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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



24 MONTHS
Jenna Grace B.

A SPECIAL THANK YOU

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

Dave T.
Rosemary T.
Melissa M.
Steve D.
Kirsten C.

Maggie B.
Tiffany W.
Lucy G.
Kristine B.
William E.

FROM OUR Patients...

My experience was long but fulfilling. My teeth are straight, and I finally smile with my mouth open. Perfectly straight teeth were worth the wait. Dr. Blom, Dr. DeLurgio, and Yesenia were very nice and accommodating.
—Jenna Grace B.



The Smile Line

from DeLurgio and Blom Orthodontics

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

DECEMBER 2015

Reasons to Celebrate

Two and a half years ago, I started my long journey to correct my underbite. After months of preparation, braces, and surgery, I've finally arrived at my incredible new smile!

Before I began treatment with Dr. Blom and the many other wonderful specialists involved, I had already been turned away as a candidate for surgery by a local dental office. In response, Dr. Blom graciously took me in as a patient. He knew he'd be able to help. He also introduced me to the other amazing doctors who would be a part of my procedure along the way.

My treatment was very involved, between having braces and surgery. I even had eight teeth removed, including my four wisdom teeth. And then there was a lot of waiting. From waiting to get my braces off to waiting for the right time for surgery. It was challenging at times, especially as I waited for the surgery and anticipated what was going to happen next.

At first, I was pretty nervous. I wasn't sure how the surgery would turn out, but because I had so much time to prepare, I spent a lot of time researching the procedure. I learned that my surgery, referred to as an orthognathic surgery, wasn't going to be as bad as I initially thought.

That was the other great thing about Dr. Blom. He took the time to talk with me about every step and detail of the procedure. If I had a question or concern, he was there with an answer. Even before I officially started treatment, he spent time talking to me and getting to know me. He even sent me references I could look into if I had any specific questions and wanted to know more.

"That was the other great thing about Dr. Blom. He took the time to talk with me about every step and detail of the procedure. If I had a question or concern, he was there with an answer."

And it wasn't just Dr. Blom who wanted to ensure I had the best possible experience. Dr. DeLurgio and their entire staff were all great. They worked hard to make the experience about me, and addressed all of my needs, and that meant a lot.

Then, August 2014 arrived. It was finally time for my big surgery. Because of the way my bite had formed, surgery was really my only option to correct my underbite. During the procedure, they moved my top row of teeth forward by a couple of millimeters.

And then the next thing I knew, it was over! Thankfully, my recovery went really well. I had expected to have some pain and swelling, but that never happened. I had almost no pain and the swelling was extremely minor, lasting only a couple of days. That was a huge relief. Now, my teeth fit together like they should and there's no crowding. I'm fully recovered, and my teeth look great!

On top of that, earlier this year I graduated from UC Davis with a degree in communication and international relations. I've been back at home getting ready to take the GRE and preparing for grad school. This is definitely time to celebrate! My family is thinking about taking me along with my three siblings to Europe. I'd love to go to Paris or Greece, but who knows where we'll end up!

—Michelle



Breaking the Habit

Stay Sharp This Winter Break

To your kids, winter break is a welcome respite from those scholarly and social responsibilities they have at school, and they'll do pretty much everything within their power to keep it that way. But the last thing you want to do is allow your kiddos to become one with the couch for two or more weeks, so how do you keep their minds sharp and their bodies moving?

Start by limiting their screen time and encouraging them to do puzzles or play games instead. Not only does this give their eyes a break from all that harsh television flicker, but it stimulates the memory portion of their minds and gets their neurons firing!

From there, find fun ways to get them to use their noggins. If you're traveling, pack books instead of movies. If you're going to a holiday party and need a way to entertain the kids, hand them a coloring or activity book rather than a smartphone. And when you're all preparing to wind down at the end of a long day, suggest reading a holiday book together as a family rather than watching yet another Christmas movie.

Likewise, keep their math skills strong by playing counting games or challenging them with simple math problems while you're out and about. For instance, if you see 10 boxes of ornaments, and each box holds seven ornaments, ask them, "How many ornaments are there total?" It's a subtle reminder that math actually has some real-life application, and a good lesson in simple arithmetic — without the use of a smartphone or calculator.

Finally, while the winter break is a great opportunity for your kids to become temporary hermits, encourage them to get outside and spend some time with their friends. School is often as much about learning how to socialize as it is learning about science and history, and most kids need that peer interaction to stay in the swing of things.

All that said, a little rest and relaxation over winter break is more than expected (from both you and your kids), but finding fun ways to keep them occupied — and learning, too — is the key to scholarly success in the new year.

Parenting Dread

HELPING YOUR KIDS OVERCOME THEIR FEARS

What were you afraid of as a kid? Do you remember feeling nervous about meeting your teacher on the first day of kindergarten? Was a night light a necessity in your childhood bedroom? For children, fears are a natural part of growing up and learning about the world. When attempting to help your child overcome a fear, try to remember what fear was like at their age. After you've established some ground rules based on understanding, you can begin to nudge your kids toward overcoming their fears.

USE HUMOR. A very common fear among children is a fear of the dark. Being unable to see the room as it normally looks can be worrisome. Add a big imagination to those unfamiliar shadows on the wall at night, and your kid might end up with monsters under the bed. To combat this, try having an impromptu lightsaber battle in the dark or make funny shadow puppets with a flashlight. By associating a humorous topic with a frightening situation, you can help alleviate a child's fear of the dark over time.

HELP THEM RELATE. Show your child examples of other young people who have the same fear, and let them know it's perfectly normal to be scared sometimes. Many kids are afraid of things they've imagined. Try telling a story that puts the fear into perspective. By showing well-crafted examples of characters overcoming their fears, like the children's book "Scaredy Squirrel" by Mélanie Watt, or one that makes the monster more relatable like "Leonardo, the Terrible Monster" by Mo Willems, your child will be more likely to shake the fright.

MODEL CONFIDENCE. Children will mimic your every move. Try to remain confident around your kids so as not to let your own fears scare them. If you slowly move away from a bee at the park instead of swearing and swatting as you bolt, your child will be less likely to develop a fear of insects. Manage your fears to give your child a sense of safety and calm.



DID THE ANCIENTS BRUSH?

Origins of the Modern-Day Toothbrush



Have you ever thought about how people maintained a clean mouth before the invention of the toothbrush? People have been caring for their teeth for centuries, and some ancient teeth-cleaning methods are still used effectively to this day.

Early civilizations such as the Babylonians, Egyptians, Greeks, and Romans used chewing sticks made from the twigs of certain trees to keep their teeth healthy. Miswak or siwak is a teeth-cleaning twig made from the *Salvadora persica* tree, and is still popular in parts of Africa, the Middle East, and India today. The twig is chewed until frayed into a brush, which can be used to scrub the teeth. There are many variations of chewing sticks, and many of the tree species used contain benefits like abrasives, detergents, and fluoride.

The bristle toothbrush is said to have originated in China during the 15th Century with swine bristles secured in a bone or bamboo handle. William Addis began creating and selling toothbrushes made from imported swine hair from Siberia and northern China secured in handles made of cattle bone in 1780. Before that, Europeans were still using horsehair or feathers for toothbrushes. It wasn't until 1938 when DuPont invented nylon that a more modern toothbrush surfaced, Dr. West's Miracle Tuft Toothbrush, complete with nylon bristles. In 1950, a softer nylon was made for comfort. The first electric toothbrush was invented by the Swiss in 1939, but it wasn't particularly successful until Squibb's Broxodent came about in 1961.

The toothbrush has come a long way. But really, keeping our mouths fresh and our smiles white has been a fundamental part of hygiene practices in civilizations throughout history; and if you consider how long we've been brushing, the change isn't as dramatic as one would imagine.



OLD-FASHIONED GINGERBREAD

When the weather outside is frightful, this holiday favorite is delightful. Best served with a steaming cup of hot cocoa or cider.

INGREDIENTS

- ½ cup sugar
- ½ cup butter or margarine
- 1 egg
- 1 cup molasses
- 2 ½ cups all-purpose flour
- 1 ½ teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon salt
- 1 cup hot water

DIRECTIONS

1. Preheat oven to 350 degrees F and grease a 9-inch square pan.
2. In a large bowl, cream the sugar and butter together and beat in the egg and molasses.
3. In another bowl, sift the remaining dry ingredients together. Blend into the creamed mixture, then stir in the hot water. Pour into pan.
4. Bake for 1 hour, until inserted toothpick comes out clean. Enjoy!