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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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## PATIENT OF THE MONTH



16 MONTHS  
Julia A.

## A SPECIAL THANK YOU

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

Brian R.	Karen L.	Jessica C.
Beth M.	Sean B.	Mackenzie S.
Tami H.	Oxcar M.	Christina S.

## FROM OUR Patients...

"My braces experience was very good. I felt I was in good hands. The orthodontic treatment changed my smile [and] that makes my life happy. I am so glad I came to this orthodontist; they did a great job."

- Julia A



# The Smile Line

from DeLurgio and Blom Orthodontics

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Orthodontic Specialists

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## Trick-or-Treat Tips for Your Teeth

It's a rare dentist who names Halloween as their favorite holiday, mainly because it's a little scary—for teeth, that is. Nevertheless, before I was a dentist, I was a kid, so I certainly remember having fun on Halloween night. The costumes I remember growing up were a ghost, Princess Lea, and a mime. I do also vividly remember going to the pumpkin patch with my family and picking out the best pumpkin I could find. Carving it at home was always one of my favorite Halloween traditions!

In dental school, one Halloween memory that really sticks out for me was when my research team in San Francisco got to visit the University of Tennessee over All Hallows' Eve. As a group of dentists-in-training, you might assume we wouldn't be interested in dressing up in silly costumes and going out for a night on the town, but as it turned out, we had fun doing just that! As we walked down the busiest street in Memphis, we were astonished by just how many people were out and about in costume, simply walking down Beal Street! Street acrobats performed as we went along, making that memory all the more magical. (That trip, while visiting Graceland, was also the one where I discovered that my parents had the same plates as Elvis!)

As far as the most recent Halloweens go, last year, Daniel and I dressed up as Waldos from "Where's Waldo?" You might think we'd be afraid of losing each other in the crowd, but it was



surprisingly easy to spot each another's doppelganger at the Halloween party we attended.

All personal Halloween fun aside, while I do love October 31st, making sure our patients still have healthy chompers after a night of trick-or-treating is certainly a priority. That being said, here are a few "tricks" for making sure those vampire fangs stay pearly white:

**1. Moderation:** Besides dodging the bullet of a massive sugar high (and crash), keeping the doses of Halloween candy to a minimum is better for preventing cavities and preventing your braces from breaking

**2. All in One:** Rather than snacking on Snickers all day long, it's better to eat your serving of candy all in one go. Putting sugar on your teeth for an extended amount of time means your teeth will be facing a continuous stream of acid. After indulging in your candy fix for the day, rinse your mouth out with water and wait 30 minutes before brushing to keep from harming the enamel.

**3. Go Dark:** While no candy is "good" candy, choosing chocolate over anything sticky, crunchy, or chewy (like Airheads or taffy) is better for your teeth. And speaking of sticky—if you're going to indulge in that tasty, candy apple, consider cutting it up first.

Happy Halloween!

— Dr. Andrea DeLurgio





# Better Safe Than Scary

**Halloween comes with a lot of buildup.** Seasonal costume chains set up months in advance. Haunted houses are designed to the letter with every ounce of fake blood measured for the maximum scare. Every stitch of the perfect costume meticulously laid for a single night of frightening frivolity. Yet, in all the planning and pumpkin carving, we seem to forget that Halloween is also the one night per year when children big and small comb the neighborhoods for tricks and treats, so here are some tips to ensure your ghosts and ghouls all get home safe:

- 1) **IF THE LIGHTS AREN'T ON, NOBODY'S HOME** —This is perhaps the most important tip. Make sure your kids know to only visit houses with porch lights switched on. No lights means the homeowners are either not in or don't want visitors. Not only will this save your kiddies from a trick-or-treat letdown, but also makes you a courteous neighbor.
- 2) **NEVER TRICK-OR-TREAT ALONE** —Young kids, especially, should not be unsupervised on Halloween night. With all the decorations, noises and other kids about, it's easy for them to get lost in the shuffle. Of course, escorting kids from house to house doesn't have to be boring. Dress to match your kid's costume (a Keebler elf and a tree) or opt to dress up as their favorite movie or literary hero (be the Chewbacca to their Han Solo or the prince to their favorite princess). Halloween isn't just for the children, you know.

- 3) **STRATEGIZE** —Maybe you want to hit the scariest house first or fan your way out to work your way back to your home streets, either way, should you get separated from your little ones or just want to give the older one a bit a freedom, always have a back-up plan. Map your route ahead of time. Pick a common area or well-known street to rendezvous at the end of the night. If kids venture into neighboring suburbs, make sure they know the way back.
- Even the smallest of precautions can help make for a spook-tacular night of candy collecting.



## DENTAL HEALTH SHOWDOWN: *The Battle of the Brushes*

when it comes to keeping their teeth nice and shiny. However, the argument still remains: which brush is best for your teeth, sonic or manual?

When it comes to dental health, there's not much that people won't do to ensure their pearly whites stay that way. Whether it's in the interest of vanity, or purely a matter of personal health, people are always looking for new ways to keep their mouths and their dentist happy.

But, there is much debate in the dental world about best practices and how to properly care for your teeth. And among these many ongoing conversations is one about which kind of toothbrush is best for them.

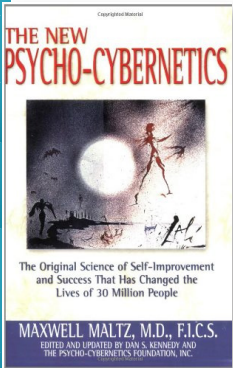
For many years, the good, old-fashioned manual toothbrush was your only option. But now, with the inception of sonic brushes and other similar technology, people have more choices than ever

Well, it may come as a surprise, but when matched up against each other, it seems to be a pretty fair fight. Although it's been a common belief that sonic toothbrushes perform better than manual ones, it turns out that is not the case. Even the inclusion of surface and sealant and an interdental brush didn't make that much of a difference during clinical testing.

This isn't to say that either toothbrush did poorly—in fact, it is quite the contrary. So, regardless of the kind of toothbrush you use, as long as you are regularly brushing your teeth and making it to all of your dental appointments, you'll be able to look forward to a lifetime of pristine dental health.

But, if you're looking to change up your routine in front of the bathroom mirror every morning, make sure you consult your dentist before doing anything drastic. The kind of toothbrush you use may not have a huge bearing on overall health, but you should use the kind of toothbrush you'll actually use for two minutes twice a day.

## BOOK REVIEW



### *A Book for the Positive-Minded*

Psycho-cybernetics started as the topic of a book written by physician Maxwell Maltz in the 1960s. The book defines the mind-body connection as the core to succeeding in attaining personal goals. The technique promotes setting a goal through visualization of that positive outcome. After all, a person's outer success can never rise above one visualized internally. Influencing minds include Prescott Lecky, Norbert Wiener and John von Neumann.

At the time of its publication, Maltz' book took the self-help world by storm and went on to pave the way for people such as Zig Ziglar, Tony Robbins, and many other motivational speakers. It has helped inspire some of the world's greatest professional athletes, surgeons, and countless others even today.

Now, an updated version has hit the scene, and it's easy to see that "The New Psycho-cybernetics" aims to do the same for a whole new generation of potentially successful people. This version is easier to read, and new concepts make practical application more seamless in today's world. To put it simply, if you are trying to better yourself either personally or professionally, this book is definitely a must-read.

## STOP THE CRACKS

Your enamel is the hardest substance in your entire body, and when you combine that with the strength of your jaws, you get a pretty fantastic combination. And yet, we put our poor mouths to quite the test! As many of us have learned the hard way, super strong enamel isn't always strong enough. So, what can we do to prevent cracking teeth through braces and beyond? Here are four tips to make sure your pearly whites stay safe, secure, and strong for years to come!



### Ice, Ice Baby

We know how it goes... The ice cubes are all that's left in your cup, but, don't give in! Ice is deceptively steely and can easily chip or crack teeth. While some chew ice because of nerves or boredom, ice cravings can also be a sign of anemia, so if this is a persistent habit you just can't shake, talk to your doctor!

### Sweet Tooth

Tootsie Roll Inc. made a killing on this tooth-killing question: How many licks does it take to get to the center of a Tootsie Pop? As irresistible as it might seem, crunching down on hard candy (no matter what chocolatey center awaits) is never a good idea. In addition to the sugarey bacterial superfood of the candy itself, the hard sweets can crack your teeth, so think twice before your bite.

### Attack of the Unpopped

They might seem tantalizing, but popcorn kernels are never a good nibble! These super hard unpopped kernels can easily chip or crack teeth when you're in the middle of your favorite flick.

### Toolbox

There's a reason ancient man developed high tech stone tools—their teeth were taking quite the hit! Luckily we've come pretty far over the millennia, and yet people still insist on using their chompers as everything but the kitchen sink! Treat your teeth like the specialized tools they are and stick to chewing—leave the multitasking to Leatherman.