Chao:** Yeah, yeah, and it's okay.  
275  
276 **Salvador Gaytan:** It's okay?  
277  
278 **Dr. John Chao:** It's okay, but you are saying, implying that they prefer a man with  
279 straight teeth, no gaps?  
280  
281 **Salvador Gaytan:** I would say, ideally yes, from what I have heard from my female  
282 friends, definitely.  
283  
284 **Dr. John Chao:** You don't think that your female friends will say, "You know  
285 what, I love him, and guess what, he's got a gap that I just love."  
286  
287 **Salvador Gaytan:** They might, they might, but I'll take straight teeth if I can get  
288 them.  
289  
290 **Dr. John Chao:** Yeah, I never heard anybody brag about their boyfriend having  
291 gaps between his front teeth.  
292  
293 **Salvador Gaytan:** That is right, that is right. Well, okay, we covered the celebrities  
294 there, and we also want to move onto another topic that deals with  
295 maintaining our teeth, something that people kind of take for  
296 granted.  
297  
298 And we're going to talk about brushing teeth, regimens and how to  
299 brush. And a lot of people will say, oh come on, we all know how  
300 to brush our teeth.  
301  
302 But I was talking to you before, I've been overnight at some  
303 friend's homes, and I've watched them use a toothbrush, and some  
304 of them, they handle a toothbrush like Magilla Gorilla. They don't  
305 know what they're doing. So, Dr. John, let's go and you share with  
306 us what is the real regiment that is best for brushing our teeth and  
307 taking care of them?  
308  
309 **Dr. John Chao:** Well, actually your question reminds me of a little film that we  
310 have at the office, and I believe a lot of dental offices have that. It  
311 actually shows a monkey brushing his teeth the right way, and it's  
312 the most amusing little video that you've ever seen.  
313  
314 It basically tells you how to brush your teeth. So, I don't know  
315 how they get the monkey to do this, but they have. It's a delightful  
316 video, but how do you brush your teeth?  
317

318 **Salvador Gaytan:** Let's start -- so, there's a number of things to do, the toothbrush,  
319 flossing etc. gargling. Let's start with the toothbrush. How long  
320 should someone spend brushing their teeth, in minutes?  
321

322 **Dr. John Chao:** I think generally it's accepted that you should take about two  
323 minutes, about 30 seconds for each quarter of your mouth. In other  
324 words, the upper right, the upper left, the lower left and the lower  
325 right, and spend about 30 seconds at each segment of your mouth.  
326  
327 If you do that, you generally should get -- if you do it right, of  
328 course, you can get a pretty good result on a consistent basis.  
329

330 **Salvador Gaytan:** And the right way -- we kind of covered this on another show. You  
331 were saying the right way is not to brush across the teeth, but more  
332 brushing away from the gum line.  
333

334 **Dr. John Chao:** Well, definitely don't go back and forth on the outside of your  
335 teeth. So, between the cheek and your teeth, that's where most  
336 people overdo it. Most people underbrush those areas, they tend to  
337 over-brush those areas with the wrong strokes.  
338  
339 So, you definitely don't want to go back and forth. The  
340 recommended way by most dentists is brushing the teeth from the  
341 gum to the teeth. In other words, on the upper teeth, you brush  
342 from the gum to the teeth, which is a down stroke. Don't go up  
343 again. Just go down, and then go back to the gum and come down  
344 again.  
345  
346 On the lower teeth, you still go from the gum to the teeth, so you  
347 sweep up on the lower teeth. So, down on the upper teeth from the  
348 gum, and up from the gum on the lower teeth.  
349

350 **Salvador Gaytan:** And the reason for that is that if you brush crossways, you can  
351 injure the gum line.  
352

353 **Dr. John Chao:** Definitely, and if you brush -- I need to say that there are  
354 differences in terms of how dentists recommend to their patients  
355 how to brush their teeth. So, what I'm saying is not the gospel,  
356 because the dentists will look at each patient and say well, I think  
357 you should brush this way, I think you should brush that way.  
358  
359 So, there's no set way to brush it, but in my mind, the safest way to  
360 keep out of trouble is to brush from the gum to the teeth. Most  
361 dentists don't object to that. There may be more effective ways to  
362 brush your teeth that will be individualized for the patient, but  
363 brushing from the gum to the teeth is a good way to brush.

364  
365 **Salvador Gaytan:** Excellent, and we're going to go more into that. Anyone tuning in  
366 right now, you're listening to SmileTalk with Dr. John, the friendly  
367 dentist from Alhambra Dental, and you can reach Dr. John at  
368 [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104.  
369  
370 **Dr. John Chao:** To leave your questions.  
371  
372 **Salvador Gaytan:** Absolutely, leave questions, any questions you have for the doctor  
373 or if you want to schedule an appointment, because I will say, I am  
374 a patient, he is really good.  
375  
376 **Dr. John Chao:** Thanks Sal, but this show is not for asking you to come to my  
377 office. This show is created and being carried on for the purpose of  
378 disseminating information for the good of the general public, so  
379 that you can ask better questions of your dentist, and be aware of  
380 what is available in dentistry. I appreciate the little plug, but the  
381 purpose of this show is to basically help everybody.  
382  
383 **Salvador Gaytan:** Absolutely, absolutely. Okay now, going into that, you brush teeth  
384 for two minutes. I'm trying to figure out a total regimen, how  
385 much time someone should spend on their teeth. Say after dinner,  
386 they brush their teeth for two minutes, and then they need to floss,  
387 how much time should they spend flossing?  
388  
389 **Dr. John Chao:** I think if you spend about a minute carefully flossing between the  
390 teeth, and not do a hurry job, I think that will be sufficient.  
391  
392 **Salvador Gaytan:** And how many teeth should you floss?  
393  
394 **Dr. John Chao:** Just floss the teeth you want to save.  
395  
396 **Salvador Gaytan:** Just the teeth you want to save. Okay, I like that one. You said that  
397 before, I like that one. Okay, and so that's three minutes, and then  
398 you might gargle with a mouthwash?  
399  
400 **Dr. John Chao:** Yes, anything you can do that's going to reduce the bacterial  
401 burden in your mouth is recommended. In fact, the ADA has come  
402 out -- the American Dental Association has come out with a  
403 recommendation last year that rinsing with a mouthwash is good  
404 for your dental health, and in fact will reduce the plaque formation  
405 around the teeth, and be good and effective against gingivitis, not  
406 by itself.  
407  
408 I should say most dentists are not going to tell you that all you  
409 have to do is rinse your mouth with a mouthwash, and that's

410 enough. It's generally recommended that you brush your teeth,  
411 floss your teeth and additionally use some mouthwash to get rid of  
412 more bacteria.  
413  
414 **Salvador Gaytan:** Okay, so with all of that, according to your estimation, a person  
415 should spend anywhere from about three and a half to four minutes  
416 at least on their teeth as a regimen?  
417  
418 **Dr. John Chao:** Yes. I think three minutes or three and a half minutes will be good.  
419 Remember now, we still want the patients to brush their tongue or  
420 scrape their tongue. So, that's a major source of bacteria, in fact  
421 that is a major source of bad breath, so they do want to include that  
422 in their regular regimen.  
423  
424 **Salvador Gaytan:** And you were saying that the proper thing to remember while  
425 brushing the tongue is they have to get deep into the tongue.  
426  
427 **Dr. John Chao:** Yes.  
428  
429 **Salvador Gaytan:** Isn't that right? Because that's bacteria, there's a lot of that.  
430  
431 **Dr. John Chao:** Yeah, in the back of the tongue, near where the uvula is, back at  
432 the tongue where you want to gag, that's where you have a lot of  
433 pretty potent bacteria that can produce bad breath. If you suspect  
434 that you have bad breath, do try to reach back there with your  
435 tongue scraper or your brush.  
436  
437 **Salvador Gaytan:** Okay, so we got a good regimen. Now, there is also a difference  
438 between toothbrushes. We have manual toothbrushes and electric  
439 toothbrushes. Which do you prefer?  
440  
441 **Dr. John Chao:** Well, let's go back one step further, Sal. I am often asked what  
442 kind of toothbrush should be used. Should it be a hard one, or  
443 should be a soft one, should be a medium one? I generally  
444 recommend a soft one. I've seen so much damage done with so  
445 called medium brushes.  
446  
447 There are all different grades of brushes, even those which says it's  
448 soft, they are actually pretty harsh. So, actually try them out and  
449 make sure the brushes are soft.  
450  
451 **Salvador Gaytan:** So, you want extra soft?  
452  
453 **Dr. John Chao:** Extra soft if you can get one. Generally, softer ones do less  
454 damage, and you can brush just as well with a soft brush, as you do

455 with a hard brush. So, generally it's recommended that you use a  
456 softer brush to brush.  
457  
458 Now, again it depends on the recommendation of your own dentist.  
459 It could be different for you depending on what your individual  
460 situation is. So, follow your dentist's advice rather than apply the  
461 rule I am suggesting.  
462  
463 But short of being able to see a dentist and have a  
464 recommendation, I don't think you can go too far wrong by using a  
465 softer toothbrush.  
466  
467 **Salvador Gaytan:** Okay, so use softer bristles if possible, and so what's the difference  
468 being using a manual toothbrush and an electric toothbrush?  
469  
470 **Dr. John Chao:** Outside of those, like children or people who have trouble using a  
471 toothbrush, because they have arthritis and different disabilities,  
472 there should be no difference in terms of using a hand brush or an  
473 electric toothbrush. Electric toothbrush has certain advantages, and  
474 the hand brush has certain advantages.  
475  
476 **Salvador Gaytan:** I see. So, what's the advantage of an electric toothbrush?  
477  
478 **Dr. John Chao:** Electric toothbrush, you don't have to move it as much, so  
479 basically it does the job for you, and you can reach back there to  
480 the last tooth way back there, and not have to move the brush  
481 around.  
482  
483 Because when you're trying to brush the back tooth, the jaw bone  
484 is in the way, you can't move it too much, and it's hard to really do  
485 a good job by hand. You can, but you have to really try harder. But  
486 the electric toothbrush, since it's moving on its own, it's easier to  
487 reach those areas.  
488  
489 With a hand brush, if you do it right, you can get actually better  
490 brushing. The disadvantage with the electric toothbrush is that  
491 most people don't do it right. So, they cause a lot of harm.  
492  
493 **Salvador Gaytan:** Now, you were telling me a little bit about this, and when you say  
494 they don't use an electric toothbrush right, what do you mean  
495 exactly?  
496  
497 **Dr. John Chao:** Well, this is actually a recommendation by the electric toothbrush  
498 manufacturers, that when you use the electric toothbrush, don't  
499 hold it with your fist like you do with a toothbrush, hold it between

500 your thumb and your fingers, so that you can put a light touch on  
501 your teeth.

502  
503 Most people tend to use the electric toothbrush as if they have a  
504 hand brush. So, they are actually over brushing their teeth, and  
505 they're going back and forth and sideways, and the electric  
506 toothbrush is going.

507  
508 And sometimes, they don't get the right type, and it's very harsh,  
509 and they actually end up lacerating the gums and causing gum  
510 recession.

511  
512 So, if you use electric toothbrush, hold it between your fingers and  
513 don't apply too much pressure, just gentle pressure on your teeth is  
514 plenty sufficient, and it only will do more harm to your teeth and to  
515 your gums if you go back and forth on it.

516  
517 So, just put it on your teeth, on your gum or near the gum line and  
518 let it stay there a few seconds at a time, just move it slowly across  
519 your mouth.

520  
521 **Salvador Gaytan:** I see, that's the correct way. And for a manual toothbrush, you  
522 have to do the work, and we went over that. And there are a  
523 number of other things. Well, one of the things, let's get to  
524 whitening rinses. Should that be in the regimen?

525  
526 **Dr. John Chao:** Whitening rinses, whitening being an optional cosmetic thing. If  
527 you want to whiten your teeth, there is nothing wrong with using it,  
528 it might help a little bit to whiten your teeth. If you like the taste of  
529 it, if you like the extra benefit of it, and you don't mind the cost,  
530 then go ahead and use that. I won't recommend against it.

531  
532 **Salvador Gaytan:** Would you recommend that people brush after every meal? If  
533 someone has breakfast, lunch and dinner, should they brush right  
534 after each meal, is that ideal?

535  
536 **Dr. John Chao:** Yes, and also floss. I know most people don't brush their teeth  
537 after lunch, but I strongly recommend that. That's when food  
538 collects between the teeth, the debris starts and bacterial action  
539 starts, and then it continues until you get to brush your teeth before  
540 you go to bed.

541  
542 So, that's not a good idea. But on the positive side, if you can floss  
543 and brush your teeth after lunch, you're going to like the habit,  
544 because your mouth is going to feel fresh and clean, and you can

545 even enjoy your dessert a lot more than if you didn't brush your  
546 teeth at all after lunch.  
547  
548 **Salvador Gaytan:** Fantastic, well we're coming to the end of our show today Dr.  
549 John. It's been a power packed show. We've still got some more to  
550 cover on that topic, but it's the end of our show.  
551  
552 You've been listening to SmileTalk here with Dr. John Chao, the  
553 friendly dentist from Alhambra Dental. You can reach Dr. John at  
554 [AlhambraDental.com](http://AlhambraDental.com), submit your questions, or you can call Dr.  
555 John at 626-308-9104.  
556  
557 **Dr. John Chao:** Please tune in again, and we'll talk to you next week.  
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559 [END OF AUDIO]