

DeLurgio and Blom Orthodontics
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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



20 MONTHS
Bradley S.

A SPECIAL THANK YOU

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

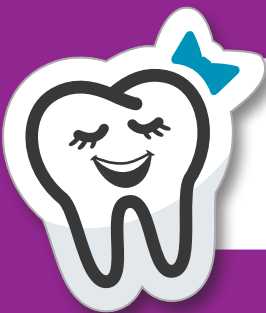
Sonja H.
Debby R.
Allan W.
Breanna H.

Karen M.
Joanne F.
Pamela B.
Erin V.

FROM OUR Patients...

"My experience here [at DeLurgio and Blom Orthodontics] couldn't have been better. Everyone has been professional, kind, willing to take the time to explain things, answer questions, etc. Dr. DeLurgio has been incredible, treating me as much like a person/friend as a client/patient — that helped me have a great experience. This is my second time needing braces because I didn't wear my retainer when I was younger, and nobody made me feel bad about that, they just supported me. The office and support staff have been wonderful too. Debbie and Yesenia were awesome preparing me for checkups and doing a lot of the work. They're both really nice people. Kiki has been great at the front desk too! Finally, my results are great and I'm confident smiling again! Thank you EVERYONE!"

- Bradley S.



The Smile Line

from DeLurgio and Blom Orthodontics

916-546-4629 www.DeLurgioAndBlom.com Orthodontic Specialists

AUGUST 2015

Abigail Daniliuc: Pursuing Her

Passion

I wouldn't be where I am today without Dr. Blom. I met him when I was in the seventh grade. I needed braces, and as it happened, Dr. Blom became my orthodontist. Every visit to the office was a treat. Dr. Blom was just so passionate about his work. He cared, and it showed. During each appointment, he spoke with me, genuinely interested in what was going on in my life, and we grew to become good friends.

Through Dr. Blom's passion for orthodontics, I discovered my own passion for the profession. I knew I wanted to get into dentistry in some capacity, and today, I'm a pre-dental student entering my senior year as an undergrad.



As an undergrad, I recently took on a Spanish health care minor to complement my biology major. I felt this combination of studies would put me in the best possible position to serve the diverse community in Sacramento. Right now, there

are a lot of communities in the Sacramento area that are simply underserved. Many people either don't have access to basic health care or aren't aware of the resources available to them. For some people, there are cultural or language barriers that make it difficult for them to get the health care they really need.

I want to do my part to help our community overcome these obstacles. Eventually, while a private practice would be great, I hope to do more on a broader scope. My goal is to take my talents and education and apply them to the bigger picture. Ideally, I want to be in a position where I can educate. Hopefully, that means more mission trips to underserved parts of the globe. So far, I've been on one mission trip to Mexico, where I served as a translator.

For now, though, my focus is on my own education. But, I take every opportunity to give back to the community. One of the greatest resources I've discovered as a student is the California State University, Sacramento Pre-Dental Association. The

association has given me, and all of its members, the chance to make a difference now.

The CSUS Pre-Dental Association is made up of Sac State students, but we work closely with many schools in the area. One of the association's biggest events is the Annual Pre-Dental Association Gala Charity Event. The gala takes place every spring and it's a great way for the community and dental professionals to come together and connect, or reconnect. More importantly, the gala ensures the continuation of Project Backpack.

Project Backpack benefits underprivileged youth in the Sacramento area, as well as youth abroad, by providing them with a backpack stuffed with school and dental supplies. You can learn more about the association and the annual gala at our website, www.csus.edu/org/preidental.

Dr. Blom was just so passionate about his work. He cared, and it showed. During each appointment, he spoke with me, genuinely interested in what was going on in my life, and we grew to become good friends.

As I start my senior year of college, I'm thankful to be a part of a group of people dedicated

to the same goals as myself. I've had the chance to grow and learn with this wonderful group of people. And, who knows, maybe one day we'll have dental practices just down the road from one another, and together, we'll be working to help our community achieve greater dental health.

-Abigail Daniliuc

ENDING SUMMER WITH A

With summer nearly at its end, it's time to start thinking about all those "last" things you want to do before fall sets in: **one last boating trip out on the lake; one last summer barbecue; one last camping trip at the favorite spot; one last s'more made by a crackling campfire. And while some of these things might be a little sad, there is, of course, one incentive: the end of summer means the chance to end it all with a bang!**

Throwing the big summer party means organization, delegation, and creation. First, put together a guest list. Or better yet, just invite the whole neighborhood. Second, name a location. Your house? The local



park? Third, pick a theme. Having a theme doesn't mean asking people to dress up in something cheesy. It simply gives your party a direction. For instance, if yours is "Summer: The Last Frontier," you might make western-themed invitations, and serve up some chow along the lines of southern baked beans, cornbread baked in the Dutch oven, smoked chicken, and barbecue beef. An "All American Summer" themed party might include hot dogs and hamburgers, with sides like potato chips, coleslaw, and deviled eggs.

Besides food, no summer bash would be complete without games and water sports. Invite your guests to bring their bathing suits and set up water balloon games such as tossing in teams with towels or passing between partners. Cooling off is simply part of the fun, and it is summertime, after all.

Finally, make a final salute to summer with a backyard fire pit, and all the fixings for s'mores. After all, nothing brings friends together like toasted marshmallows and a little firelight under the stars.

Shoot for the



When you think of summer, you probably think of sand, sun, and all things hot. But what about summer nights? Warm, balmy evenings are perfect for stargazing and making fond childhood memories.

Wide, Open Spaces: Stargazing is best done on a clear, cloudless night, with a waning or new moon. The brighter the moon, the fewer stars you'll see. If you're city bound, light pollution might restrict you from seeing every star in the sky, but with more than 4,000 stars visible to the naked eye, there's more than enough to see.

No Telescope Required: You don't need a telescope to experience the wonders of the sky. However, you should pack a blanket to lay on so you don't spend the entire evening wrenching your neck. Also, bring warm clothes and plenty of snacks to keep the little ones content during your stargazing adventure.

Take a Walk Among the Stars: Download the Star Walk app before you go, and you'll find yourself with the entire universe at your fingertips. Point your phone at the sky and Star Walk will highlight the constellations and celestial objects within your view. Point it at the ground and see stars from the other side of the planet. Everything you could ever want to know about the night sky is located in this handy app.

Are You Not Entertained?: Staring at a field of stars might be enough to keep your mind occupied, but kids with shorter attention spans probably won't find it nearly as fascinating. Research the stories behind various constellations and share them with your children as they search the skies.

Stargazing Fun Facts:

- ★ Space is only about 60 miles from the surface of the earth.
- ★ Only 12 people have ever set foot on the moon, and because there is no wind on the moon, their footprints are still visible.
- ★ Because light takes so long to travel from the stars to earth, stargazing is a lot like looking into the past. The star you think you're seeing might not even be there anymore!

PROTECT THOSE Bristles



Brushing our teeth every day might not tame that sailor in all of us (dirty mouth?), but it should keep the pearly whites looking fabulous. But do you know how to keep your toothbrush clean? After all, a toothbrush is supposed to keep our mouths and teeth feeling and looking great, but did you know there is a wrong way to store your toothbrush? And that "wrong way" could result in some less-than-squeaky-clean smiles? Here are a few tips on keeping your toothbrush clean and ready for action.

Respect the bristles. Make sure to thoroughly rinse the head of the toothbrush before and after you brush your teeth. If you see any residue clinging to the bristles, re-rinse! Who wants to put that stuff back in their mouth? If you store your toothbrush upright, gravity will help drain all the water off the head of the brush, making it last longer.

Give them a breather. Toothbrushes are meant to be free-range creatures. If you keep your brush concealed in a container or drawer, moisture gets trapped in the bristles — and that's how bacteria loves to live. By storing your toothbrush in the open air, you are preventing bacterial growth ... but wet bristles are not the only invitations beckoning bacteria to your toothbrush. Be sure to store your brush away from other toothbrushes, and make sure the head of your toothbrush doesn't touch other toothbrush heads, as that can spread bacteria. Above all, store your toothbrush away from the sink and toilet; you don't want airborne bacteria to find a new home.

Sanitation. You can buy specialized sanitization liquid to help clean your brush, but studies show no proof that this is really all that necessary. Placing your toothbrush in a ventilated travel pouch with room to roam is a great place to start ... and probably the most beneficial.



Dr. DeLurgio lecturing — What's Waiting to Bite You? — at the Sacramento District Dental Society April 24, 2015