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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
Wisdom Teeth
PAGE 1

Happy Mother's Day!
PAGE 2-3

Bubbly Bonanza
PAGE 2

When to Replace Your Toothbrush
PAGE 3

Recipe: Healthy Banana Pancakes
PAGE 3

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

PATIENT OF THE MONTH



16 MONTHS
Jarrett G.

A SPECIAL THANK YOU

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

Eric M.	Lauren R.
Taylor B.	Melissa S.
Kelley B.	Teri A.
Jennifer R.	

FROM OUR Patients...

"Now that I have my braces off I don't want to stop smiling. I couldn't be happier to have straight teeth. Not only that, but I got to know wonderful people who took care of my teeth. I liked getting new bands and wires because it meant I was closer to getting my braces off."

- Jarrett G.



The Smile Line

from DeLurgio and Blom Orthodontics

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Orthodontic Specialists

MAY 2015

What You Need To Know About

Wisdom Teeth

What Are Wisdom Teeth, and Why Are They Removed?

Wisdom teeth, also referred to as third molars, are the larger teeth at the very back of the mouth. They are the last teeth to come in, usually somewhere between the ages of 15 and 25, which is considered to be the "age of wisdom," hence their name. While some people have no problems with their wisdom teeth erupting, others find that they present a challenge and can be risky to the health of your other teeth.

About the time that this third set of molars begins erupting, some common problems also emerge as a result, including:

- **IMPACTION** - According to the National Institutes of Health, wisdom teeth are the most common teeth to become impacted. That means the tooth has failed to emerge through the surface of the gum, or only a portion has emerged.
- **CARIES** - An impacted third molar leads to a high probability of creating dental caries, or cavities, both in that tooth and in the one next to it. They often trap plaque in the area, which is difficult to reach and to clean.
- **CYSTS** - When wisdom teeth are impacted, cysts and tumors may form around the area. This can lead to additional problems because it can affect the bone, and even damage the jaw. Risks with this involve infections, as well as tooth abscesses.
- **MISALIGNMENT** - The emerging wisdom teeth may not come in straight or, even if they do, they often push the other teeth out of alignment.
- **DISCOMFORT** - From headaches to toothaches, pain, swelling, and feeling ill, the discomfort associated with wisdom teeth can make you miserable.

When Should Wisdom Teeth Be Removed?

Ideally, it is recommended that people have wisdom teeth removed by the time they turn 24. A good professional rule of thumb is to have them removed when two-thirds of the root has formed. This will help prevent the problems listed above. Removing wisdom

teeth by age 24 is also recommended because the ability to regrow bone in that area of the jaw is reduced as time goes on. Also, the third set of molars are usually easier to remove when you are younger, and the recovery period is shorter during that time.

Additional Concerns

The presence of your third set of molars is usually associated with an increased risk of periodontitis, which is an inflammation of the gums and bone which can lead to tooth loss, abscesses, infections, and tooth shifting. It is important to note that an absence of symptoms does not mean that there is no problem or disease. In fact, a 2011 study published in the "Journal of Oral and Maxillofacial Surgery" reported that of the nearly 7,000 older adults they studied who had at least one third molar, most of those people had caries or periodontal pathology involving those teeth.

There is also some controversy regarding whether those who wear a retainer or who have had braces in the past need to continue wearing their retainer once the wisdom teeth have been removed. Because there is a risk of relapse if the retainer is not worn, it is recommended that patients continue wearing theirs, as recommended by their orthodontist. Doing so will help to eliminate the risks associated with shifting teeth.

Addressing the Issue

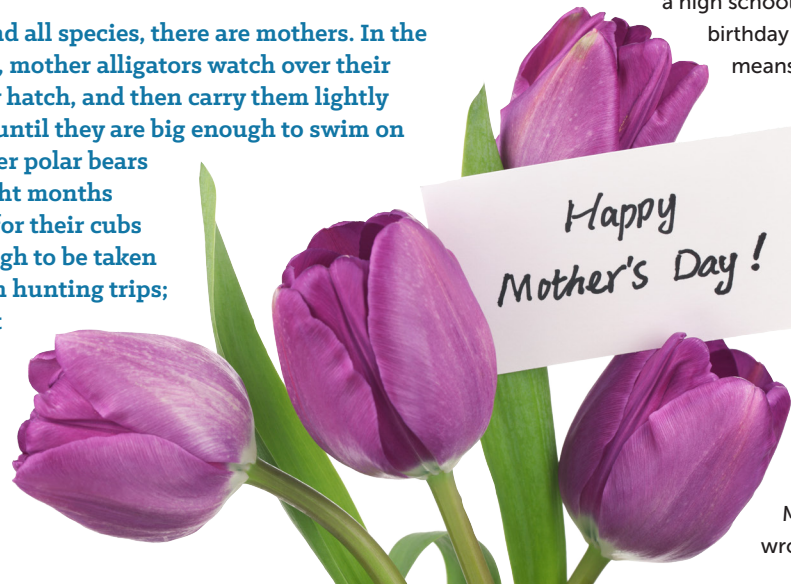
It is important to speak with your doctor to learn more about your specific third molar development, risks, and options. Wisdom teeth are an issue that is better dealt with sooner, rather than later, in order to avoid a lot of discomfort and the risk of complications. Besides, when you address this issue head on, rather than putting it off and prolonging the issue, you will find that you gain the wisdom, without all the worry!



- Dr. Andhea DeLurgio

ALL MOTHERS Near and Far

In all cultures and all species, there are mothers. In the animal kingdom, mother alligators watch over their young until they hatch, and then carry them lightly in their mouths until they are big enough to swim on their own. Mother polar bears fast for up to eight months while they wait for their cubs to grow big enough to be taken out with them on hunting trips; some even adopt motherless cubs they find along the way.



In our world, there are extraordinary stories of mothers making sacrifices for their children. There have been mothers who have acted as surrogates for their daughters, and mothers who have given their own lives to save their babies. In most families, fortunately, these are not typical sacrifices. Rather, the love of a mother is shown in other ways: giving up a night's sleep to keep careful watch over a feverish toddler; staying up late to assist with a high school project; baking 24 cupcakes for a classroom birthday party; or saving up for college tuition, even if it means taking the bus to work every day.

Mother's Day was founded in the United States back in 1914, due to the hard work of Anna Jarvis. Interestingly, Anna was never married and she never had children of her own, but she loved her mother very much, and when her mother died in 1905, she vowed never to forget her. At first, the celebrations began at one church in Grafton, West Virginia, where Anna sent carnations to the service in honor of her mother. Carnations were her mother's favorite flower, and today, they are still used as the Mother's Day flower. Later, Anna and supporters wrote to people in various position of power and

lobbied for an official declaration of Mother's Day. By 1911, almost every state was celebrating Mother's Day, and on May 8, 1914, President Woodrow Wilson declared the second Sunday of the month to be reserved for Mother's Day.

Today, Mother's Day is celebrated in countries all over the world, though the traditions vary from place to place. And while some harken back to Anna's reason and hard work, others are inspired by the Virgin Mary or goddesses of other cultures. Still others take their inspiration from historical moments or political leaders' birthdays. In Bolivia, for example, Mother's Day is celebrated to remember the wives and mothers who joined together to fight the Spanish military in the 19th century, after seeing their husbands, fathers, and sons be killed on the battlefield. Hundreds of women died in that fight, but today, the "Heroines of Coronilla" are celebrated on Mother's Day (for them, May 27, which was the day the battle took place). In Nepal, the citizens honor mothers both alive and dead. Those who wish to celebrate mothers who have passed away, make a pilgrimage to the Mata Tirtha ponds near Kathmandu.

Mother's Day is a time of remembrance and honoring the women who have made sacrifices for their children. However your family celebrates it, we hope all the mothers have a wonderful and well-deserved, Mother's Day.

OUT WITH THE OLD

We all know the saying "Nothing lasts forever," but do you know when your trusty old toothbrush is ready to call it quits?

The test of time. It's recommended that you get a new toothbrush every three to four months. This is a generalization from most oral professionals based on the wear of the bristles and bacterial contamination. But while this is a general rule, there could be times when an upgrade is needed before the three-month mark. Here are some ways to read the signs of wear in your toothbrush:

Bristles. In order to properly clean your teeth and gums, the bristles on your toothbrush should be sturdy and straight. How else are you going to get in those hard-to-reach places with only one brushing before you head out to work? If the bristles start to bend or fray, that means your brush is tired. So give it a break. Go get another toothbrush. How hard you brush your teeth will definitely affect the life of your bristles.

Claim it. You wouldn't share your undergarments, so don't share your toothbrush. Your toothbrush can carry some pretty nasty germs and bacteria, and trust me, nobody wants what you have anyway. If you have guests who plan to stay over, keep a few extra brushes in case they forget to bring one. That way no one is forced into an awkward conversation later. And if someone else happens to use your toothbrush (despite all your preventative measures)? Toss it.

When it tells you to. Some electric toothbrushes can actually tell you when they need to be replaced. Your brush may have a light that comes on or changes colors to let you know it's ready to rest in peace. No need to mourn it. Say a silent, "Thank you, toothbrush, for keeping me fresh and clean," and then go buy another one.

If, before its three months is up, you start to see a change in your faithful toothbrush, then lay it down and find a new one. We brush our teeth to keep our mouths feeling clean and our breath odor-free — so when your brush begins to slack on the job, go ahead and find a replacement. Your old toothbrush will probably thank you.

Bubbly Bonanza

The child in every one of us just can't get enough of blowing bubbles! It doesn't matter how many years have gone by, whether it's a bubble bath or a bottle of soap, bubbles never seem to get un-fun. So, next time you're feeling extra youthful and are playing with the kiddos, we've got some tips and techniques to kick your bubble-blowing technique up a notch!

Build a better wand: Bubble wands haven't really changed much, and we've got to admit, they are disappointing! Ditch the puny bubble wand and the itsy bitsy bottle of solution; go big or go home with, of all things, a paper cone! Prepare for some truly epic bubbles by taping a sheet of paper into a cone shape. Trim the wide end into a more circular shape (no pokey edges, please!) and snip the narrow end so you can fully exercise your lungs! Stand the wide end of the cone in your bubble solution to soak it all in, and when you take it out, pucker up and blow!

For some more alternative wand-age, take some pliers to a metal coat hanger to get a big oval (remember to protect little fingers and big bubbles from pointy edges with duct tape). Wrap the wand with some pipe cleaners or cotton string to get maximum absorption and even more impressive spheres!

The secret's in the sauce: Since you've reinvented the wand, you'll need better bubble solution! Make it yourself with a package of unflavored gelatin, a cup of hot water, one to two ounces of glycerin, and about eight ounces of Johnson's Baby Shampoo. Stir in the gelatin first, and add the rest slowly, but remember to use it while it's warm (otherwise you'll have bubble gel ...). This will make some super strong bubbles that will even bounce a bit!

For some added fun, drip a bit of food coloring into your super bubble soup. Or, to make your bubbly afternoon into a work of art, nix the gelatin and glycerin, but add a bit of tempera paints to several bowls of your bubble solution. Try your hand at being bubble-busting Jackson Pollock with some oversized sheets of paper, and blow, baby, blow!

Healthy



Ingredients

- 2 eggs
- 1 banana
- ½ cup oats
- ¼ cup applesauce
- 1 tsp. vanilla
- ½ tsp. cinnamon

Directions

Grind your oats (using a Magic Bullet works best) and combine all ingredients in a bowl. Mix well. Cook on a buttered frying pan.

Enjoy



People always ask us what this is. It's a welder from the 70s. They don't make them this good anymore, so we continue to use it!