



A VOICE OF CONFIDENCE

•• Rachaad Hampton's Journey to a Confident, Functioning Smile ••

I first came to DeLurgio and Blom Orthodontics a little over two years ago. I needed serious orthodontic work and to fix my overbite. By that time, the position of my jaw had gotten so bad, it affected the way I spoke and the way I experienced food. As someone who loves food, you can imagine this was a pretty big deal.

On top of that, the position of my jaw was really uncomfortable. Not only was it affecting my speech and my ability to eat, but it was leading to headaches and migraines on a regular basis. I needed to make a change.

Dr. DeLurgio took my case. We started with braces, which is a pretty typical way to start treatment. From there, though, the treatment went a little out of the ordinary. Before we got further into the process to correct my teeth and bite, Dr. DeLurgio referred me to an oral surgeon.

The surgery came with its share of risks, like any surgery. But this was my jaw. This surgery had the potential to completely change the way I spoke and the way I ate. Even though it was an outpatient procedure, it was a huge improvement.

During the surgery, the doctor cut into my lower jaw. There was some discussion about adjusting my upper jaw as well, but that

came with much greater risks. After all was said and done, the way my lower jaw felt was very different. From there, my jaw began to heal. Once it was healed enough, we moved on to the next stage of the treatment, which involved rubber bands.

I will admit it was painful at times, but I think I handled it pretty well. For one, my mind was on the end result. I wanted to do what was necessary to fix my teeth and jaw. Week to week, we made adjustments to my braces, and slowly but surely, things improved. The pain and the stress on my teeth was annoying but manageable.

After three years of treatment, I got my braces off on May 5, 2017 — Cinco de Mayo! It was truly a day of celebration. I couldn't wait to go out with my brand-new smile.

When you go through treatment for 27 months, you realize just how much you miss out on. In this case, I'm talking about the food. I love the Sacramento food culture. I love going out to eat with friends, and I love to try new things. That was sort of put on hold for a while. Now I'm back out there.

The day I got my braces off, I went out to a bar to celebrate. I realized just how good I felt. It was great to have my braces off and my jaw in a normal position, but it was so much more than that. I felt confident. I was excited to smile around people (especially the ladies!).

Even more important than that, though, I could speak normally! I could pronounce every word and every syllable. It was no longer a struggle. This meant more to me than anything.

I'm still putting the final touches on my treatment, but I can say my experience over the past three years was nothing short of phenomenal. Dr. DeLurgio was with me every step of the way. She was concerned about me and focused on getting me the best results. I appreciate that. Her work speaks for itself.

—Rachaad Hampton



PATIENT OF THE MONTH



A SPECIAL THANK YOU

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

Kim R.
Alisa A.
Kirby R.
Radhika M.
Richard M.
Nicole P.

FROM OUR patients ...

"Amazing! I am so glad that I have my confidence back. Only having the braces for one year shocked me. I am sincerely grateful for DeLurgio & Blom Orthodontics for taking care of me!"

— Mick P.
(12 months)



Grow Crystals With Your Kids



A mentally sedentary summer can cause your child's learning to stagnate and backslide, erasing the equivalent of as much as two months of in-school learning. But you can have fun with your kid this summer and help them learn at the same time. Try this project from sciencebob.com, which demonstrates how geodes are formed and gives a primer on the science of crystals. The results are stunning!

All you need are some clean eggshells, water, several different soluble materials (salt, sugar, baking soda, borax, cream of tartar), coffee cups, spoons, food coloring, and egg cartons.

First, crack the eggs as close to the narrow end as possible. Then, clean the eggshells in hot water, which allows you to pull the skin out of the inside.

Place the shells in an egg carton lined with wax paper to hold them upright. Boil the water and pour half a cup into each coffee mug, followed by ¼ cup of one of the soluble materials, stirring until it dissolves. Keep adding the solid slowly until the water is supersaturated — this simply means that the water has absorbed all it can and any additional solid won't dissolve.

Then, add food coloring to the solutions. See what creative color combinations your child can come up with.

Carefully pour the solution into an eggshell, filling it as full as you can without the solution overflowing or the egg tipping over. As the water evaporates (be patient!) crystals will begin to form inside the eggshells.

But how? As the water is heated, it expands, allowing more space for the dissolved solution. When it cools and evaporates, that space goes away, and the solids are forced to become solid again.

See, science is fun and educational! Check out further science experiments on sciencebob.com, sciencekids.co.nz, or redtri.com/classic-science-experiments!



THE BUZZ ABOUT TOOTH VIBRATORS

GET OUT OF BRACES FASTER WITH ACCELENT

The OrthoAccel Technologies' AcceleDent System, which received FDA clearance in 2011, is a hands-free, rechargeable, removable mouthpiece that patients with braces wear for 20 minutes a day to dramatically speed up tooth movement. Patients often liken the soft vibrations to a gentle massage.

"It is fast, safe, and gentle orthodontics," Mike Lowe, CEO of OrthoAccel, said. "You get out of braces in half the time; we have consistently seen that."

The technology behind AcceleDent is a concept borrowed from the orthopedic world. Instead of using plaster casts on broken or fractured bones, a vibrating cup can be used to help reduce pain and speed up healing, which in turn results in a stronger heal in the bone. When considering the mechanics of movement, a simple mouth vibrator makes a certain kind of sense.

In a randomized controlled clinical trial out of the University of Texas Health Science Center at San Antonio, this vibration accelerated tooth movement by 106 percent during the initial alignment phase, and then 38 to 50 percent later, all without adverse events.

The most obvious benefit of AcceleDent is that it cuts braces-wearing time in half. For adults with braces, the decision to use AcceleDent is a no-brainer. The stigma of adult braces is still strong, and many adults would jump at the chance to reduce treatment time.

Braces usually require adjustments every few months, and AcceleDent reduces the pain that can sometimes make it difficult for patients to talk and eat.

Unfortunately, the amount of time you use the AcceleDent doesn't directly correlate to how soon you get your braces off. It's been found to be most effective with the recommended 20 minutes per day treatment, but prolonged use can actually hinder its effectiveness.

As of 2015, OrthoAccel has shipped nearly 40,000 units to 2,500 practices nationwide. The device tacks on \$500 to a standard braces bill, but many patients say the cost is well worth the speedy results.

Nature's Great Multitasker

3 Ways to Use Coconut Oil – And See Results!

Coconut oil is one of nature's great multitaskers. You can cook with it, bake with it, use it as a dietary supplement, apply it to your skin, and run it through your hair — all which deliver unique benefits. In this issue, we're going to look at three of the most immediate benefits you can enjoy by using coconut oil.

Rejuvenate your skin. Instead of reaching for lotion or body oil, reach for the coconut oil. It's a single ingredient, so you know exactly what you're putting on your skin — which means you don't have to worry about any sort of skin reaction. That is, as long as you aren't already allergic to coconut! It helps keep skin hydrated and youthful-looking, plus it can treat symptoms related to dermatitis, eczema, psoriasis, and numerous other skin conditions. Just keep in mind, it cannot treat the base cause of any of these conditions.

Give your hair extra luster. The plant-based fatty acids in coconut oil help alleviate dry hair, dry scalp, and dandruff. At the same time, it can help reduce the effects of everyday damage, including sun damage. Use coconut as-is, or combine it with an essential oil for an extra punch. Apply it about 30 minutes before showering and let it set, then wash it out of your hair! Just be sure not to use your typical shampoo to wash away the oil.

Let the hot water take of it. It may take a little longer to wash away the oil residue, but you'll be left with soft, clean hair.

Freshen your smile. When swished around in the mouth, coconut oil can reduce bacteria and freshen your breath. It's all thanks to coconut oil's antibacterial properties — and the fact it literally pulls bacteria away from your teeth and gums as you swish it around. All it takes is a tablespoon of oil and about 20 minutes. Once you're done, spit the oil into the trash. That may sound a little gross, but avoid spitting in the sink. The oil may solidify and cause a clog.



ONE-PAN MEXICAN QUINOA



INGREDIENTS

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned, or roasted
- 1 teaspoon chili powder
- ½ teaspoon cumin
- Salt and pepper to taste
- 1 avocado, halved, seeded, peeled, and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add garlic and jalapeno and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice, and cilantro.
3. Serve immediately.

Recipe adapted from DamnDelicious.net.