

DeLurgio and Blom Orthodontics  
8035 Madison Ave, Suite G2  
Citrus Heights, CA 95628

916-546-4629  
info@delurgioandblom.com  
www.DeLurgioAndBlom.com

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



PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

## Inside This Issue:

Twins Separated at Birth: The Story of  
Mia and Alexandra

PAGE 1

It's the Most Wonderful Time of  
the Year!

PAGE 2-3

Making Time for the Ones You Love

PAGE 2

Recipe: Hash Brown Casserole

PAGE 3

Natural Remedies for Whiter Teeth!

PAGE 3

Patient of the Month  
A Special Thank You

PAGE 4



# The Smile Line

from DeLurgio and Blom Orthodontics

916-546-4629

www.DeLurgioAndBlom.com

Orthodontic Specialists

## Twins Separated at Birth:

DECEMBER 2014

# The Story of Mia and Alexandra

When I adopted my daughter in 2003, I didn't have the slightest clue as to the great adventure we would eventually undertake...

I've been invited to share our story with you this month. It's the story of my daughter, Mia, and her twin sister, Alexandra. It's a story we've shared before, once on a BBC documentary, *The Secret Life of Twins*, and more recently in a Norwegian documentary called *Twin Sisters* (which premiered on PBS this past October and was awarded the 2014 Gullruten, the Norwegian Emmys).

Our story began in 2003, when my husband and I adopted a little girl from China. As part of the adoption process, we went to Changsha, China, to pick up our daughter. During the trip, while we were picking up Mia, we ran into another family who was also adopting a little girl. When I saw the other girl, I knew there was something there.

While we were at the Civil Affairs Office getting the adoption finalized, I asked if these two girls—who looked undeniably similar—were twins. The response was no. I wasn't fully convinced. I knew there had to be a connection. At one point, we had dressed Mia in a red gingham dress. To my surprise, the other family had dressed their girl, Alexandra, in a very similar red gingham dress.

While we returned home to the United States, and the other family returned to Norway, we kept in touch. About a year later, we decided to get a DNA test. We had to know. The results came back and our suspicions were confirmed. Mia and Alexandra were twins!

It took a few years, but the girls finally met for the first time in 2009 when they were six. Alexandra and her family came to California as part of the BBC documentary, *The Secret Life of Twins*. The girls got acquainted, but the family wasn't here long.

By chance, the BBC documentary caught the attention of Norwegian filmmaker Mona Friis Bertheussen. She wanted to continue the story told by the BBC documentary. The project came together and before we knew it, we were off to Norway where Mia and Alexandra were reunited once more.

Because the focus of this documentary was just on the two sisters (the BBC piece featured many different twins), they had the chance to spend a lot more time with one another. It was really

nice to see the girls together and it was a wonderful opportunity to spend time with Alexandra's parents.

It goes without saying—Alexandra's life is quite different from Mia's. While Mia lives the suburban life outside of Sacramento, Alexandra lives in the remote village of Fresvik. The village has a population of about 270 and is tucked away along the largest fjord in Norway. They have a little store and that's about it.

The language barrier hasn't been much of a challenge between the girls. When they first met, Alexandra didn't speak much English, but kids being kids, they managed just fine. Occasionally, Alexandra's mom stepped in to serve as translator. Alexandra has been hard at work learning English and she's getting better all the time, she's even teaching Mia to speak Norwegian.

They speak nearly every weekend. It's one of the marvels of modern technology. Thanks to FaceTime, they can see and talk to one another. There's a nine-hour time difference between California and Norway, but that's not an issue. They can always find time to talk to one another, even if it's 10 in the morning here and seven in the evening there. One could be eating breakfast, while the other eats dinner.

We're already planning for their next reunion. Alexandra and her family are coming back to California next March. The girls are excited, as usual, and Alexandra can't wait to experience all the things she doesn't get to do in her tiny Norwegian village. She wants to go to the movies, visit Starbucks, go mini-golfing and bowling—all the things she sees Mia doing, but has never done herself. Five thousand miles, two languages, and an ocean can't keep these two sisters apart.

— Angela Hansen

For more photos and to follow their story, visit  
[www.facebook.com/twinsistersdocumentary](http://www.facebook.com/twinsistersdocumentary)



## PATIENT OF THE MONTH



## A SPECIAL THANK YOU

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

Susan P.	Carrie S.
Kelly H.	Elizabeth M.
Dawn H.	Sharon M.
Stephanie H.	Rasmus O.
Karen L.	Mike H.
Victor C.	Lisa C.

## FROM OUR Patients...

"My experience was great. It changed my life greatly.  
I am now more confident about smiling."  
— Morgan M.

16 MONTHS  
Morgan M.





# It's the Most Wonderful Time of the Year!



Ready or not, the holidays are upon us. Decorations have started springing up in malls and shopping centers around the nation, and radio stations have begun their annual playlist of carols and merry tunes. As the weather gets colder and the holiday shopping lists begin to circulate, it's hard not to feel that certain specialness that has begun to fill the air. But what exactly are all of these holidays we keep hearing about?

## HANUKKAH:

Also known as the Festival of Lights; it is an eight-day Jewish celebration commemorating the rededication of the Holy Temple in Jerusalem, where the wicks of the menorah miraculously burned for eight days, even though there was only enough sacred oil for one day's lighting. (This year, December 16th-24th)

## WINTER SOLSTICE:

The day of the year when the sun is lowest in the sky. The winter solstice astronomically marks the beginning of shortened nights and lengthened days and has been celebrated in a myriad of ways by hundreds of religions for centuries. (December 21st)



## MAKING TIME FOR THE ONES YOU LOVE

When it comes to spending time with your busy teen, most parents know that the era of sitting around the dinner table and talking about the day's events is pretty much over. With practices running late and after-school jobs taking up all the extra hours in your teen's day, finding time to bond can be tough. Here are some helpful tips for reconnecting with your busy son or daughter.

### Make an appointment:

Getting over the idea that your teen's calendar is about as busy as a top executive's can be tough, but the sooner you accept that he or she needs to practically pencil you in, the better. Approach the topic lightly and ask when a good time would be to set aside an hour or two to spend together. Chances are, they've been missing you too. Establishing a designated time in advance will make it easier for both of you to commit. If you've got an actual calendar in the house, put it on there to act as a reminder, and make a point to put it in your phone as well.

### Find an activity you both will enjoy:

Ask your teen what he or she wants to do. If they're out of ideas, suggest something nostalgic. Is there a place you used to visit as a

family that you haven't gone to recently? Is there an activity your son or daughter used to love, but hasn't done in years? Visiting the ol' Chuck E. Cheese might be a bad call, so try taking a trip to that favorite picnic spot, instead.

### Make the most of it:

If your teen really wants to go see that new movie with your two hours of bonding time, go. You can still arrive early to laugh about the credits, and there'll certainly be things to talk about on the drive home. Making a positive experience out of the time you have together will help ensure more bonding time to come, and besides—at the end of the day, having fun is what makes memories.

## CHRISTMAS:

A Christian holiday commemorating the birth of Jesus Christ. (December 25th)

## KWANZAA:

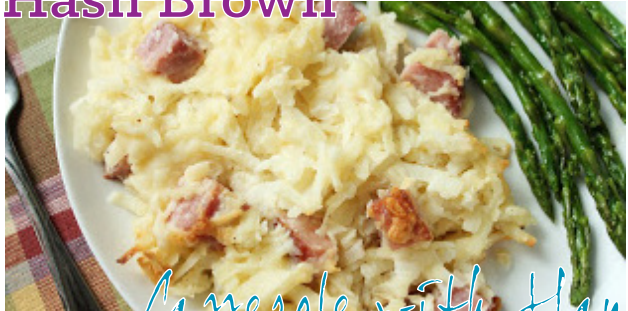
A week-long celebration of African Heritage culminating in feasts and gift-giving. (December 26th-January 1st)

Whatever your cultural traditions or beliefs may be, there's something about this time of celebration and selflessness that brings out the best in all of us. Whether you're hoping for a Happy Hanukkah, a Joyous Kwanzaa, a Merry Christmas, or just a beautiful winter solstice, let's focus on the traditions that we all have in common—family, faith, feasts, and friendship.

Happy Holidays everyone! This truly is "the most wonderful time of the year."



## Hash Brown



### Ingredients

- |  |  |
|--|--|
| 3 cups frozen shredded hash-brown potatoes           | 1 can (12 ounces) evaporated fat-free milk |
| 1 ½ cups (6 ounces) finely chopped extra-lean ham    | 1 tablespoon all-purpose flour             |
| ¾ cup (3 ounces) shredded reduced-fat Cheddar cheese | 1 cup cholesterol-free egg substitute      |
| ¼ cup sliced green onions                            | 1/2 teaspoon black pepper                  |

### Directions

Preheat oven to 350 degrees Fahrenheit. Lightly coat 8-inch square baking dish with nonstick cooking spray.

Layer potatoes, ham, cheese and onions in dish. Gradually whisk milk into flour in small bowl. Stir in egg substitute and pepper. Pour over all. Cover and refrigerate 4 to 24 hours.

Bake, uncovered, 55 to 60 minutes or until knife inserted into center comes out clean. Remove from oven; let stand 10 minutes before serving.

## BLINDED BY THE WHITE

Aside from a clean and healthy smile, there's one thing we all want more than anything else: blindingly white teeth. Teeth whitening is the number one most requested cosmetic dental procedure in the US, and Americans spend over \$1.4 billion on over-the-counter whitening kits each year. But all that bleaching can harm more than your checkbook. The harsh bleaches found in white strips have been known to cause tooth sensitivity and irritate your gums.

Here's the deal: there are plenty of au naturale ways to whiten your smile without pain or lasting discomfort. They're not quite as effective as applying bleach directly to your teeth, but trust me, your enamel will thank you.

**1. EMBRACE THE SODA:** We all know that dark colas and coffee can stain your teeth, but another kind of soda—baking soda—does just the opposite. Mix a few spoonfuls of baking soda with lemon juice until it forms a paste. Brush that paste onto your teeth and let it sit for one minute. When the 60 seconds are up, brush your teeth thoroughly to remove the paste. The baking soda removes surface stains while the lemon juice acts as a bleaching agent. Just remember to restrict this remedy to once a week.

**2. BRUSH WITH BERRIES:** Specifically strawberries. Strawberries are chock-full of vitamin C, which helps control plaque. They also contain malic acid, a natural astringent that helps remove surface stains. You can crush the berries into a paste and apply them directly to your teeth for five minutes, or you can... you know... eat more strawberries.

Of course, the only way to ensure the pearliest of whites is to brush and floss after every meal (or at least twice a day) and visit your dentist on a semiannual basis. You'll be blinded by the white in no time!

