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We LOVE our patients!  
If you have family or friends who can benefit  
from our services, we would love to meet them!



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## PATIENT OF THE MONTH



28 MONTHS  
Jon Jacob R.

## A SPECIAL THANK YOU

to those who referred a new  
patient or posted a review!

Erin T.  
Mary C.  
Tiffanie W.

Patrick M.  
Teri A.  
Melissa S.

## FROM OUR Patients...

My experience [at DeLurgio and Blom Orthodontics] was absolutely time well spent. The kind staff's goal is to improve the smiles of their patients, and they have achieved that goal through my new smile. Appointment after appointment, it is always exciting to hear updates on my teeth. Thank you for the care you give your patients and for the smiles you greet me with as I walk in the door."

- Jon Jacob R.



# The Smile Line

from DeLurgio and Blom Orthodontics

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Orthodontic Specialists

APRIL 2015

## The Transformation to Normal

*"My teeth look fantastic and I feel so much more confident! My neck and shoulder problems are improving and the movement of my jaw is so completely different. It's normal, and I am incredibly grateful for that."*

The past couple of years have been a wild ride. My braces have been off since January, marking the end of a long, complicated, but completely amazing journey. Over the past two years, my life has changed for the better, all thanks to the highly-skilled work of Dr. Blom and Dr. DeLurgio.

My story began several years ago when I was about 12. I had braces put on for the first time. They were meant to straighten my teeth and correct my overbite. The result was unexpected. My orthodontist at the time overcorrected. The overbite became an underbite, and it kept getting worse. The underbite affected my growth and physical development as a teen, causing problems in my jaw and neck. My underbite went from an orthodontic issue to a medical problem. And I had to live with it for years—until 2013 when I began a new treatment with the hope of living a normal life without the pain and stress caused by such a severe underbite.

I was thrilled to get started. In June of 2013, I had full facial reconstruction. It was pretty intense, but necessary. Then, about a month after the surgery, I was back in active treatment. The first month was tough. My mouth was filled with rubber bands and I could barely move my face, but I knew the end result would be worth it. My teeth and bite would finally be corrected.

I had full confidence in the doctors and the procedure. Orthodontics have come a long way over the past couple of

decades. When I was 17, another orthodontist recommended a procedure. He wanted to wire my mouth completely shut. While it's still a viable option in extreme cases, I didn't feel it was right for me. Watching the advances in orthodontics has been surreal. Rubber bands instead of wires? Yes, please!

Of course, even with a mouthful of rubber bands, the treatment was still very much a challenge. I love food. During the first month, I could barely open my mouth, and due to sensitivity, the food options were slim. I was on a liquid diet.

There were so many foods I missed: granola, chips, trail mix, and chocolate bars. If I couldn't have it, I craved it more; you know how it goes. But, I found new foods to enjoy, from strawberry-banana smoothies to mashed potatoes. Now, you might not think mashed potatoes qualify as a liquid, but I made it work. The classic mashed potato recipe had to be changed just a little bit. I took your typical plate of fluffy, white goodness and turned it into a mashed potato

smoothie. It still tasted like mashed potatoes, and that's what counts.

After that first month, a few bands were removed. I was making progress and was able to move on to more solid foods. And by "more solid," I really mean less liquid. My food still needed to be super soft, but I could enjoy so much more, from pudding to pasta.

Over the next several months, more and more bands were removed. I was getting to the end, and the position of my jaw was finally becoming normal. Then, in January of this year, my braces were removed. I was ecstatic! My teeth look fantastic and I feel so much more confident! My neck and shoulder problems are improving and the movement of my jaw is so completely different. It's normal, and I am incredibly grateful for that.

- Bonnee





Spring is finally here, and that means allergy season is too. Most of us suffer from those runny noses, puffy eyes, scratchy throats, and pulsing head pains... but there are ways to diminish those pesky symptoms without ever taking a pill (at least not yet). Allergies can come from a number of things and, as our luck would have it, those things tend to be very prevalent in our daily lives.

Allergens are most active from morning until evening, approximately from 10 AM to 4 PM; those are the no-go hours of the day—unless you can find a clean place to hide out until after 4 in the afternoon. Keep in mind, different places have different temperatures and humidities, so times may vary. About 35 million—that's MILLION—Americans suffer from pollen floating through the air, which is the highest cause for general allergies. Beware of the boring plants. These often have the most potential for holding allergens—mostly grasses, trees, and weeds.

You can start beating down allergens at home. The easiest preventative measure people can take is to dust. Not so hard, right? After that, experts recommend powering up the vacuum at least twice a week. Although cleaning can trigger allergic reactions, it will be worth it in the long run. Try wearing a mask while cleaning and make sure your vacuum's filter is clear. Shut out pollen by keeping your doors and windows closed, and don't forget to wipe off the windowsill! Dust loves to sit on the sill and wait for a surprise attack. Mold spores are also allergen triggers. They like moist areas, so make sure your bathroom is aired out, as well as your kitchen.

Let's face it—at some point, you're going to have to leave your home (a.k.a. your safe haven). Fortunately, you can sidestep allergens when driving, too. Keep your windows up and turn on the AC or heater for circulation. Do the same thing while flying. Those airplane rides can be dry and stuffy, so turn the air on and enjoy the breeze.

Most allergies last from spring to late fall, but not all allergens are outside. Mold commonly lives indoors and is a year-round fight, for some. Clear out any pet dander, which can cause reactions as well. In short, keep your area—either at home or at work—clean, and wash your hands to keep from spreading allergens to one another.

# Toothy Treats

We all know that some things are better for our bodies than others, but how about our teeth? Sure, sugar is bad, but why? And if cookies are bad for our buns and our chompers, then what isn't? We would like to help take the guesswork out of healthy choices for your teeth and get you on the road to better snacking!

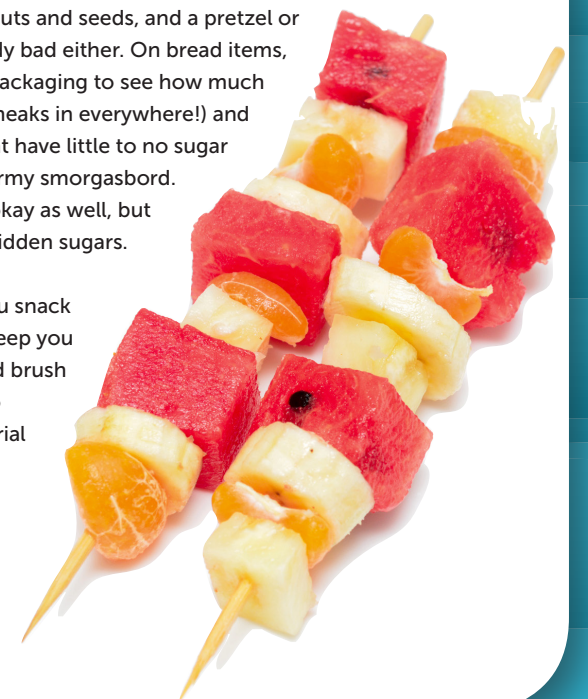
**Hurts so Good!** Sugar is bad news bears for your pearly whites, but why? Well, the sweet stuff is the food of choice for all of the delightful little bacteria making up the bio-film (fancy pants jargon for bacterial pow-wow) in our mouths. Most of these little guys are good, but because sugar isn't exactly what we should be eating all of the time, eating too much of it ends up throwing our oral flora out of whack and increasing the amount of, ahem, excrement that bacteria produce (come on, a germ's gotta poo, too!).

The problem is that bacterial waste is acidic, and therefore damages the teeth the bacteria occupy. More sugar leads to more acid, which leads to less enamel, ending in cavities. So the idea is to keep your mouth neutral and decrease the amount of sugar available to your bio-film!

**Well, What Else is There?!** Now that sugar is out, what else is there for you to nibble on that won't make you feel deprived? Be picky when you have the munchies and select tasty treats that will be chewed, swallowed, and conquered to get the sugars out of your mouth sooner rather than later. Avoid sticky, chewy items that will glue themselves to your teeth for long periods of time. This stuff (while sinfully delicious) essentially gives bacteria a temporary trough for them to snack from!

Sweet isn't all bad, so indulge in things like pears, pineapples, and tangerines when you're feeling the urge. For savory snacking, choose nuts and seeds, and a pretzel or two won't do a body bad either. On bread items, take a look at the packaging to see how much sugar is added (it sneaks in everywhere!) and choose options that have little to no sugar to minimize the germ smorgasbord. Milk products are okay as well, but again, be wary of hidden sugars.

No matter what you snack on, remember to keep your mouth moving, and brush after you munch to you limit the bacterial buffet!



## GET YOUR LIFE IN APPLE-PIE ORDER

*The grass is getting greener, the sun is shining longer, and flowers are bursting through the soil! It's finally spring. The spring sunshine brings the sweet promise of summer, but it also reveals a whole lot of winter clutter in most homes. Follow these tips for spring cleaning your home, and your life.*

**Freshen Your Finances:** Make it a point to organize your finances this spring. Balance those checkbooks, organize receipts, and nail down a budgeting system that works. File your financial papers away, not on top of your desk or kitchen counter.

**Declutter Your Domain:** Deep cleaning is satisfying, but decluttering is even better. Go through your home, room by room, and organize! Throw away or donate any broken or unused objects. Be honest with yourself and you'll be amazed at how good your place looks.

**Hack Your Hair:** Okay, you don't have to chop it off or go crazy, but a haircut or trim will add a springy pep to your step. Just consider it another necessity for your spring cleaning checklist.

**Clean Your Cosmetics:** Cleaning your cosmetic bag is a sweet and simple task that many women forget to do. Take the time to go through your makeup and throw out any items that are unused, old, or just plain gross. Are you really going to wear that glitter eyeshadow from Halloween? Chuck it! Wipe down your bag and

cosmetics, and the next time you use your makeup you'll be more excited to do it—promise!

**Disinfect Your Desk:** Don't forget about your workspace, whether at home or at the office (or both)! File papers away, put updated photos in those frames like you've been meaning to, and scrub your desk, keyboard, and phone.

**Clear Your Computer:** Delete old files, or store them properly if you can't part with them just yet. Most importantly, delete those emails. Remember, there is always something you can do with an email: trash it, file it, or read/reply to it. There is no reason emails should be sitting in your inbox unread or unanswered. The sooner you deal with them, the better.

**Apple Pie-ify:** Once your home and office are organized and clean, you will be on such a roll you won't want to stop there! Commit to eating healthier, exercising more, or meditating and thinking more positively. Who needs New Year's resolutions when you can become a whole new person this spring?



### Ingredients

- 1 ¼ cup Nutella
- 2 eggs
- ½ cup all-purpose flour

### Directions

1. Grease a 9 x 9 baking pan and preheat oven to 350 F. Mix all ingredients into a large bowl with a large wooden spoon until batter is smooth. Pour into baking pan and smooth top with spatula.
2. Bake for about 15 minutes until toothpick inserted comes out clean. Be careful not to bake too long otherwise brownies will dry out. Let brownies cool and set before cutting and serving.