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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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## How Beth Went From Crowded Teeth to the Perfect Smile

### Creating Spaces

I first came to Dr. DeLurgio a little over a year ago. My dentist made the recommendation after he made a troubling discovery about the state of my teeth. Before my visit with the dentist, I already knew something was wrong. I was having trouble flossing. That is, I couldn't get floss between my teeth at all. I spoke with my dentist about the issue and he took a closer look at what was going on. Not only were my teeth crowding, they were actually starting to crack! It was not good. He felt the best next step was to visit an orthodontist, and he referred me to Dr. DeLurgio's practice.

Overall, I had less to worry about with clear braces. I was able to keep doing what I love while my teeth improved. I love to play golf, travel, and cook, and nothing was impacted by me having braces. I didn't have to make compromises in my lifestyle. And when it comes to cooking, I don't want to make any compromises.



Since starting treatment, the experience has been nothing but fantastic! I decided to go with Invisalign, and a year later, I'm basically done with treatment. There are a few last tweaks

here and there, and I wear a night guard, but for the most part, my teeth are as good as new, if not better! Dr. DeLurgio solved my problem with ease. The entire process from beginning to end was not the least bit difficult. My bite and smile have improved tremendously!

One of the reasons I decided to go with Invisalign, rather than regular metal braces, was due to the less obtrusive nature of clear braces. I work in a professional environment at a commercial real estate development firm. We build retail complexes, grocery stores, and things of that nature. Invisalign made more sense and was less of a distraction for me and for others. People don't really need to know I have braces.



I have a lot of family in town, so there are always plenty of reasons to get together and cook (and eat). I'm from the South originally, so I tend to gravitate

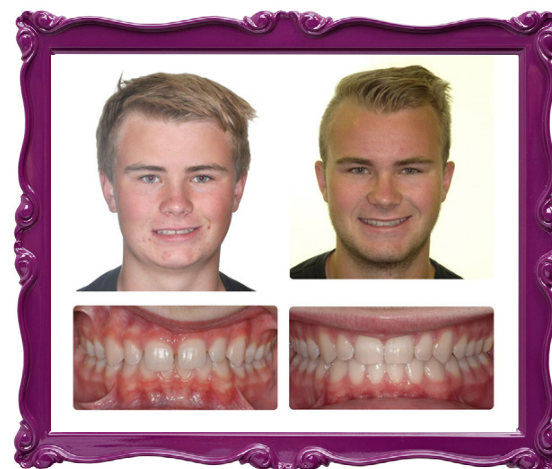
toward comfort food. If I'm cooking, I'm probably making something to warm the heart and soul. Now, if it involves baking, count me out. You couldn't pay me to bake. I don't like relying on recipes when I cook, and baking is too precise for me to mess with.



my teeth really were. The change has been nothing short of remarkable — and I can finally get back to flossing.

-Beth

## PATIENT OF THE MONTH



17 MONTHS  
Sean R.

### A SPECIAL THANK YOU

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

Nyong F.  
Michelle R.  
Marina R.  
Brooke B.  
Catherine B.  
Kim H.  
Katherine P.

Sara B.  
Marissa S.  
Gloria F.  
Jane T.  
Cynthia M.  
Nathan I.

### FROM OUR Patients...

"I had a great experience. Everyone was very kind and helpful. Orthodontic treatment has changed my appearance mostly, and that's what I wanted it for."

- Sean R.



# From Happy Home to Haunted Mansion

Halloween evokes world-class trading at its finest: Put on a costume, beg for candy. While appeasing the wide-eyed wonder of tiny tots can be satisfying, not every neighborhood is equipped with tots and toddlers. When the night of October 31 beckons, don't get it in your head that older neighborhood kids are immune to the temptation of going out into the Halloween night. If anything, it's the tweens and older teens who can be most eager to carry around a broomstick and call themselves wizards for the sake of getting free treats.

However, if you live in an area with primarily older kids, Halloween is one of the best days of the year for getting some serious neighborhood street cred. More than candy, these older kids are attracted to the fright factor. If your house is decked out with strobe lights and fog machines, you're going to be the first place those neighborhood kids want to visit. While investing in a ton of Halloween decorations for a single night of festivities might seem like too much, there are simple ways to turn your humble abode into the haunted attraction everyone will be talking about for Halloweens to come.

**Props:** You don't need trip wires and special effects to make the most of your props. When placed strategically, plastic skeletons can set the tone. Pose them on the porch or hang

them around with fishing line or wire hangers. Then use plastic tombstones to turn your lawn into a cemetery.

**Lighting:** Set the scene with proper lighting. Simple porch lights look too much like beacons of hope, and if you're really trying to scare an older audience, you want the lights to unsettle the nerves. Shade your porch light with blue cellophane (note: don't let the cellophane touch the bulb) or swap the bright bulbs with darker colors like purple or blue. Also, place free-standing lights around your props to cast shadows.

**Finishing touches:** Don't be afraid to get involved. Come up with a story for your haunted house and play the villain or victim — just be sure to sell the part. Use sound effects by playing a spooky track audible from inside the house. Leave your door open, but turn the lights off to make your trick-or-treaters curious but scared to approach. For a little something extra, strobe lights and fog machines add the perfect detail.

**One Last Thing:** Look ahead to next year. The seasonal Halloween outlets sell their products at extreme discounts on November 1. If you wanted a decoration that was just a bit out of your price range before Halloween, chances are it will be much more affordable after the 31st. Pick out something scary, and save it for next year. Happy haunting!

## ALUMINUM VS. METAL BRACES: A Scientific Battle Royale

Maybe you tried it on a dare. Maybe you dove headfirst into your double-stuffed burrito with a little too much gusto. Maybe you were just curious. Whatever the reason, if you have braces, chances are, you've had a brush with aluminum foil. Trust us, you'd know if you had. When metal braces come into contact with aluminum foil, you experience a lightning fast jolt of pain.

The discomforting jolt is a result of two different types of metals making contact with one another (i.e., the foil and your braces, metal fillings, or crowns) to produce the Voltaic Effect. A little history: Back in the very early days of battery construction, physicist Alessandro Volta experimented with dissimilar metals. He discovered that these metals stacked between papers soaked in saltwater created an electric charge.

Together, the contact of different metals in your mouth doesn't do much; it's your saliva that acts as the catalyst. The salt content in your spit creates the perfect stimulant for the conflicting metals and creates a sort of bootlegged, low powered battery. Combined with saliva, the metals make contact and the electric charge they create travels through your teeth to your sensitive nerves. Once the nerve is struck, the brain interprets that nerve jolt as pain.

Needless to say, it's not the most comfortable predicament, so instead of biting on aluminum, try some scientific alternatives. Aluminum can be used to sharpen dull scissors, soften brown sugar in the oven, and clean an iron. Save yourself the pain and put that aluminum to better use!

# Sneaking Education Into Family Time

It was a great summer, right? Family fun doesn't have to end just because the kids are back in school. There are so many ways to plan educational and entertaining evening and weekend activities that keep children's minds active as they ease back into the books.

### Become Backyard Astronomers

Head to your local library and check out a book on astronomy or print off some interesting facts from the Internet. Read a bit every night, and talk with your kids about the solar system and constellations. You can even make a model solar system using various-sized Styrofoam balls that you can let the kids paint, label, and hang from their ceiling with string.

Then, on a clear night, become backyard astronomers. Even if you don't own a telescope, or aren't an expert in astronomy, your kids can learn a lot just by gazing up at the night sky and answering questions about what they've learned.

### Teach Them Chess

Young children love learning the basics of chess, and it's a great game to teach rules and strategy. First, explain what each of the six different pieces is and how each piece can move. Explain the goal of chess and then set up all the pieces in their home positions and let each child practice different strategies for capturing their opponent's king and protecting their own.

### Make Your Kitchen a Classroom

Teach your kids about measurements and fractions by baking a delicious batch of cookies or a cake. Find a recipe and let the kids be your "prep cooks" by measuring out the ingredients you need to make it.

## SALMON SKILLET WITH WASABI SAUCE & BABY BOK CHOY

### INGREDIENTS

- 1/2 cup light mayonnaise
- 1/4 cup fresh cilantro leaves
- 3 tablespoons fresh lime juice (from 2 limes)
- 2 to 3 teaspoons wasabi paste
- 1 piece (1 1/2 inches long) fresh ginger, peeled and finely chopped
- Coarse salt and ground pepper
- 1 tablespoon vegetable oil
- 4 skinless salmon fillets, (6 to 8 ounces each)
- 1/2 cup mirin
- 1 tablespoon soy sauce
- 4 heads baby bok choy (1 1/4 pounds total), halved lengthwise

### DIRECTIONS

1. In a blender, combine mayonnaise, cilantro, lime juice, wasabi, ginger, and 1 tablespoon water. Blend until smooth, adding up to 2 tablespoons more water to thin the sauce. Do this for about 3 minutes. Season with salt and pepper, and set aside.
2. In a large nonstick skillet, heat oil over medium-high. Season salmon with salt and pepper; place in skillet, flat side up. Cook until opaque throughout, 3 to 4 minutes per side. Transfer to a plate, and cover with aluminum foil to keep warm.
3. Wipe out skillet with a paper towel. Add mirin and soy sauce, and bring to a boil over medium-high. Add bok choy; season with salt and pepper. Cover, and cook until tender when pierced with the tip of a paring knife, 3 to 5 minutes; discard liquid. Drizzle salmon with wasabi sauce, and serve with bok choy.