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



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# The Smile Line

from DeLurgio and Blom Orthodontics

(916) 999-1195

www.DeLurgioAndBlom.com

Orthodontic Specialists

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## Painting My Own Self Portrait

When it comes to a conversation-starter, people rarely have to go much further than my first name. "What's your real name?" they ask. My name is Kiki, pure and simple. I grew up with two parents who were (and still are) artists. My mom is an abstract artist and does large-scale sculptures and paintings, while my dad is a conceptual artist. I was named after the subject in a photograph called *Le Violon d'Ingres* (Ingres's Violin) by Man Ray. The model in the portrait is Kiki de Montparnasse, a 1920s French flapper, and the two shapes painted on her back on the photograph evoke the image of her as an instrument—a tribute to Dominique Ingres who was an accomplished violinist and painter. While one might assume that with all that artistic energy surrounding my childhood, I'd grow up to be an artist myself, but I've always experienced a different calling. Sure, I enjoy drawing now and again, and one of my favorite hobbies is knitting (more on that later), but health care and interpersonal communication have always my true passion.

Before I started here last October, I worked with a plastic surgeon for nine years. Naturally, I started low on the totem pole, but by my fourth year, I had worked my way up to office manager, and remained in that position for the next five years. About three years ago, my husband and I moved to this area and the commute to work became a bit of a hassle. Then our son, Russell the Fourth, came into our lives and I began to realize that running the office of a plastic surgeon was not necessarily conducive to being a mom. Surgeries were sometimes unpredictable, so a procedure that was scheduled to end at five could go on for another hour or two, in some cases. With the doctor approaching retirement and a new baby to lure me home, I decided to see what else was out there. That's when I discovered DeLurgio and Blom Orthodontics.

At DeLurgio and Blom, I found myself tempted by the prospect of working with a young doctor early in her career. The staff seems fun and positive and there was a daycare just around the corner—perfect for my son. Several interviews later (the doctors were very thorough), I had the job and began my position as the practice's receptionist. Today, I do many of the same tasks I had in my previous job, but I get to be witness to patients as they experience the positive changes that come with orthodontics. When kids hear that they're braces can finally come off and they do happy dances, that makes my day.

I love hearing how people who once felt embarrassed to smile now feel confident and happier. For me, being able to help our patients and their families get an appointment that works for them, despite their busy schedules, is one of the most rewarding parts of my job. The rule of thumb is simply to treat everyone else how you want to be treated, and I do my best to give that to our patients every day.

When I'm not up at the front desk, you might find me knitting on my lunch break with Debbie. Our friends here joke that we're part of the "Old Lady Club," with our knitting needles and yarn, but I can assure you that my son has the warmest head of all his friends. My favorite projects to knit are baby clothes, but I also do blankets and just about anything else.

On weekends, I enjoy spending time with my family. Since we live in a more rural part of town, we have neighbors with cows and chickens, and there is nothing more fascinating to a toddler than visiting barnyard animals. We enjoy taking walks by the farms and going to the zoo together. When we can, my husband and I also enjoy going camping, seeing live music, and taking our boat out. All in all, I've got plenty of reasons to smile, so I guess you'd say I'm in the right place.

“...Health care and interpersonal communication have always been my true passion.”



-Kiki

## PATIENT OF THE MONTH



10 MONTHS  
**Stephanie R.**

### A SPECIAL THANK YOU

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

Abigail Y.	Joel G.	Josh P.
Melani W.	Kayla H.	Sharon A.
George B.	Ryan M.	Allyson J.
Erin K.	Hunter C.	Allison H.
Lukas J.	Julie H.	Melissa V.
Owen C.	Alma R.	Jerilyn F.

### FROM OUR Patients...

"I want to thank you for making treatment so smooth. Some places have excellent service and other places have very knowledgeable doctors and staff. This place has the rare combination of both."

- Stephanie R.

# A Game of NEEDS, WANTS, and LIKES

Aristotle said that "knowing yourself is the beginning of all wisdom." The ancient philosopher said this because he knew that this little feat can be difficult to accomplish. Often times we are our own biggest critics or we have other things on our minds that overshadow our deep thoughts and feelings. On top of that, introspection isn't very easy for a lot of us. To help us out, there is a game that you can use to gain some perspective in your life and your relationships without all of the headache.

The name of the game is *Needs, Wants and Likes* and can be played alone or with someone significant in your life. All that you have to do is think about the things in your life that you need, want or simply like. A *need* is a non-negotiable item in your life that you cannot live without. Think of things other than the generics (food, water, shelter, etc). Needs are things like the love and trust of your spouse, success in the workplace, and to be able to provide for your family. A *want* is semi-negotiable, such as your morning routine or a perfectly mowed lawn. If something more important comes up, perhaps a family event or some emergency, a *want* will go out the window. A *like* is something that is very negotiable and that you would like to do more of. Maybe you haven't been on the green in ages, or you'd like to see more movies in the theater? Those would fall under the category of *likes*.

Now that you have thought on these subjects, pick the top five or six in each category. What does this list say about you? Compare yours to those of someone important to you. What does their list say about them or even about your relationship? You may be surprised with what you have in common with your loved one or what you never knew they wanted.

Take the time today for yourself and play this simple game. Even though it is easy conceptually, the benefits you gain may be great. Knowing about what drives you will help you achieve your goals as well as assist you in communicating your preferences with those around you. All that you need is a pen, paper, and someone who you think is amazing, and you'll be all set to play the game.



## BEAUTY & BRACES

Studies have shown that while most adolescents do not care about the look of braces, adults do. The reasons for this typically have to do with social interactions, both professional and personal. After all, going in for a job interview is stressful enough without worrying whether the boss is looking at your oral hardware or your pretty smile. Interesting enough, a recent study published by the American Journal of Orthodontics and Dentofacial Orthopaedics has proven that as adults our worries for our own vanity need not be so extreme.



The study put together photographs of 60 volunteers, including 21 men and 39 women. All of the participants were between the ages of 18 and 47 and had straight teeth with aligned dental arches. Brackets were positioned across their teeth (though not bonded), and the typical stainless steel archwire bent across so that everything was attached like real braces. With these new "braces" on, participants then rated themselves based on their appearance in three photographs: one with metal brackets, one with ceramic brackets, and one without any braces at all. The photographs were then shown to fifteen other adults who rated the 180 photographs on the same scale, with one photograph being shown at a time in random order. This time, however, not only did the fifteen, non-braces participants rate the faces based on beauty, but they rated them on a scale of intelligence, popularity, friendliness, education, happiness, self-confidence, attractiveness, ridiculousness, extrovertedness and success.

What came next was a surprise. The participants who rated themselves showed a huge difference in their perceptions of their faces with braces or without. They saw themselves as vastly more beautiful without the braces, regardless of the type of bracket. For the outside observer, the perspective of the results were quite different. They showed no significant change in how they rated the faces, regardless of having metal or ceramic braces or no braces at all. In their opinion, if someone's smile was beautiful without braces, it was just as beautiful with them. The same was true for how they rated all the other categories.

What does this mean for adults considering orthodontic appliances? Each of us is our own worst critic. Your beauty, intelligence, and a number of other features others assume based on your facial features are not limited by braces. So if you're looking for straighter teeth and a more confident smile, don't let your fear of other people's opinions hold you back.

## An Ounce of Prevention Is Worth a Pound of Cure

**Association of Orthodontists** recommends the **first orthodontic evaluation at 7 years of age**. In layman's terms, if we catch a problem now, we can potentially avoid more extensive or complex work later.

By correcting some dental issues at a young age, we can:

- give permanent teeth adequate room to erupt in proper or better alignment
- shorten or eliminate the need for braces later
- prevent later extractions or even jaw surgery
- correct finger sucking or tongue thrust habits to prevent deformation in the shape of the upper jaw
- possibly reduce the overall cost of your child's braces

Another reason to see your orthodontist early is that some problems are easier to correct while the child's bones are still growing and flexible. Crossbites and underbites are two examples.

But early intervention has a number of other advantages: Correcting a malocclusion that involves crowded teeth will make it easier for the child to brush, floss and chew properly, giving the child a head start on good dental health. And properly aligned teeth improve the look of the face and, of course, the child's smile.

*If your child has protruding or misaligned teeth, or other jaw problems, you might not be thinking about braces just yet. That's still several years away . . . isn't it? Not necessarily.*

While the most common age for braces is during the teen years, our office agrees with the American Association of Orthodontists' recommendation that you have your child see an orthodontist for evaluation no later than age seven.

After the first checkup, we will be able to determine when your child should start orthodontics and what types of devices might be needed. **American**

## 10 PRINCIPLES that Promote Happiness

Recommended by  
**Seth Godin and Oprah!**

**DARING GREATLY:** *How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*  
by Brene Brown



1. **Cultivating Authenticity:** Letting Go of What People Think
2. **Cultivating Self Compassion:** Letting Go of Perfectionism
3. **Cultivating a Resilient Spirit:** Letting Go of Numbing and Powerlessness
4. **Cultivating Gratitude and Joy:** Letting Go of Scarcity
5. **Cultivating Intuition and Trusting Faith:** Letting Go of the Need for Certainty
6. **Cultivating Creativity:** Letting Go of Comparison
7. **Cultivating Play and Rest:** Letting Go of Exhaustion as a Status Symbol and Productivity as Self Worth
8. **Cultivating Calm and Stillness:** Letting Go of Anxiety as a Lifestyle
9. **Cultivating Meaningful Work:** Letting Go of Self Doubt and "Supposed To"
10. **Cultivating Laughter, Song, and Dance:** Letting Go of Being Cool and "Always in Control"