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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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## An Amazing Smile at Any Age

**B**races aren't just for kids — we can have an amazing smile at any age! As a mature adult patient, I've gone through the whole orthodontic experience twice. The first time was about 10 years ago, and the long-term results were less than ideal. I wanted to improve my smile, as anyone with crooked or misaligned teeth would. My first treatment was about as you would expect. I had braces, and my teeth slowly moved into alignment. Right after the procedure, my teeth looked great. The results were just what I wanted — but, unexpectedly, my teeth began to shift back out of alignment. In short, the treatment didn't hold, and I was back where I started.

I faced a little bit of a dilemma. I really wanted to have an amazing smile. I wanted my teeth to look how they did when my braces were first removed. But going through a treatment all over again was not something I wanted to do. Even though, for a time, the initial results had been fantastic, getting there was not quick or easy. And what would I do if the new treatment didn't hold? I would have had braces twice and not be any better for it.

Eventually, I decided, "Why not try again?" I loved the way my teeth had looked, so I gave braces another chance. First, I met with Dr. DeLurgio to discuss my options. She was incredibly thoughtful during the entire procedure, and really fun to work with. She knew I did not want a repeat of my last experience with braces, and helped me make an informed decision going forward. I settled on Invisalign.

The treatment lasted about eight months, and to my surprise, was relatively painless — certainly compared to traditional braces. A lot of people assume getting braces means being very uncomfortable for months on end. With the Invisalign option, that was not the case at all. There were times when I felt pressure and tightness around my teeth and gums. That's unavoidable with any treatment, but that was it when it came to any sort of discomfort. Plus, Invisalign really held up to its name. I didn't feel self-conscious wearing the trays.

Several months have passed since I completed the Invisalign treatment, and so far, my results have been fantastic! I'm right where I wanted to be with a healthier, straighter, and more confident smile. My experience with Dr. DeLurgio, from beginning to end, has been nothing but positive, and my concerns have been eased. I look forward to spending years with my new smile!

-Claire



Claire hiking with her sons, Darren and Kevin, in Sweetwood in Croatia



Just Claire



Claire and her sons at a beach wedding in Santa Barbara

## OF THE PATIENT MONTH



22 MONTHS  
Leticia P.

### A SPECIAL THANK YOU

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

Lori Y.	Kathleen B.
Jen L.	Bryan G.
Nancy S.	Debbie T.
Elvira B.	Dan N.

### FROM OUR Patients...

"Exceptional. From the very beginning to the monthly visits, I had a positive experience. I thought that having braces was going to be painful and lengthy. I honestly never felt pain, and my frequent visits made my time go fast. I finished two months under the estimated 24 months with the help of the doctors and staff. Finishing treatments actually saddened me, because I enjoyed every step of my orthodontic experience. Not to forget, I absolutely love my new smile. At age 35, I only wish I could have done this earlier in my life."

- Leticia P.

# KICKING THE *Crazy Life*

There's no denying it — every hour of every day, you're pulled in what feels like a million directions. We scramble from task to task, and it's never enough! More and more, we push those moments of personal appreciation further into the background with the idea that we'll take the time for ourselves "later." That elusive idea of "me time" is a myth as far as most of us are concerned, but should it be? No way, my friend!



**Who Needs "Me":** You actually *need* some chill time. Time devoted to you recharges your social batteries, helps you regulate your needs and responses (even assisting in strengthening your self-control), and de-stresses you. Going without, on the other hand, compounds matters — and grinding through your work and social calendar day in and day out can actually be harmful for your mental and physical health. So, how can you unplug in a world where you are constantly wired (or 4G-ed) into the grid?

**Time Banking:** When you're struggling to figure out just when you should be taking some time devoted to you, the old adage "time is money" is a fave — your time is worth some serious dollar bills! But, while we certainly use that mentality when thinking about wasting time, we're not good at managing our time like we would

manage our money. When you've got to have that new pair of shoes, you know just how to save for them, and you shuffle the cash around accordingly. Think of your time in the same way! Keep the priority level for some good old me, myself, and I time high, and you'll be feeling it in every aspect of your life.

**Could You Use a Trim:** Other than the obvious, is there a reason why you keep yourself busy? More and more, we find that people are actually scared of downtime. It sounds bonkers, but let's face it, when you do have a spare hour, how do you spend it? If you find yourself more often than not worrying about future to-dos or past tasks, then you might be subconsciously avoiding "me-time" in general. With this in mind, what are you doing in your life that is contributing nothing (or very little) to you or your community's well-being? Put those parts of your busy life on the chopping block and substitute some well-deserved recognition of the almighty you, instead.

Remember that time devoted to yourself is *not* a waste! Studies show that people comfortable with alone time actually have lower rates of depression, better self-satisfaction, and fewer physical maladies. How's that for a mind-body connection? Invest in yourself, and devote some time to YOU! Trust us, you've earned it.

# DENTIST OR ER *for Dental Emergencies*



If you haven't ever thought about what you should do in the event of a dental emergency, it's a good idea to make a plan right now. Don't wait until you're actually in need of immediate oral care to figure out the best course of action — you risk making a bad call in the moment.

The most important decision to make is whether you should go to the dentist or to the emergency room. You could end up paying a lot more at the emergency room to get care that a dentist is often better equipped to provide, but there are instances where the injury is too severe for a dentist to treat.

Here's a good rule to go by: If you feel the injury is life-threatening, skip the dentist and go to the emergency room. For all other emergencies, call your dentist to get an emergency appointment. Keep in mind that most dentists will come help out in an emergency, even if it's the middle of the night. If they don't, they might still provide a substitute recommendation if you call them up outside of working hours.

Here are some dental emergencies that aren't life-threatening, but should still be considered emergencies:

- A cracked or broken tooth
- An avulsed (knocked out) tooth
- An abscessed tooth

All these conditions need to be addressed quickly, but an emergency room isn't the best place to get the care you need. Here are a few examples of situations that an emergency room is intended for:

- Head or oral trauma due to injury from sports or accidents
- Serious jaw fractures or dislocations
- An abscess that's impeding breathing or swallowing

As mentioned earlier, the most important factor in whether you head to the emergency room is how life-threatening the condition is. Even a broken jaw might be better handled by a dentist first, unless the injury is so dangerous that your life is at risk.

Before you ever get in the situation where you need to choose, ask your dentist's office what kind of assistance they provide during emergencies. Know ahead of time what you'd do in various situations, so you'll be able to make the smartest possible choice, even under pressure.

## Passport to Summer Fun

Do your kids have a summer "bucket" list? Talk with them about what they'd love to do this summer and put it together in a little book. They can check things off as they do them and call it a kid's passport! Here's how: Give each kiddo a small, blank book. Together, make a list of parks, fairs, festivals, and other events you'd like to attend. Each time you do something, bring back a souvenir. It might be a leaf, a ticket stub, or a photo. Paste it in the blank book with a sentence or two about the adventure. At the end of summer, you'll have a book of memories. Here are a few ideas to get you started!

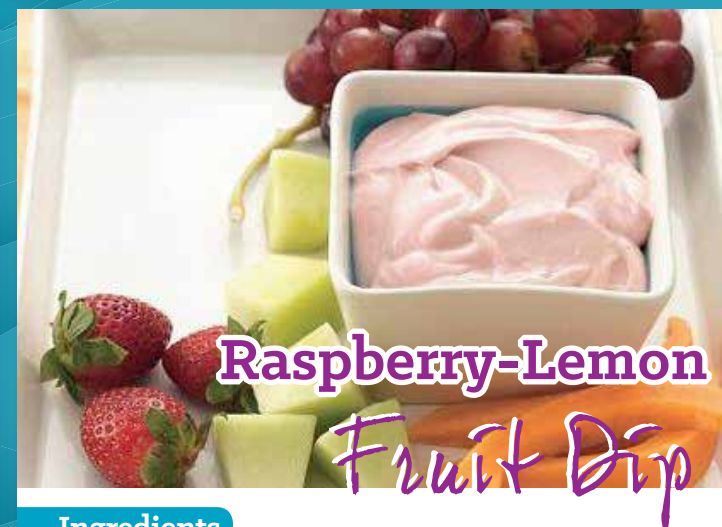
**Sponge bombs:** Cheaper and longer lasting than other water toys, more "green" than water balloons, and certainly reusable for the summer, loading up a bunch of sponges with water and throwing them at people will not only cool you down, but will really make you happy when you hear the "slap" sound before it slides down your husband's back. Definite win.

**Late-night walks:** Kids are undeniably excited about staying up late; adding a physical activity that will wear them out after their second wind has taken effect is always a great idea! Double the fun with flashlights that the kids can use on your walk — they will love it! Talk about making memories!

**Backyard zip-line:** If you have boys in your life (or thrill-seeking little ladies), I'm sure it's no surprise that a zip line between two trees would be a huge hit! (Check Pinterest for awesome DIY zip line tutorials).

**Bike, trike, or scooter obstacle course:** Lead your little gladiators through a marked-off area using chalk, streamers, string, sprinklers, or whatever suits your fancy!

**Paint the house:** Let the kids paint fun designs on your house, fence, or sidewalk with water and paintbrushes; the surfaces change color when wet, but dry quickly enough that the kids can continue to have fun for a long time!



### Ingredients

- ½ cup raspberry reduced-fat cream cheese spread, from 8-ounce container, softened
- ½ cup marshmallow crème
- 1 container (6 ounces) Yoplait® Original Lemon Burst yogurt
- Assorted fresh fruit pieces or berries

### Directions

Mix cream cheese and marshmallow crème in medium bowl with wire whisk until smooth. Stir in yogurt. Serve dip with fruit.

*Enjoy*