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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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# The Smile Line

from DeLurgio and Blom Orthodontics

916-546-4629

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Orthodontic Specialists

SEPTEMBER 2014

## Socialite for Life, Best Friends with a Schnoodle!

You might say I've always been a socialite. Whether it's going out for a night of Bunko and Canasta with friends, volunteering as a greeter at my church, or working with our patients every day, being around people simply makes me happy.

I came to DeLurgio and Blom after working in another orthodontist office for 13 years. When I applied, I was excited but apprehensive; I'd long heard from my previous employer that Dr. Blom was a guru in his field, and I knew that I was stepping into another office entirely. What if I wasn't fully qualified for the job? That was five and a half years ago, and while my predictions were correct—Dr. Blom was (and still is) a master in his field—I couldn't feel more at home. For one, everyone here is fabulous to work with, and for two, the kind of smiles I've seen here are truly unique.

I say the smiles here are unique, because at DeLurgio and Blom, the work that's done on a regular basis seems to go much further than orthodontics. I can't count the number of patients I've seen come in with hands over their mouths, completely shy and unwilling to smile. Give them some time with Dr. Blom or Dr. DeLurgio, and before long, their braces are coming off, and it's like the sun has come out. All the sudden, those previously shy patients have all the confidence in the world, and the smile they were hiding is being flashed around for all to see. It's nothing short of complete transformation.

As for my life outside the office, you might say my family is my life. My two sons, DC and Jacob, don't live in the area, so I can't see them (or my grandkids) as much as I'd like, but I have two older brothers who live close by, and we do a lot of fun activities together. Growing up, I was always the peacemaker between the three of us, and I guess you could say I'm still that person today. As

far as what we like to do, I see my brother Joe on a weekly



Jackie's grandkids: Aimee (5), Desirae (19), Jaxson (12), and Kaydence (9)

basis when we go to dinner and do more adventurous outdoor activities like kayaking and biking. Our favorite trek in the kayaks is the American River.

As for Jim and me, he and his partner recently moved to the area, and our escapades tend to be a little more far-reaching. Together, we've taken multiple trips to Hawaii, travelled back East to visit family, and visited Lake Tahoe for some fun, more-local adventures.

Looking back toward my own hobbies, I have plenty of those to keep me busy. First off, I'm an avid reader. I enjoy romance, so my favorite authors are Danielle Steel and Nicholas Sparks. I have almost every Danielle Steel book ever written in hardcover, and while my children tell me I should wean down my collection, I've actually made it a small project to always keep on top of buying the latest book. As for my favorites, that's difficult to say, but if I had to choose, they'd probably be Winners (Danielle Steel) and The Lucky One (Nicholas Sparks).

Besides reading, another hobby of mine is crocheting. It's a pastime I took up when I was pregnant with my first son. Once I started, I couldn't stop. Back then, baby blankets and hats were certainly in abundance, and today, it's an activity I still very much enjoy.

Finally, when I'm not poking my nose into a good book or working with a needle and yarn, you might find me walking with my best friend: Sheena. She's a Schnoodle—cross between a schnauzer and a poodle—and if you don't believe me, look it up! There's nothing better than sharing an evening walk with her.

Jackie  
 Treatment Coordinator

## PATIENT OF THE MONTH



Keith W.  
 14 MONTHS

## A SPECIAL THANK YOU

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

Tami H.	Joel S.	Heidi P.
Sean B.	Felice M.	Brittany F.
Jessica C.	Keethi R.	Beverly K.
Oxcar M.	Stephanie R.	Jodi W.
MacKenzie S.	Shelese F.	Connie Y.

## FROM OUR Patients...

"Wonderful Experience. I receive multiple compliments daily about my teeth. Thank you sooo much!"

- Keith W



# LEARNING TO *Li*STEN!

Depending on whose theory you are reading, there are multiple reasons for the divide that occurs between parents and their offspring as they reach and settle into adolescence. For parents, the process can seem startling, unprecedented—cruel, even. Especially for ones whose close filial relationship is suddenly being massacred by this hormone-raging beast in teenage shoes with a teenage attitude to match. And while it's hard not to feel some self-pity over the loss of a mutually-loved childhood, it is important to remember that while teenage problems may seem small to you (what is the hardship of an unrequited crush in math class compared to real marital struggles?), their emotions are important and valid. Learning how to reconnect and respect boundaries is an important part of parenting, and an essential process if you want to form a healthy relationship with your teen.

The best way to be there for your teen is to listen. Remember when your son or daughter was little more than a soft, pink bundle, whose only language was crying and gurgling? Somehow, without words, you learned how to read your child and understand how to help. Now that baby is grown up, and it can be hard to see through the blame and the hurtful glances to read between the lines. Whatever body language you're used to is largely gone now, and it's time to learn a new language. Even if that language means knowing when to

give your teen space and when to ask what's wrong, these clues can prevent an argument before it happens. When your teenager does take a momentary relapse to share with you the burdens on his or her mind, just listen. Saying that you've been there is not going to help—maybe you have been, but you're not now, and every person experiences things differently. Don't offer advice unless it's requested. Giving advice may make a teen feel like you're trying to take control. Simply listen, swallow your own thoughts, and let your child speak.



Chances are, your teen will appreciate the level-headed care you are giving to his or her situation and feelings.

Teens are an entirely different animal, with the small bonus being that they live in your house. By finding an effective way of communicating and learning how and when to give space, you can be one step closer to forming a healthy relationship with your teenager.

## How to **SAVE TIME** in Braces and Get the **BEST POSSIBLE RESULT**

### Part 1

The most common question a patients ask Drs. DeLurgio and Blom is "When do I get my braces off?" Whether child or adult, patients want straight teeth but they also want treatment to be finished sooner rather than later. The key to getting braces off sooner is timing it so it coincides with the right stage of dental development. Scheduling your child's first orthodontist appointment by age 7 allows Dr. DeLurgio and Blom to pick the right time for treatment. Both dental and facial development influence when it is time to initiate orthodontic treatment. While 75% of young children will be told to grow more teeth before treatment is initiated, 25% can benefit from early or "phased" orthodontic treatment. Early treatment is beneficial when a patient has significant crowding or a discrepancy in the relationship of their upper and lower jaws. Early treatment can create room for teeth that don't have room to erupt or redirect teeth that are headed in the wrong direction. At the ages of 7-9, patients haven't gone through their growth spurt and it is during this magic time that an orthodontist has the golden opportunity to redirect the direction of jaw growth to restore harmony in the relationship of a patient's upper and lower jaw and face. In addition to skeletal benefits to early treatment, there are psychological benefits as well. There is an improvement in jaw harmony and in turn, appearance, before adolescent awkwardness or self-consciousness sets in. While this is frequently not mentioned, the subconscious increase in confidence is dramatic. And an improved self-confidence is a priceless benefit of orthodontic treatment.



Katherine I. (18 months)



## ORAL CARE to Consider: EvoraPlus



If fresh breath and healthier gums and teeth is something you struggle with--no matter how frequently you brush and floss--EvoraPlus may be able to help. Combined with your daily teeth-cleaning regiment, EvoraPlus uses a "patented, concentrated blend of probiotics" to bring you better oral care with easy-to-see results. Best of all, EvoraPlus is natural, so you don't have to worry about putting unnecessary chemicals into your body. With the help of ProBiora3, EvoraPlus can bring you naturally healthier teeth and gums, fresher breath, and whiter teeth.

How does it work? Simply place an EvoraPlus tablet on your tongue 30 minutes after using your typical mouthwash, or after your regular oral care routine, and let the ProBiora3 probiotic compounds go to work! They'll crowd out unwanted bacteria that can cause bad breath, release continuous, low doses of hydrogen peroxide to gradually whiten teeth, and support your overall gum and tooth health.

Unlike expensive whitening strips that serve only to color and not to heal, EvoraPlus is a low-cost product with an all-around solution to a healthier, prettier smile. And for all you dog-lovers out there, here's a reason to share some kisses with Fido--there's even an EvoraPlus for your four-legged pal.

For more information on EvoraPlus, visit <http://www.evoraoralprobiotics.com/evora-plus-oral-probiotic/>.

### BBC's Kitty Kay & NBC News' Claire Shipman

#### How to Crack the Confidence Code



In the corporate world, it's easy for women to lose themselves in the shuffle. Studies show that many women are less self-assured than men in various fields. In "The Confidence Gap," Kitty Kay and Claire Shipman share the secrets women need to know about maintaining confidence as well as competence in the workforce.

Where men tend to overestimate their ability to perform a task, women tend to underestimate. Though the completion of a certain task doesn't differ from man to woman, women try to hold back more, keep their heads down and just keep chugging along. Kay and Shipman present a simple solution. They prompt women to act on their confidence and not be afraid to speak up or provide input. While we are all prone to self-doubt at one point or another, women are encouraged to not let a small shred of doubt get the better of them.

It's one thing to say "confidence is key," but we hit a wall when we don't know how to obtain that shining attitude. Shifting away from the "good girl" mentality women develop in their formative years and playing a more active role is definitely a worthwhile place to start.