



DeLurgio and Blom Orthodontics
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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

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PATIENT MONTH



7 MONTHS
Ann Z.

A SPECIAL THANK YOU

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

Rudy A.
Amy F.
Jenna F.

Jesus G.
Veronica G.
Hamilton R.

FROM OUR Patients...

"I have only good comments to make about my experience. Dr. DeLurgio and her entire staff were courteous and professional. My teeth have never looked better. I wish I had done it years ago! I would highly recommend Dr. DeLurgio to anyone considering orthodontics."

-ANN

When I first got braces about a year and a half ago, I didn't like them. They were uncomfortable and felt like they were just getting in the way. I don't think a lot of people my age, especially if they're in high school, are too thrilled about the prospect of getting braces, but there's something they need to know. It's something I recently discovered after I finally got my braces removed.

For 18 months, I lived through the rubber bands, the tightenings, the cleaning — and I may not have liked wearing braces, but now that it's over, I'm really glad I had them. The braces may have been uncomfortable, and even challenging at times, but the results were completely worth it.

I'll admit to the challenges. The responsibility of keeping your braces and teeth clean does take a little extra time every day. So does keeping them clean after lunch at school. And wearing rubber bands is never fun. But, even with all of these challenges, it's all made better by the fact I had an amazing orthodontist helping me through the entire process. Before every adjustment, I knew exactly what was going to happen next. There were no surprises, and I was made to feel as comfortable as possible.

Then, we reached the end (well, mostly — I still have retainers). I started with an overbite and overcrowded teeth. Today, my teeth look perfect! I'm much more confident when I smile, and as a high school junior, that's a pretty big deal. I'm currently learning American Sign Language, and facial expressions are a huge part of the language. With my new smile, I can put even more expression behind my words."

Learning American Sign Language has been a big part of my life. I initially picked it up as a hobby about five years ago. I started learning about ASL through books, and eventually I began working with a tutor. Now, I'm taking an ASL course at American River College.

The boost in confidence goes far beyond practicing ASL. I'm more confident in school and church, where I'm involved in many extracurricular activities. At school, I'm involved in drama club, and I helped plan homecoming and other events. At church, I help out with the children's ministries.



I also love to bake! Since I started sharing the various homemade treats with classmates and friends, sometimes I think they've sort of come to expect it. If I don't show up with my signature red container, they'll inevitably ask me where it is, and where the treats are. But, I can assure them, even if I don't supply any chocolate crinkle cookies today, there will probably be some tomorrow.

With such a positive change in my life, I can't wait to see what's next. I'm starting to think about college, where I might get into the field of engineering. Or I might pursue a path to becoming an ASL interpreter. Either way, I'll do it with a smile!

-Jennifer

Put a Spin on Thanksgiving Classics



Who doesn't love sitting down to Thanksgiving dinner, ready to fill their plate with food? Many families have traditional meals, which can mean the same dishes every year. A few family members are probably getting a little bored with the expected food fare. If you want to add a little extra something to your Thanksgiving, but don't want to stray too far from the traditional, look no further!

Make Your Own Stuffing

Boxed stuffing is convenient, but it's a crutch in the kitchen and is overly relied upon. It's bland, and its flavor can only be helped by a generous portion of salt. Why not try some good old-fashioned homemade stuffing? It's as easy as chopping a few onions, carrots, and celery stalks (or any fruits and veggies you like). Mix the veggies with homemade cornbread or bread of your choice, and you're off! The possibilities are endless! Search online for different variations!

Brine Your Turkey

If you don't brine your turkey before popping it in the oven (or the fryer), you're missing out. Brining turns up both the flavor and the moisture, which means a tastier, juicier turkey. There are a number of ways to do it (bathing it in a salt/sugar mixture), but be sure to check out Alton Brown's method. You can find it here: www.bonappetit.com/recipe/alton-brown-s-classic-brined-and-roasted-turkey, or search for it online!

Go Classic Pecan Pie

Pecan pie is a Thanksgiving dessert staple, but many recipes call for corn syrup. Ditch the corn syrup for a more flavorful option with brown sugar and maple syrup. It's a simple substitute. You can vary the maple syrup based on how strong you want the flavor. And for another small flavor kick, add a splash of dark or spiced rum to the mix!

Put a Pause on Morning Fatigue

HOW YOU CAN BOOST YOUR ENERGY AND BE READY FOR ANYTHING

You get up in the morning and reach for your first cup of coffee. Before you know it, you're on your fourth cup. With each cup you hope for a burst of energy so you can get things done. Sometimes you find the energy, sometimes you don't. If you're looking for surefire ways to boost your energy in the morning and throughout the day, try a few of these tricks!

Watch a cat video

When you start to feel the urge to take a nap, jump on YouTube and search for a few cat videos. You might be asking, "How will cat videos keep me awake?"

It all comes down to how the brain works. Cute animal videos are practically impossible to resist, and there's a good reason why. When we watch them, our brain releases oxytocin, a "feel-good" hormone. When oxytocin is released in the brain, levels of cortisol (a stress hormone) are reduced. Cat videos (and puppy videos, too!) boost our mood and our energy.

Groove it

When your jam comes on the radio or your favorite music app, get up and dance! A quick dance can jumpstart

your energy to defeat the morning lull. You can also sprint around the block or office for the same effect — leaving you with a burst of energy. Plus, listening to your favorite tunes releases dopamine, oxytocin, and serotonin in the brain, helping you get a feel-good start to your day.

Shine on

When you're stuck inside all day, the answer to your low energy may be sitting 93 million miles away. Natural light increases alertness and wakefulness. Bright light triggers the release of orexin, a neuropeptide, which helps control the feeling of being awake. All you have to do is take a brief walk in the sun, and you'll be left feeling refreshed and energized!

Water yourself

One of the best things you can do for your body and your energy level right this second is to drink a glass of water. When we're dehydrated, our bodies become stressed. Stress leads to fatigue and confusion. Even minor dehydration can have a profound impact on our ability to focus. When you start to feel your attention drifting and have a hard time keeping your eyes open, reach for the water.



INGREDIENTS

- Flour, for dusting
- ½ recipe of pie crust (homemade or store bought)
- ¼ cup dark brown sugar
- ¼ cup granulated sugar
- 2 eggs
- 1 (15-oz.) can pumpkin purée
- 1 cup heavy cream
- ¼ cup maple syrup
- 2½ tbsp. potato starch
- 2½ tsp. ground cinnamon
- 1½ tsp. ground ginger
- 1 tsp. freshly grated nutmeg
- ½ tsp. ground cloves
- ½ tsp. Kosher salt
- ¼ cup Demerara sugar

DIRECTIONS

1. Heat oven to 375°. On a lightly floured surface, roll dough into a 12" round. Fit into a 9" pie plate. Trim edges and crimp; chill 30 minutes.
2. Whisk sugars and eggs in a bowl until pale and fluffy. Add pumpkin, cream, syrup, potato starch, cinnamon, ginger, nutmeg, cloves, and salt; whisk until smooth. Pour filling over dough; using a spatula, spread into an even layer. Bake until just set in the center, 45–50 minutes. Transfer pie to a rack; let cool to room temperature, then refrigerate until cold, about 1 hour.
3. Sprinkle Demerara sugar evenly over surface of pie. Guide the flame of a blowtorch back and forth over surface until sugar caramelizes. Serve immediately.

THE 3 MOST COMMON DENTAL MYTHS

We Set the Record Straight

People will believe anything these days, so it's time to set the record straight. Rumors abound when it comes to oral health. Take it from us, and don't be fooled by the most common dental myths.

Aspirin in Contact with a Tooth will Alleviate Pain

For best results, aspirin must make contact with the source of pain through the bloodstream. When aspirin enters the digestive tract, it blocks pain messages from the injured body part to the brain, which decreases the amount of pain you feel. Placing an aspirin on your teeth and gums would be as ineffective as placing it on your head to relieve a headache. Plus, direct contact of aspirin on gums can leave acidic chemical burns.

Stop Brushing Bleeding Gums

Often, people take bloody gums as a sign to stop brushing altogether. Not true! Ongoing gum bleeding is usually the result of plaque and dental debris stuck along the gum line. When it sits too long, gums become inflamed and irritated. The best course of action to alleviate gum bleeding is to brush! Brush gently and floss regularly, and the bleeding should subside.

Bleaching is Bad for Teeth

When used correctly by a trained professional, bleaching is an acceptably safe way to whiten teeth. Years ago, bleaching required acidic materials that could wear down enamel, but technology has come a long way. Bleaching only affects the shade of a tooth and not the structure, and only causes harm when done either incorrectly or in excess.

It's important to know the facts before you engage in behavior that can hurt your teeth. However, if problems or pain for any reason persists, call us to make an appointment as soon as possible. We're here to ensure your smile is the best it can be!