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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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# The Smile Line

From DeLurgio and Blom Orthodontics

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

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## Accelerate Your Way to an Amazing Smile

### WHAT YOU NEED TO KNOW ABOUT ACCELEDENT

Many adults want braces. They would love to have straighter teeth and an amazing smile, but they often decide braces are too much of a time commitment. They don't want to wait two or more years for those amazing results. And that's understandable. The adult life is busy with family, career, and everything in between all vying for our attention. Understandably, braces (and that amazing new smile) get lost in the mix.

We're here to tell you, no more! If you've been considering braces or you recently began treatment, we have good news! Orthodontic technology is constantly improving. The latest innovations are resulting in shorter treatment times and greater patient comfort. One of those innovations is AcceleDent.

AcceleDent is a small device that made its debut in 2009. Since its initial patient trials in Texas, the device has swept into orthodontic offices around the globe. More and more people are learning about AcceleDent, along with its many great benefits and ease of use. It's quickly becoming a must-have part of the braces experience.

The reason? Time. AcceleDent reduces the tooth straightening process by half! While ordinary treatment lasts about two years, treatment with AcceleDent is done within 10 to 12 months. That's it! The braces come off, and your smile looks fantastic! You get the results you want in less time, meaning fewer check-ups with the orthodontist.

Plus, AcceleDent is non-invasive. It doesn't require any extra procedures or office appointments to use. In fact, you can use it right at home — and on your own time! And AcceleDent works with any type of braces, from traditional metal braces to Invisalign!

Here's how it works. The AcceleDent device is comprised of a handle and mouth plate. On the bottom of the handle is a USB port, which allows you to charge the device through your computer or other compatible USB charger. When the device

is charged, all you have to do is place the mouth plate in your mouth. The plate sends tiny, continuous vibrations through your teeth and jaw. The vibration accelerates the rate of bone remodeling and tooth movement.

All you have to do is use AcceleDent for 20 minutes every day. The lightweight device can be used while you read, check your email, browse social media, cook dinner, or kick back for your favorite TV show. As a hands-free device, you can multitask while it goes to work. You don't even have to worry about the time. The device tracks time for you. It even powers off after 20 minutes!

When you use AcceleDent, you're using a device approved by the Food & Drug Administration. You're also using a device made in the USA, so you can be sure it adheres to the strictest industry guidelines in both manufacture and usage.

It gets better. People who have already used AcceleDent to speed up their orthodontic treatment report that the device is both comfortable and, for some, soothing. AcceleDent SoftPulse Technology has been specifically designed to use micro pulses so gentle, they are actually eight times softer than the vibrations used by an electric toothbrush.

How can you add AcceleDent to your orthodontic treatment? All you have to do is ask! If you're planning on starting braces (or you already have braces), we can get you your very own device! Not only does it come with a one-year warranty, it also comes with a travel shell, so you can take it wherever you go.

Finally, braces have become a realistic option for those who don't want to wait, or those who simply don't have the time to invest in an amazing new smile. Turn two years of treatment into one. You can't match the convenience and ease of AcceleDent. Just imagine — the next time you're checking Facebook or drafting an email, you could be speeding your way to a fabulous new smile!

-Dr. DeLurgio

## PATIENT OF THE MONTH



21 MONTHS  
**Olivia L.**

### A SPECIAL THANK YOU

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

**Eric M.  
Toby M.  
Kelly M.  
Casey S.  
Chelsea B.**

**Kiersten S.  
Erin R.  
Vanessa H.  
Michelle H.**

### FROM OUR Patients ...

My experience was amazing. DeLurgio made sure my teeth came out perfect and I love my teeth.

Olivia L.

# For the One You Love | Personalized Valentine's Gifts for the Soft of Heart

Nothing says "I love you" like a personalized gift. Let that special someone in your life know how much you care this year by giving them a custom-made Valentine's Day gift. Unique items can be found on websites like [Etsy.com](http://Etsy.com), and are a great place to start. With so many different artists taking advantage of this sentiment to create amazing one-of-a-kind pieces for their customers to give as gifts, you can personalize just about anything these days. Here are a few great websites to shop for your favorite sentimental person.

## VINYLIIFY.COM

Create a playlist on a vinyl record.

Nostalgic for the days of mix tapes to express how much you care? For the music lover you love, create a custom vinyl record with a hand-picked playlist. Vinylify allows you to simply upload the music you want to include on your record and create the cover using their templates. They'll make your one-of-a-kind record and send it to your door. This gift is sure to excite any music traditionalist or romantic hipster.

## ETSY.COM

Personalize a signature bracelet.

Memorialize your signature in jewelry. Transform actual handwriting into a unique piece of jewelry for your Valentine with Grace Personalized jewelry. Your personalized memorial signature bracelet can be one line or two and comes in silver, gold filled, and rose gold. The pieces are handmade to order.

## UNCOMMONGOODS.COM

Create a personalized wine barrel.

Create a personalized miniature American white oak wine barrel for the wine connoisseur you adore. This gift is great for anniversaries. Uncommon Goods also sells whiskey and rum-making kits, and family vintage wine boxes. Is your Valentine not much of a drinker? Look for the custom cribbage boards, throw blankets, and embroidered pillows sold here as well.



ARE YOUR KIDS AFRAID OF THE  
*Dentist?*

# Fostering Creativity in Your Kids

To encourage creativity in your children, start by getting creative yourself. What art supplies can you make available to your kids to get their creative energy going? Rather than just crayons and paper, why not have an entire box of supplies full of items like empty toilet paper rolls, cotton swabs, feathers, buttons, and cardboard boxes? These unconventional supplies can make some amazing creative projects.

Aside from art, there are plenty of creative outlets that kids should start exploring. Consider giving them an old camera that you don't need and telling them to take some pictures of things that are interesting to them. You just might be surprised to find out what the world looks like through your child's eyes.

What about acting? Dig through your closet and see what embarrassing old fashion pieces could make a great costume for you and your kid — or take your kiddo to a dollar store to buy a few inspirational items. Then, assume the role of a character and ask your child to do the same. If they're really feeling it, commission them to come up with a script to act out. Let your imaginations run wild.

Music is another huge creative outlet that's worth cultivating. Your kids can start embracing music with ordinary household items like pots, pans, wooden spoons, and glasses. It won't be long before you've got a clinking, banging symphony. Don't forget to dance to the homemade groove!

These are just a few suggestions, but the sky's the limit when it comes to creativity. Your part is to give the kids space to experiment, even if it doesn't always make sense to you. If your child is making a picture and chooses to make the grass blue, for example, don't tell them they're wrong. Instead, ask them why they made that decision.

Creativity doesn't have to be expensive, fancy, or complicated. In fact, you'll often find more creativity when you've set some limitations. So go ahead and give your kids the gift of a pressure-free environment for exploration, imagination, and experimentation — and foster a lifelong love of creativity in them!



## SLOW-COOKER BEEF AND BARLEY SOUP

Winter, no matter the climate, is the season of soups. Come home to this simple tasty soup that is sure to satisfy your nutritional cravings as well as your taste buds.

### INGREDIENTS

- 1 ½ lbs. beef stew meat
- 3 medium carrots, sliced
- 1 large onion, chopped
- 2 cloves garlic, finely chopped
- ⅔ cup frozen corn
- ⅔ cup uncooked pearl barley
- ½ teaspoon pepper
- ½ teaspoon salt
- 1 can diced tomatoes, undrained
- 5 ¼ cups beef broth
- 1 cup frozen sweet peas

### DIRECTIONS

1. Spray a 5- to 6-quart slow cooker with nonstick cooking spray.
2. Mix in all ingredients except peas.
3. Cover and cook on low for 8–10 hours.
4. Stir in peas when you're about ready to serve and cook on high for 20–30 minutes.

If you're about to take your child to the dentist — whether it's the first time or the fifth — they may be feeling anxious. Here's how to help them.

First, avoid using words like "pain" or "hurt" with your children when you explain what's going to happen. As you describe what the dentist is like, simply say the nice man or lady is going to check their smile and count their teeth. Use positive words and phrases to make the experience sound less scary. You can even do a dry run with your kids by pretending to be at the dentist, brushing a stuffed animal's teeth and showing your kids what it's like ahead of time.

Once you're actually at the dentist with your child, be there for them, but don't go overboard. It's not necessary to fuss over them — in fact, this can actually backfire because you're emphasizing that there's something worth being scared about. Just focus on being calm and relaxed, with the expectation that everything will be fine. Your kids will be hyper-focused on how you're acting, so don't act worried if you don't want them to be worried too.

When it comes to offering a reward to your kid for making it through an appointment, this is a double-edged sword. You don't really want your kids to associate a dental appointment with getting an ice cream cone or a brand-new toy, but at the same time, you want to reward them for going through with something that made them nervous. Occasional surprise gifts are fine, but it's better to focus on praise for good behavior and bravery. Over time, your children will start to see that going to the dentist isn't so bad — it can actually be rewarding on its own merits!