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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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## Inside This Issue:

What You Need to Know About  
AcceleDent  
PAGE 1

Freshen Up Your Spring Cleaning  
PAGE 2

Teens and Zzs  
PAGE 2

Baked Asparagus Fries  
PAGE 3

Pioneers in Orthodontia  
PAGE 3

Patient of the Month  
Thank You for Your Referrals!  
PAGE 4

## PATIENT OF THE MONTH



16 MONTHS  
Jill S.

## A SPECIAL THANK YOU

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

Keith W.	Veronica G.	Angie R.
Erin C.	Sara R.	Don A.
Sondra M.	Rennée A.	Karla G.
	Zachary S.	

## FROM OUR Patients ...

"Okay — here's the deal — I started out nervous about how much braces would hurt my mouth and how uncomfortable I would be. And yes, there were times that the insides of my cheeks hurt, but that was easily solved by a bit of wax. But the best thing about my experience was Dr. D and her staff. They always quickly solved any problem I had and were a joy to see; I truly looked forward to seeing them at my appointments. They also kept me well informed as I progressed through the process. And I am thrilled with the end result; perfectly aligned teeth that brighten my smile. Thanks Dr. D and team!!!"

—Jill S.



# The Smile Line

From DeLurgio and Blom Orthodontics

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

## RONNI'S STORY

# From Braces to Baked Goods

MARCH 2016

When Ronni was just 8 years old, she began to notice something wasn't right with her jaw. What started out as mild discomfort slowly grew into an unpleasant sensation that simply wouldn't go away, and eventually, that sensation turned into a painful nightmare.

Were braces the answer? Unfortunately for Ronni, it wasn't that straightforward. Early on, braces seemed like the obvious answer. After all, braces have helped millions of kids with minor tooth and jaw issues, such as crowding and misaligned teeth. For Ronni,

however, the issue wasn't as minor as her original orthodontist suspected.



Over the next few years the problem wasn't solved, and it wasn't until Ronni met with Dr. Blom that the scope of the problem was better understood. The way her jaw had developed had led to other health issues outside of constant pain, including temporomandibular joint dysfunction, also known as TMJ, and trouble breathing. Braces weren't going to solve this problem alone. Ronni needed surgery.

Leading up to the surgery, Ronni wore braces to correct some misalignment. For about two years, braces moved her teeth into a proper alignment. Once Dr. Blom was satisfied with the results, it was time for the next big step: surgery. Even for a teenager, it was a pretty big deal.

The surgeon reported the orthodontic setup was perfect — the best he had ever seen. In a procedure that essentially "broke" Ronni's jaw, the position of the jaw was adjusted by mere millimeters. While a few millimeters may not sound like much, when it comes to placement of any bone in the body, including the jaw, it can have a significant impact. And both Ronni and Dr. Blom were hoping for just that — a significant impact that would result in relief from pain and constant discomfort, in addition to a perfectly-positioned jaw and beautiful smile.

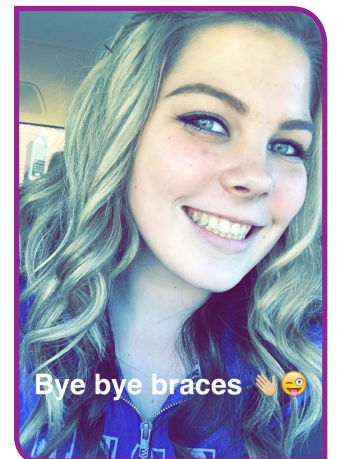
Once the surgery was over, Ronni wasn't out of the woods just yet. With these kinds of surgeries, the recovery period can be

equally uncomfortable, but thankfully recovery leads to results, and more importantly, relief. Ronni needed to have her jaw wired shut for a few weeks.

Ronni admits that was a tough few weeks, and not just because her jaw was wired shut. As a teenager, and a teenager who loved food, that meant giving up practically all the food she loved. Take it from Ronni, that's a lot harder than it sounds. After several weeks of only eating liquids or the softest of foods, she was experiencing what you might call the food version of going stir crazy — she was dreaming of cheeseburgers and pizza.

Finally, those few trying weeks were up. Ronni's jaw was free! But again, she still had more treatment to go. It was back to braces. Happily, the worst was over. The surgery had been a success! By June of 2015, the whole ordeal entered its final chapter. Ronni had her braces removed and her smile looked amazing! Not only had her bite been completely fixed, her pain was gone. She was back to normal! One of the first things she ate once the braces were off was a cheeseburger.

Today, Ronni is thinking about her future. As a senior in high school, she puts a lot of effort into her school work — and her baking. As she looks forward to attending Sac State, she has even bigger dreams of one day opening up her own bakery so she can share her cakes, cupcakes, and cookies with the world!



"Dr. Blom is awesome," Ronni says, "If it wasn't for him, I wouldn't be where I am today."

Thank you, Ronni, for sharing your story, and we can't wait to see what great thing you do next.

—Dr. DeLurgio



# Freshen Up Your Spring Cleaning

## Two Tips for an Even Cleaner Home

You may not be ready to hear this, but it's that time of year again. That's right — it's time for spring cleaning! Like so many other yearly rituals, you're probably going to hear about spring cleaning for the next few months, at least until the season changes. Until then, we have a couple of tips to ease your cleaning burdens — particularly for those things that often get forgotten in the rush. Here's what you can do to have the freshest ...

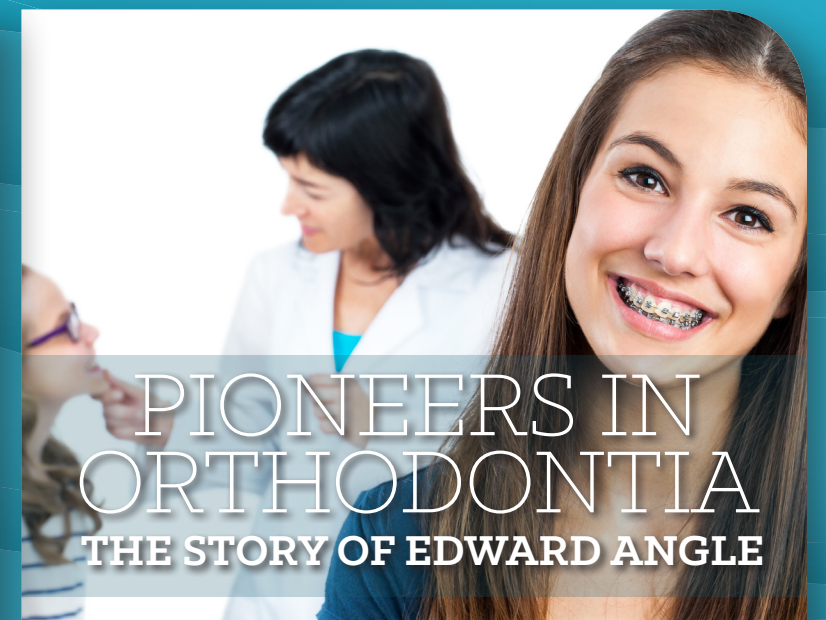
... **GARBAGE DISPOSAL.** How regularly do you clean your garbage disposal? It tends to be one of those appliances that gets forgotten until that *smell* starts to invade the kitchen. While you can find specialized cleaning capsules at most home stores, they aren't something you'd typically keep around. What you probably do have on hand is citrus: oranges, lemons, and limes.

Whenever you peel an orange, juice a lemon, or find yourself with a few leftover lime wedges, toss them into the garbage disposal with a few ice cubes. Then turn on the appliance for 20 to 30 seconds. Once the disposal sounds clear, run hot water for

another 30 seconds to rinse. Done! Not only will your garbage disposal be nearly as clean as the day it was installed, but your kitchen will smell citrusy-fresh!

... **PILLOWS.** No, we're not talking pillow cases — this is a tip for the actual pillow. In the past, you may have washed your bed pillows only to be left dissatisfied with the results — that is, if you've ever actually washed your pillows. No matter what you do, they stay lumpy and dingy. They're just plain gross. Well, no more! Add a little extra cleaning power to your regular laundry detergent: powdered dishwasher detergent, bleach, and borax.

As a general rule of thumb, add about one part of each ingredient. Then, run the pillows on a cycle with hot water. To dry, you'll get the best results from leaving your pillows under the sun for a few hours. However, if you're crunched for time or the weather isn't on your side, you can put your pillows (but no more than two at a time) in the dryer. Just be sure to toss in a couple of tennis balls to avoid lumps!



## PIONEERS IN ORTHODONTIA

### THE STORY OF EDWARD ANGLE

Every branch of medicine has visionaries, and orthodontics is no different. Meet Edward Angle, a man born in 1855 who would become widely known as "the father of American orthodontics."

Let's take the time to get to know one of the great pioneers in orthodontics. Growing up, Angle spent a lot of time around tools and farm equipment, exploring the mechanics that kept them in working order. As he got older, his curiosity in the mechanical turned to the physiological, particularly with teeth, the mouth, and all of its hidden inner workings.

Angle pursued his passion by getting a job with a local dentist, learning the basics of dentistry as it was practiced in the mid-1870s. Then, when he was 21, he enrolled in dental school. In 1878, he graduated from the Pennsylvania College of Dental Surgery and started his career as a dentist.

After several moves around the country, he finally decided to put down roots in Minnesota. By 1886, he had opened his own dental practice and joined the faculty at the University of Minnesota teaching comparative anatomy and orthodontia.

Those roots didn't last long. In the early 1890s, Angle packed up shop and headed to Missouri. In St. Louis, he took up the role of professor at three different schools between 1892 and 1899.

In 1900, Angle, at the encouragement of a number of pupils, founded the Angle School of Orthodontia. After years of setbacks and relocations, developments in orthodontics really began to take off.

Angle was finally in a position to develop new tools, appliances, and methods of treatment. Today, Angle's innovations in orthodontics (including brackets and wires) are still the cornerstone of the way the field functions. Orthodontics became a specialized field in and of itself, rather than a minor subset of dentistry, and countless people with straight, amazing smiles can thank Edward Angle for that!

## Teens and Zzs

### Your Adolescent Child Isn't Sleeping Enough

If you have teenagers, you know they're practically professionals at going to bed late and sleeping in. But just because kids tend to become night owls as soon as they become teenagers doesn't mean they don't need sleep. In fact, teens need more sleep than we once thought.

The National Sleep Foundation recommends eight to 10 hours of sleep per night for teens between the ages of 14 and 17. And studies show they aren't getting anywhere near that.

The Journal of Pediatrics recently published a study showing that teenagers in the United States sleep much less now than they did 20 years ago. Many things could be contributing to this sad state of sleeplessness. Everything from social media and smartphones to early school start times and stress could be causing your teen to stay up late instead of getting the rest he or she needs to perform the next day.

If you think your teen is struggling to go to bed on time, take note. There are many things you can do to train your child to get to bed on time and get the nine hours they require to learn. Start by setting a good example and go to bed on time yourself. If your child sees that you take a healthy approach to rest, they'll be more likely to follow suit.

Another thing you can do is teach your teens how to wind down with the screen off. If you haven't already, make rules to ensure your child is not using their phone, surfing the Internet, or watching movies before bed. It's important that teenagers don't have their eyes glued to a blue-light-emitting screen, which can affect their natural sleep cycle and make it more difficult to doze.

Finally, take a load off wherever you can. If your child has too much going on after school, move activities around or let them decide which three tasks are the most important to complete before bed. Be strict about bedtime, and explain that it's for their own good. We all remember what it was like to cram for exams or write term papers until the wee hours of the morning, but sleep should always be a priority for growing bodies.

It's not always easy to be the bad guy with your teen, and you don't have to be. By having an honest, open conversation about your concerns for their health and academic performance, your teen will surely respect you for whatever adjustments you make to their nocturnal life.



## BAKED ASPARAGUS FRIES

### INGREDIENTS

- 1 cup panko bread crumbs
- ½ cup grated Parmesan cheese
- 1 pound asparagus, trimmed
- Kosher salt and freshly ground black pepper, to taste
- ½ cup all-purpose flour
- 2 large eggs, beaten

### DIRECTIONS

1. Preheat oven to 425° F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a large bowl, combine panko and Parmesan; season with salt and pepper. Set aside.
3. Working in batches, dredge asparagus in flour, dip into eggs, then dredge in panko mixture, pressing to coat.
4. Place asparagus in a single layer onto the prepared baking sheet. Bake for 10–12 minutes, or until golden brown and crisp.
5. Serve immediately.