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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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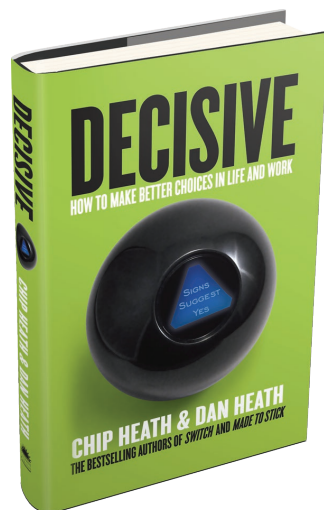
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A Book That Helps You Make *Good Decisions*



When it comes to making good decisions, authors and brothers, Chip and Dan Heath, reveal that humans are flawed instruments.

In their award-winning, number one *New York Times* bestseller, *Decisive*, the Heath brothers present their case with the help of readable and engaging narratives and a hard-to-dispute, four-step

process of how humans typically make their decisions (one example being, "You make the choice. But short-term emotion will often tempt you to make the wrong one.") The remainder of the book is spent presenting a process that can help one make a better decision (widening your

options, putting your assumptions through a reality test, attaining distance, and preparing to be wrong). Each section is broken up into more in-depth chapters to guide the reader through a process of self-analysis and discovery. The authors present each case with suggestions and examples of instances in which the reader might have to make a tough choice. At the end of the book, the reader is left with a sense of confidence and peace, ready to take on the next trial and perhaps respond with a more pragmatic answer.

Decisive is an exciting, well-researched text that defies the typical stereotypes of "How to..." nonfiction. True to their past track record of interesting nonfiction (the Heath brothers are also the authors of *Switch: How to Change Things When Change is Hard*, and *Made to Stick: Why Some Ideas Survive and Others Die*), the Heath brothers bring to the table a novel that asks readers to challenge their decisions, revise their decision-making process, and open their mind to the possibility of being able to do something better than before. After all, making the right decision at the right time can be the final factor that makes all the difference.



The Smile Line

from DeLurgio and Blom Orthodontics

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Orthodontic Specialists

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What I Love Is Watching People Grow in Confidence

When I first decided on a career in orthodontics, I knew I was heading into a man's world. That knowledge was even clearer when I became one of two girls in my residency class. With that thought in mind, I held to the motto I've always kept close to my heart: If I'm going to do something, I'm going to do my best. As a result, I received the highest scholarship in my orthodontic graduating class. Since then, I've had time to evaluate my strengths as a woman in this career, and the main one I believe I bring to the table is empathy. For me, taking the braces off my patients and seeing those big smiles on their faces makes me feel almost as happy as they are in that moment. It's a wonderfully rewarding part of my job. I think sometimes patients don't realize that their doctors stay up at night thinking about them and how to better solve their problems, but we do. I really care about my patients and am fully dedicated to helping them achieve their best smile.

All tendencies toward empathy aside, I understand how my patients feel because I too have spent my share of time in the chair. Growing up, I had baby teeth extracted, and wore plenty of rubber bands and braces. While I didn't love my orthodontist, I did love going to my dentist, and that made a huge impact on me. When I first started in college at the University of California Irvine, I wanted to be a physical therapist. Up until that point, I had spent my whole life dancing—twenty years, in fact. Those twenty years of ballet were wonderful, but I was left with a number of injuries that inspired me to go into physical therapy. As it turned out, the program wasn't what I'd anticipated, and I realized that my passion laid elsewhere. I began looking at different health professions, knowing that I enjoyed learning about the science and how the body worked. I became hooked on dentistry and, more specifically, orthodontics, because I liked how non-invasive it was. In these professions, I found a way to make people feel more confident without much pain. In my mind, I

could also see that there was an art to the work, and that created a new level of fascination that sticks with me even today.

I was beginning my residency at the University of the Pacific when I met Dr. Blom. I had been working in my spare time at the operating room at Kaiser Permanente Oakland Medical Center, because I had an interest in extreme bite issues. They happen to do the most jaw surgeries in the country, so it was a fantastic opportunity for me, and I learned a great deal. Because they have connections to all the orthodontists in Northern California, I asked who the best was. That was when I was first introduced to Dr. Blom. We developed a friendship while I continued in my residency, and when it came close to graduation, he invited me to come work with him.

If I'm going to do something, I'm going to do my best.

While my work and my patients are almost always on my mind, I do have several hobbies, some of which I enjoy doing with my husband, Daniel. He works at CISCO, specializing in video conferencing. His current hobby is doing household improvements (how lucky am I?). As for me, my hobbies include hiking around Lake Tahoe and Auburn, hanging out with our little Persian cat, Abbey, and making jewelry—much of which I love to share with family and friends.

I have now been practicing orthodontics for five years, and I see the importance of perseverance. My goal is to achieve the best results possible and increase the number of patients I see so I can help more people achieve their own goals through increased confidence. I aspire to do things right. If I can do that, then I have succeeded!

Dr. Andrea DeLurgio



"The Most Precious Gift We Can Offer Anyone is Our Attention."

-THICH NHAT HANH



One of the best ways we feel valued as human beings is when we truly feel like we are heard by others. That doesn't mean someone just hears what we say and agrees until it's their turn to talk; it's when someone really listens and understands what we have to say. How often do you find yourself doing that with your loved ones, especially your children? Do you make an effort, each day, to sit down, look in their eyes, and have an actual conversation with them? Try these cool new ideas to help you actually get to know your child as a person—who they are, not what they do—so you can continue to appreciate their incredible depth and intelligence.

Reflective Listening

Practice reflective listening. The main idea is to try to understand what your child is trying to communicate to you, then "reflect" the idea back to them to make sure it's understood. This is great for children because you can make them feel heard (and figure out what they are really trying to say) instead of trying to form their ideas into what you think they should be.

Actively Listening to Your Child

Sit still and actively listen. If you interrupt or fidget, your child will gather that you're not really interested in what they have to say. Make eye contact, nod your head, and say encouraging things to show that you're paying attention (like "mmm," "uh huh," and, "go on"). When there's a break in their speaking, try to sum up what they've said in your own words—this is the reflective part...and

it's very important! You will keep them opening up to you if you show them that you understand what they're saying. Don't push for information; just give them space to confide in you. Make sure you don't criticize, which will show that you're judging rather than listening or understanding.

Improving Listening Skills

Reflective listening goes a long way in satisfying your child's need to be listened to and understood. It will help you build a stronger bond with them and it will teach them how to listen to others, including you! There's nothing more important on any parent's to-do list than building a connection with their little genius. Even if you set aside 15 minutes a day to look into your child's eyes and reflectively listen to them, it can make the difference between knowing what they do and who they are!

"TOP DENTIST" ...via Peer Review!

Our very own Dr. DeLurgio was recently selected as a "Top Dentist" for orthodontics in our area! She was chosen via peer review in a recent survey put on by Sacramento Magazine. This is an honor for Dr. DeLurgio as the voting was based on her outstanding orthodontic abilities and inclusion in this elite group of dental professionals cannot be purchased.

Congratulations Dr. DeLurgio!

A SPECIAL THANK YOU

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

DeDe L	Max C	Stephanie T
Shirley J	Brittany M	Tyson R
Gina P	Neal H	Melisa C
Michelle S	Isabel O	Andi D
Stephanie R	Bruce T	Toni V
Bianca Y	Diane L	Dawn H
Matt R	Tiffanie S	Kelly E

FROM OUR Patients...

My experience was absolutely fantastic. DeLurgio and Blom were very personable and professional. The orthodontic treatment I received has changed my life by giving me security in my smile. As human beings, we all have cosmetic insecurities. Before I received treatment, I tried to find every way possible to hide my extremely flawed smile. Now I find every reason to show off my new smile. I want to thank DeLurgio and Blom for their adept orthodontic skill and application to my treatment.

- Dante G.

A New Era in Orthodontics



*Helps Teeth Move 30% Faster so
Your Braces Will Come Off Sooner!*

If you could potentially cut the time with braces in half with no extra pain, wouldn't you? Introducing AcceleDent! The simple-to-use, hands-free device, made to speed up tooth movement with its SoftPulse Technology. With the help of small vibrations or micropulses, AcceleDent not only speeds up the rate at which your orthodontics move your teeth, but it also makes them more comfortable. For only 20 minutes a day of continual use, AcceleDent gives you progress fast!

Approved by the United States Food and Drug Administration and given the thumbs up by numerous dentists and their clients, AcceleDent has been proven to speed up tooth movement by up to 50% in clinical trials. Lightweight and easily charged through a USB port, AcceleDent is as convenient as it is useful. It has even been featured on CNN and many Fox affiliates as one of 2014's hottest new gadgets.

At DeLurgio and Blom Orthodontics, we're excited to offer this new technology to our patients. Just as you can't wait to get those braces off, we can't wait to see your new, straight smile. We feel confident in AcceleDent's ability to shorten your time with braces or Invisalign and in its ability to make the process a little less painful for you. If you feel like AcceleDent is something you might want to try, just let us know!

For many kids, there is no prison sentence worse than finding out that they need braces. Surrendering their teeth to years of orthodontics can feel like an eternity, no matter how gentle the orthodontist or how colorful the braces. And while, afterwards, it is always completely worth it to have straight, beautiful teeth and an award-winning smile, in the beginning, the first question is always the same: how long will it take? Only last year, the answer to that might have sounded a little more daunting, but today, things are different. A new era in orthodontics is upon us.

Blueberry Smoothie



Due to the wealth of antioxidants that are present in our favorite superfood, the blueberry, research is showing that it may be capable of slowing down the aging process. The phytonutrients in blueberries, such as polyphenols, are also a healthy, natural anti-inflammatory.

Need to up your veggie intake too? Try adding spinach and blueberries to your favorite smoothie recipe! Here is what I do...

ADD TO BLENDER:

- A half cup of Greek yogurt (flavored will make it sweeter)
- 1/2 of a banana
- 1 half cup of spinach (I use pre-washed baby spinach)
- Water
- 1 half cup blueberries (I find that frozen works best)
- Ice

Blend & Enjoy!

DIY Toothpaste

Ingredients

- 3 tbsp coconut oil
- 3 tbsp baking soda
- 25 drops peppermint oil
- 1 packet of Stevia
- 2 tsp Veg Glycerine

Directions

1. Mash together baking soda & coconut oil.
2. Mix in all other ingredients to form a paste.
3. Store in a jar and dip your brush in when you want to use.

