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The Smile Line

From DeLurgio and Blom Orthodontics

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WINTER 2017

A SMILE AND A WEDDING

How a 6-Month Treatment Gave Courtney

..... the Confidence She Needed

My wedding was months away and I was not thrilled with my smile. My fiancé and I had recently taken engagement photos, and while the photos came out great, there was one detail that bothered me: my smile. I didn't want to be self-conscious about my smile on my wedding day. I didn't want to worry about the wedding photos. In that moment, I knew I had to do something about my smile.

During my next dental appointment, I asked my hygienist if she had any suggestions for orthodontists who could help. She immediately recommended Dr. DeLurgio. As it turned out, other patients who had come in for their regular six-month checkups and cleanings had mentioned Dr. DeLurgio. They had nothing but good things to say. With the referral, I scheduled a consultation.

Immediately upon walking into the office, I knew I was in good hands. Right through the door, everyone in the office was super friendly and made me feel at home. From there, Dr. DeLurgio walked me through what to expect before taking pictures of my teeth, taking X-rays, and creating a mold. Dr. DeLurgio wanted to get as much information as possible about my needs and my teeth before moving forward.

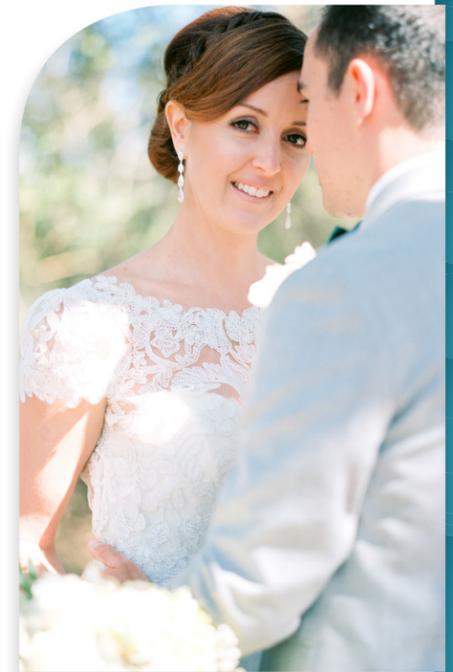
At my second appointment, Dr. DeLurgio came to me with a plan. It wasn't originally what I wanted to do. I thought Invisalign would've been my best option. I didn't want to feel self-conscious about wearing braces — I really wanted to keep this treatment to myself. Dr. DeLurgio was straight with me. She told me my first option wasn't going to get me the results I really wanted in the time I had. Based on the alignment of my teeth, my best option was braces.

I'll admit, the idea of getting braces did make me uncomfortable at first. But Dr. DeLurgio explained this was the option that would get me the results I wanted before my big day — which was fast approaching. I had to give it some thought, but thanks to Dr. DeLurgio's reassurances, I had the confidence to move forward with her suggestion.

I went with the braces — though I did spend a little extra to get the clear ones. Dr. DeLurgio also suggested AcceleDent to

speed up the process. She explained that the technology in AcceleDent was used in orthopedics. This fact made me that much more confident in the procedure.

As a nurse at UC Davis, I work directly with orthopedic doctors. I know the field, and to have it applied to my orthodontic treatment was all the better. The technology is often used in bone surgery and helps wounds heal faster. Basically, I would see the results I wanted in less time.



With my braces on and a little extra help from AcceleDent (I used it for about 20 minutes a day — it's kind of like using a sonic toothbrush), I began seeing results practically every day. Yes, there was pain and discomfort, but honestly, it was a good pain. There was one moment in particular when I knew it would all be worth it. One night, one of my patients turned and looked up at me. I had my braces on, and she said, "You have a really nice smile." That was the first time anyone had complimented my smile. I felt fantastic.

My first consultation with Dr. DeLurgio was in May 2016. My braces were on in a matter of weeks. At the end of September — and a week before my wedding — my braces came off. The results were amazing! My smile was everything I had hoped for. I walked down the aisle with confidence, and my wedding photos turned out beautifully! I could not have asked for a better experience.

- Courtney Dwyer

PATIENT OF THE MONTH



24 MONTHS
Milena M.

A SPECIAL THANK YOU

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

- | | |
|--------------|--------------|
| Monica R. | Jana B. |
| Spencer E. | Susan G. |
| Isabella B. | Cynthia M. |
| Oana B. | Catherine L. |
| Christine V. | Vanessa H. |
| Adam L. | Lisa C. |
| Idamay S. | Nicholas G. |

FROM OUR Patients ...

"My experience was amazing, and I'm extremely happy with the final result."

- Milena M.

Keep Identity Thieves Away From Your Children

3 STEPS FOR PROTECTING YOUR CHILD

The Federal Trade Commission reports that as many as 10 million individuals per year have their identities stolen. Many of these victims are children. In fact, the Identity Theft Resource Center reports that children are 51 times more likely to become the victims of identity theft than adults. Once a child's identity is stolen, it can take years for the fraud to be discovered.

Here are some steps you can take to help protect your child from identity theft:

Watch for Red Flags

Be on the lookout for credit card or loan offers addressed to your child or IRS notices saying your child did not pay income taxes. In addition, collection calls or bills sent to your child may be signs of identity theft, so be sure to follow up with the sender if something looks suspicious. Finally, if your child is ever denied a driver's

licenses, bank account, or government benefits, it's possible their Social Security number may have already been used.

Check Your Child's Credit Report

Should your child decide to take out a loan to establish credit, only to find they already have a score, it's likely that their identity has already been stolen. If you suspect your child might be a victim of identity theft, it's important to check all three major credit bureaus — Experian, Equifax, and TransUnion — right away.

Freeze Your Child's Credit

A credit freeze keeps your — or your child's — credit report from going out to any lenders or even utility companies until you choose to "thaw" the account. If your child has a credit report, you should try to freeze the account right away. If your child does not have a credit report, that's great! But if you want to be extra cautious, you



may be able to freeze your child's account now to prevent an identity thief from potentially borrowing on their credit in the future.

You are your child's first line of defense, so it's important for you to take precautions. Being vigilant and proactive can help you protect your child's financial future.



MINERAL TOOTH TREATMENT THAT ROCKS

FLUORIDE MAKES YOUR TEETH MORE SOLID

Did you memorize the periodic table in high school? Probably not. But if you were to look at the top right corner of the chart, you'd find the element F-, a mineral that can give your teeth A+ treatment against plaque. It's also known as fluoride.

A study done in the 1930s found that fluoride treatments on teeth prevent cavities. Of course, the scientists used a big word to explain its effect: remineralization. Over 80 years later, more than 70 percent of Americans live in a town where tap water is fluoridated, according to Centers for Disease Control and Prevention. Feel free to ask around to find out if your water receives such treatment.

Though fluoride also exists in toothpastes and some foods (the most notable being grapes and tea leaves), the most potent, effective fluoride treatment can be found at your biannual dental visit. That's when your hygienist will have the chance to apply a varnish with a much higher level of fluoride than you'd find in tap water or food. This treatment will then fortify your teeth against future cavities.

Children benefit most from fluoride treatments, since they're experiencing the most crucial years of tooth development. But cavities know no age, so fluoride can help anyone with a set of chompers.

Fear the Fizz

Soda Attacks Your Teeth Differently

The bright colors and sugary flavors of your favorite fizzy drink can be inviting, right? But according to a study by the University of Michigan, people who drink three glasses of soda every day have 62 percent more tooth decay than non-soda drinkers.

How does soda hurt your teeth?

It's simple, really. The large amounts of sugar in soda mingle with the bacteria in your teeth — a sinister union that results in acid, which then attacks your enamel, or the outermost layer of your teeth. Every time you take a gulp, the resulting assault on your pearly whites lasts about 20 minutes. So if you sip the stuff throughout the day, your teeth are under constant heavy fire.

Although sports drinks and juices are often high in sugar, soda is special. Due to its chemical content, soda is more

prone to attack the next layer below your enamel, called dentin. Damaged dentin is the main cause of cavities.

What is Mountain Dew mouth?

Dentists have a nickname for heavy drinkers becoming truly dentin-deprived: Mountain Dew mouth. The result is simple: extreme tooth decay, and we mean extreme. Be careful doing a Google Image Search for it, because the results are grisly.

But diet soda is okay, right?

Not so. Sugar-free diet sodas contain their own unique acids, which attack your teeth just as hard.

Ultimately, any beverage other than water can harm your teeth if you don't regularly brush and floss. But when it comes to liquid tooth-attackers, soda packs a serious punch.



GOOD OLD-FASHIONED CHICKEN SOUP

If your New Year's resolution is to have a healthy and happy year, you'll love this delicious, gluten-free seasonal soup.

INGREDIENTS

- ¼ cup coconut oil or ghee
- 1 cup onion, chopped
- 1 (14-ounce) can diced tomatoes
- 2 cups chicken broth
- 1 teaspoon garlic, minced
- 1 teaspoon thyme
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 cups potatoes, diced
- 1 ½ cups carrots, sliced
- 2 cups boneless, skinless chicken breast, chopped into 1-inch pieces

DIRECTIONS

1. In a large pot, heat oil and sauté onions until tender.
2. Add tomatoes, broth, garlic, thyme, bay leaf, salt, and pepper and bring to a boil.
3. Add potatoes, carrots, and chicken.
4. Simmer until vegetables are cooked through, about 30 minutes.

Recipe inspired by kitchme.com.