



Andrea B. DeLurgio, D.D.S., M.S.D.
 Hendrik F. Blom, D.D.S.
 8035 Madison Ave, Suite G2
 Citrus Heights, CA 95628

(916) 999-1195
 info@delurgioandblom.com
 www.DeLurgioAndBlom.com

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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Orthodontic Specialists

AUGUST 2014

The Things That Spark My Interest

Art, Travel and Research!

When I was little, I was fascinated by the work of Georgia O'Keeffe. I first viewed her work on an eighth grade field trip to the Smithsonian in Washington D.C. After that, I tried very hard to learn how to paint like her. Her flowers, especially, caught my attention. This last March, I visited the Legion of Honor in San Francisco, with my mom. We saw her work again there, and while I have long since given up my brush, her work today is just as mesmerizing to me as it was years ago.



with a team called Rotaplast International, to help repair cleft palates for adults and children. Despite being able to operate in a hospital, the treatments were still challenging because we were working with very outdated equipment. Nevertheless, despite the challenges and the worry for our safety, the experience was extremely rewarding and something I would like to do again, someday. We changed people's lives for the better.

Striking views from travels are what we have chosen to decorate our walls. They help patients to relax.

While I might have given up my attempts to become the next Georgia O'Keeffe, I never stopped creating art. I simply transferred my energy to a kind I can wear. My work takes time. Each piece of jewelry takes about nine or ten hours to complete, though the end result is worth it. My current goal is to make jewelry and use it to fund travel. And since we took our trip to Yellowstone, I've taken up a great interest in animals. On a side note—if you've never seen a moose, you should! They are quite tall. Anyway, this recent fascination with animals has led me to my latest quest: to see a koala.

My two-week mission trip wasn't my only notable travel work experience. While I was in school, I had the opportunity to exercise this interest often. In 2008 and 2009, research I co-authored was awarded the National Harry Sicher Research Award from the American Association of Orthodontics for research studying how certain genes affect children's chances of having cleft lips and/or palates. I had the honor to present this research at the International Association of Research and the American Cleft Palate Craniofacial Association in Miami and Dallas.



If you look around our office, you'll find picks from around the globe:

- Crater Lake, Oregon
- Big Sur, California
- Patagonia, South America
- Český Krumlov, Czech Republic
- Navajo Reservation, Arizona
- Banff, Canada
- Yellowstone Grand Prismatic Spring, Wyoming
- Grand Staircase-Escalante National Monument, Utah



While some people might find research boring, continual learning has always been a hobby of mine. Whether I'm pipetting DNA to study genes, or bending pieces of metal to create something beautiful, finding passion in what I do is always a priority of mine.



Traveling abroad is one activity in which I have some experience. In 2006, I took a two-week mission trip to Venezuela, where I worked

— Dr. Andrea DeLurgio

PATIENT OF THE MONTH



Brittany M.
 6 MONTHS TREATMENT
 Invisalign

A SPECIAL THANK YOU

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

- | | | |
|----------|-----------|-------------|
| Lindi G. | Jerilyn F | Jason M. |
| Jodi W. | Alicia W. | Gianluca O. |
| Joni B. | Kerrie O. | Allison H. |
| Kyle S. | Connie Y. | Evi K. |

FROM OUR Patients...

"I'm really happy with my teeth. I ruined my teeth from an injury and they were so caring and patient with me! I looked at a picture from one year ago and you can't even tell anything happened"

- Brittany M.

Giving Kids the Financial Advantage

Anyone who has ever seen a child throw a temper tantrum at the toy store knows that this critical situation must be avoided at all cost. But how does one go about preparing a child for the reality of finances? What are the first steps in teaching responsible money handling?

There are a variety of experts on this topic, but most agree that the earlier parents introduce kids to these key concepts, the better. Simply waiting until they're teenagers is not only unhelpful but ridiculous. Healthy habits must start early.

But how do these financial gurus recommend teaching financial responsibility? Easy. First, get rid of the allowance. Counting on a set amount of money each week that is not based on any actual labor teaches kids that they don't have to work for what they earn. Instead, try setting up a system of payments based on certain chores or tasks. It might sound cruel, but even preschoolers can help set the table and pick up their toys. If the chores aren't done, there's no payday.



Second, stick to your guns. It's a fact of life that kids are not always going to make the best decisions, and temptation is a powerful force. When your child suddenly decides to buy that new video game instead of continuing to save for that bike he has been putting money toward for weeks, and later realizes that he really *really* wants that bike, you can't buy it for him. You have to be ready to tell him that this was his decision and that he can learn from it by giving purchases more thought next time. If you give in and buy your kids what they want, you're rewarding spontaneous spending and teaching them that it's not necessary to save up.

Third, create a balance with money and model it for your children. Show them how money can be divided in different ways: Saving, Spending, Investing, and Giving. Selecting and adding to a mutual fund



with your child will help her understand investing long-term. Putting money aside (even just in a jar or piggy bank for the little ones) to use on a certain item at a later date teaches proper saving. Putting some aside to give at church or to a charity teaches them that money can be selfless. And spending... well, we're pretty sure they'll get that one first.

Giving your children a financial advantage doesn't mean handing them a trust fund; it's about investing in their future by teaching good, life-long money habits.

Budget resources: Check out "You Need A Budget" at YNAB.com—learn how to budget your money more effectively.

WHAT IS AN ORTHODONTIST?

Everyone knows that when your child needs braces, they go to the orthodontist, and if they need a cavity filled, they go to the dentist. But did you know that before Dr. Delurgio and Dr. Blom became orthodontists, they were dentists, too? In fact, *all* orthodontists start out in dentistry before about 6% of them continue on to become orthodontists.



For that 6%, there is a sense of fulfillment that comes from moving teeth and aligning jaws. They enter their practices following college, dental school, and an orthodontic residency program—a process that takes ten or more years after high school. Consider Dr. Delurgio, for instance; she attended the University of California, Irvine, where she majored in Biological Sciences, then completed dental school at University of the Pacific in San Francisco there too. Finally, for her Certificate and Master's Degree in Orthodontics. As for Dr. Blom, he completed his undergraduate at UC Davis before receiving his dental and orthodontic training at UC San Francisco. That's a lot of schooling! An orthodontist's residency program takes two to three years. There, students learn about the skills necessary for managing tooth movement and guiding facial development.



After completing dental school, orthodontists do not continue doing dentistry and instead, they limit the scope of their work to orthodontics. That's why you won't find Dr. Blom or Dr. Delurgio conducting any root canals or extractions but they have done them before.

Finally, when young orthodontists are ready to begin their careers, they dedicate their lives to helping children

and adults obtain straight and healthy, beautiful smiles. And for those who say that the work of orthodontists is purely cosmetic, straight teeth not only make for a prettier smile, but they also help with biting, chewing, and speaking properly. Jaw alignment is particularly important, as problems such as TMJ can cause painful wear and tear on the joints, and an overbite or underbite can cause a distortion of words.

Finally, much of an orthodontist's knowledge includes knowing how to use the best tools to achieve excellent results. The most common tools used by orthodontists include braces, clear aligner trays, and retainers. Knowing which of these is going to create the best results is an important part of the job.

Many patients who require orthodontics, also report a lack of confidence and self-esteem. Being able to help their patients achieve a positive self-image and confidence is one of the best gifts an orthodontist can give.

The Best-Kept Secret to Straighter Teeth

"People who like their smile, smile more. Those who smile more are perceived as more intelligent, successful and held in overall higher esteem."

-Dr Donald B. Gibbon
Psychologist and Orthodontist
Harvard University

One benefit of aligners is that they are better for hygiene. You'll never have to worry about picking the spinach out of your brackets or missing an occasion to floss with Invisalign. The aligners are removable, so they can be taken out during eating, drinking, brushing, or flossing. Plus, because the aligners don't fix onto your teeth or contain as many fragile pieces, your diet won't be as restricted.

Invisalign can fix mild crowding or bite issues—problems currently being solved by regular braces—with a solution that's practically invisible! So long as you're diligent in remembering to keep your aligners in at all times except meals and brushing, you're sure to see some amazing results. This fall, take on a brighter, more confident smile, with a secret that's just between us.



Up until recently, the best compliment a person with orthodontics could receive was, "You got your braces off—your teeth look great!" Today, the better alternative is hearing, "You have such a gorgeous smile. Have your teeth always looked that amazing?" With Invisalign, no one will even know you're wearing them. And that means you can have a straighter smile, without the fuss. Here's how it works:

Skills Trump Passion

in the Quest for Work You Love

For College-bound Patients:

Passion for your work comes AFTER you get good at it, after you put in the hard work to become excellent at something valuable. What you do for a living is LESS important than how you do it.

A flaw among humans is thinking the grass is always greener on the other side. Career choices commonly subscribe to this when one gives up a perfectly legitimate job path to pursue a "passion" that may or may not pan out. Learning how to fully invest yourself in your current job and find fulfillment there is the topic of this insightful book by Cal Newport, titled, *So Good They Can't Ignore You: Why Skills Trump Passion In the Quest for Work You Love.*

