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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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## TIPS FOR A HEALTHY MOUTH

If you think about it, your mouth is one of the parts of your body that is almost always in constant use. You use it to eat, talk, breathe, etc., and if it is diseased or has been afflicted with a variety of health problems, it can be quite embarrassing and limiting. When you have a toothache or canker sore, for example, not much else seems to matter! Because of this, and so much more, having a healthy mouth is essential to your well-being, confidence, and your overall wellness.

### BENEFITS AND BEYOND

There are many problems that can arise by not taking the time to strive for a healthy mouth. Gingivitis, which is a type of periodontal disease, destroys a person's gums, the surrounding tissue, and even the tooth sockets. To prevent things like dental carries or cavities, as well as gingivitis, it is important to maintain a healthy mouth. And doing so is actually easier than you may think, providing you keep a few things in mind!

Throughout the years, there are various tips for the ages and stages that people go through, with things all along the way that contribute to a healthy mouth. Here are some tips for getting and keeping a healthy mouth:

- When it comes to infants, avoid putting them to bed with a bottle. It's also beneficial to try to keep shared utensils away from them, so they don't get additional germs in their mouth.
- At any age of life, it is important to establish a healthy oral hygiene routine. As soon as infants have their first tooth come in, parents can begin keeping it clean. Once they are old enough to brush, parents can create a routine and help them see it through.
- Be sure to brush your teeth at least twice per day, for two minutes each time. While you are at it, brush your tongue as well. You also need to floss at least once per day. This is one that even adults like to cut corners on, but the benefits are well worth the effort.
- Visit your dentist's office every 4-6 months for a checkup and cleaning. This will help keep the plaque removed from your mouth, the teeth clean and polished, and will help the dentist discover any issues that may arise.
- See an orthodontist as recommended by your dentist or if you feel you have issues that may warrant a consultation with one. Such issues as bite misalignment, braces, and

teeth straightening are best handled by an orthodontist, who is a trained specialist in these areas.

- Always use a mouthguard when playing sports. This simple little device, which can be picked up at a sporting goods store, can save you a great deal of pain and money later!
- Replace your toothbrush regularly: every two to three months or as the bristles become frayed.
- Avoid forgetting to floss each day. Leave the floss sitting out on the bathroom counter, or put a little sticky note on the mirror. Make a point to do it each day for a month, by which time it should become a habit.
- Make sure that even though you are brushing twice a day that you are brushing long enough. Aim for two minutes per session. If you opt for an electric toothbrush, they often let you know when it has been two minutes.
- Speak to your doctor about any prescriptions you may be taking that have side effects that harm the teeth. If there are some, maybe you can get them swapped out for something else or ask for suggestions to protect your teeth.
- Avoid smoking or using chewing tobacco, both of which can lead to many oral health problems.
- Keep drinks in check! Sugary drinks should be avoided or kept to a minimum, as well as highly acidic drinks (e.g., citrus sodas and sports drinks, etc.), which can eat away at and erode the tooth enamel.
- Forget using your teeth to open things or chew on items such as pens. Both can be damaging.
- Avoid sharing things like straws, utensils, lip balm, etc. The bacteria and saliva can transmit things that lead to an unhealthy mouth.

### STAYING HEALTHY

Having a healthy mouth is important for life, a healthy overall body, and achieving optimal wellness. It is also essential for feeling comfortable and confident, as well as living pain-free. Keep the above items in your mind, make them a habit, and you will be well on your way to a healthy mouth!

*-Dr. DeLurgio*

## PATIENT OF THE MONTH



20 MONTHS  
**Kylie H.**

## A SPECIAL THANK YOU

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

**Susan M.**  
**Sarah S.**  
**Selena D.**

**Jennifer H.**  
**Joan M.**  
**Desiree M.**

## FROM OUR Patients ...

Great experience! I loved everyone who worked here. They really focused on what I wanted to happen and tried to make it happen as fast as possible.

—Kylie H.





# Family Frenemies

## When Siblings Become Rivals

### HOW WHERE DOES SIBLING RIVALRY COME FROM?

Experts tend to agree that brothers and sisters become foes when they feel they must compete for attention or if they believe they're being treated unfairly compared to siblings. As WebMD writes, "Children are like little lawyers, always demanding fairness and equality, and fighting for what they perceive are their natural-born rights." The root cause seems to be the human tendency for all of us to compare ourselves to others, rather than opening the channels of communication

### IS IT HEALTHY OR UNHEALTHY?

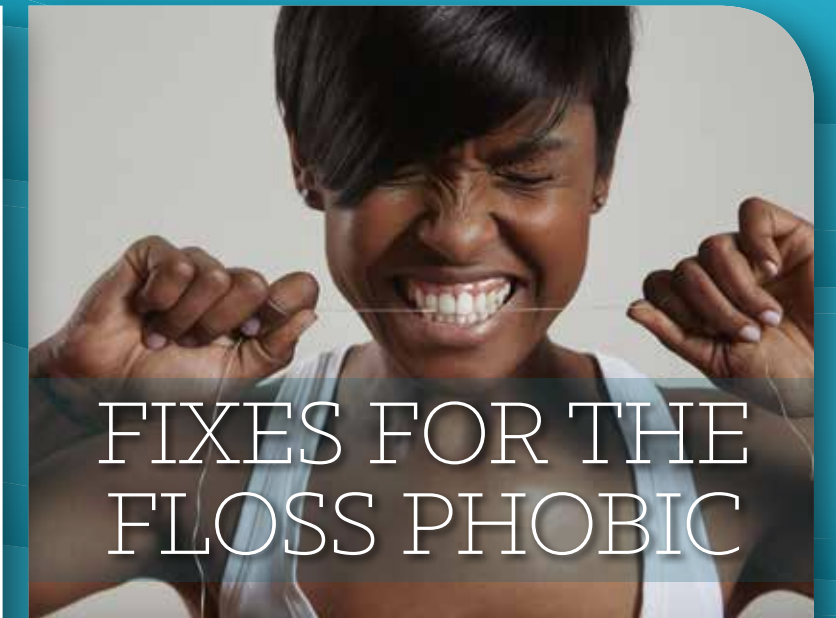
There are two schools of thought when it comes to sibling rivalry. The first is a little more old school. Psychology Today says, and is based on Freud's analysis of the Cain and Abel story.

This viewpoint holds that sibling rivalry is normal. It's the inherent state of sibling relationships. According to the Mayo Clinic, "Moderate levels of sibling rivalry are a healthy sign that each child is able to express his or her needs or wants."

Wesleyan University's adjunct associate professor of psychology, Stephen Bank, doesn't buy it. He believes cooperation among siblings is a "birthright" and that extreme discord is caused by unhealthy family relationships. One study at the University of Missouri found that the presence of sibling rivalry was connected to lowered self-esteem and increased anxiety and depression in young teens.

### WHAT TO DO ABOUT IT

Experts may not agree on whether or not sibling rivalry is healthy, but they do tend to agree on solutions. They believe in staying out of the argument (within reason, you'd never want to facilitate abuse) and teaching kids effective communication skills. They also recommend nipping the problem in the bud by treating each child as an individual, and steering clear of comparison and favoritism.



## FIXES FOR THE FLOSS PHOBIC

Hate to floss? So does the rest of the world. But that doesn't make it any less crucial to preventing tartar buildup and gum disease. No matter how hard we try, it seems like some of us just can't manage to stick that minty string between our teeth. That's why we've come up with three traditional floss alternatives to help you keep your teeth in tip-top condition. While effective, they do not replace traditional flossing.

### POWER FLOSSERS

Power flossers harness the power of vibration. Typically made of plastic, these little devices use a vibrating flexible tip to reach between your pearly whites. Stick the plastic between your teeth, then simply press and hold the button to loosen trapped debris. The device's tip is made of plastic, so it won't shred like regular floss, but your teeth still get clean. They're also disposable, and many brands offer them in a fresh mint flavor or coated with whitening agents. The power flosser is the cheapest of these three options, though you do have to consider the cost of replacement tips.

### WATER FLOSSERS

Water flossers work exactly like their name implies. A thin but powerful jet of water washes particles out from between teeth. Water flossers were originally created in Fort Collins, Colorado in 1962. Since then, the company has adopted the name Waterpik, and has become a household name. Water flossers come in a plethora of models: corded and cordless, large and small. There's even a model made especially for kids. Water flossers are more expensive, but unlike power flossers, they don't require replacement tips.

### AIR FLOSSERS

Though prices vary, air flossers are typically the most expensive option. They're also the newest. These devices create a stream composed of tiny water beads and air. Phillips Sonicare, the distributor of Airfloss, calls it "microburst technology." Much like the Waterpik, the flossers use this thin stream to push debris out from between teeth. But unlike the Waterpik, they only use a small amount of water, providing a much tidier experience.

## Take it Outside!

### Outdoor Play Encourages Family Time

You know the kids have been cooped up too long when they start nagging each other, poking and prodding until one of them finally yells, "He's pinching me!" It's inevitable; even the most well-behaved children get restless. By the time spring and early summer come around, you're well aware of the restlessness that disrupts your otherwise peaceful home. So how can you cure the last remnants of cabin fever and encourage your kids to get along? Take it outside!

### CREATE A FAMILY SPORTS TEAM

If your family is on the larger side, you may be able to field opposite sides of your own miniature soccer, football, or baseball team. According to Jeroen Vermeulen and Paul Verweel of Utrecht University, The Netherlands, participation in sports helps people solidify their identities and learn to understand social cues and nuances.

"From the perspective of real-life, day-to-day identity," they say, "sport may indeed be seen as providing specific and important resources for constructing bonding and bridging ties." Playing together on an organized team gives your kids a common purpose and goal, and forces them to come up with solutions to problems together. It's also the perfect playing field for teaching life lessons like sportsmanship, fairness, and compassion.

### PLANT A GARDEN TOGETHER

"Many hands make light work" may not be 100 percent accurate when it comes to toddlers, but many hands working together outside are an excellent cure for cabin fever. Labor-intensive gardens can be especially great for strong teenagers to help plant and maintain.

A vegetable garden may be a bit too much of a project for your younger children though. If that's the case, try sowing a potted herb garden, or create a window-planter masterpiece. Come fall, you'll have delicious foods, spices, or beautiful flowers that your kids can be proud of.

But there's more to it than that. Gardening can be good for your children's mental health. Horticultural therapists actually use therapeutic gardens as tool to help patients heal. According to Mind, a charity organization in the UK, it appears as though horticultural therapy, or ecotherapy, can promote mental wellness and stave off mental illness.

Is your kids' cabin fever driving you crazy? Get them out and moving in the spring sunshine! Whether you start your own flag football team or plant your very first family garden, now is the perfect time to get outside — together.



## LIME TEA COOKIES

### INGREDIENTS

#### Cookies

- 2 teaspoons lime juice
- 1/3 cup milk
- 1/2 cup butter, softened
- 3/4 cup sugar
- 1 egg
- 2 teaspoons lime zest
- 1 3/4 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda

#### Glaze

- 2 tablespoons lime juice
- 1/4 cup sugar

### DIRECTIONS

1. Preheat oven to 350° F. Combine the 2 teaspoons lime juice with the milk; let stand for 5 minutes.
2. In a large bowl, cream together butter and 1/3 cup sugar until light and fluffy. Beat in the egg, then stir in the lime zest and milk mixture. Combine the flour, baking powder, and baking soda; blend into the creamed mixture. Drop by rounded spoonfuls onto the ungreased cookie sheets.
3. Bake for 8 to 10 minutes in the preheated oven, until edges are light brown. Allow cookies to cool on baking sheets for 5 minutes before transferring to a wire rack to cool completely.
4. To make the glaze, stir together the remaining lime juice and sugar. Brush onto cooled cookies.