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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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## Inside This Issue:

*New Technology*  
**PAGE 1**

*Chew On This!*  
**PAGE 2**

*Real 'Thanks-Giving'*  
**PAGE 2**

*Perfectly Fall Apple Crisp*  
**PAGE 3**

*Dentists Screen for Cancer*  
**PAGE 3**

*Patient of the Month*  
*Thank You for Your Referrals!*  
**PAGE 4**



# The Smile Line

*From DeLurgio and Blom Orthodontics*

916-546-4629 www.DeLurgioAndBlom.com Orthodontic Specialists

FALL 2016

## NEW TECHNOLOGY?

..... **Don't Mind if We Do!** .....

A lot of people who walk into our front lobby are absorbed in their phones. It's been hard not to notice how enamored kids are these days with their fancy cell phones and apps. We got the message loud and clear — an orthodontic office that wants to be cool needs to have the latest gadgets.

That's one reason why we've been upgrading our machines so much over the past year. Okay, so maybe it's not only about being cool, it's about being high tech. They can point to their iPhone 7, and we can point to our brand-new pano/ceph X-ray machine. Or, as we call it, our Tesla.

In addition to these great perks, the Sinora Orthopos XG saves everyone involved a lot of time. This machine not only makes our job easier and more efficient, allowing us to work with digital images right from the machine, but it also makes things faster for the patients. No additional appointments at the X-ray laboratory needed! We're thrilled to be able to improve the patient experience with this simple addition to our in-office equipment. And we're in good company — over 80,000 dentists and orthodontists swear by their Orthopos machines.



In all seriousness, we're pretty excited about the Sirona Orthopos XG we recently purchased for the practice. The X-ray machine is all digital, which means we can now officially go paperless! This is a win for the environment and our own productivity. The new machine also makes it possible for us to take both panoramic and cephalometric X-rays right from the same machine.

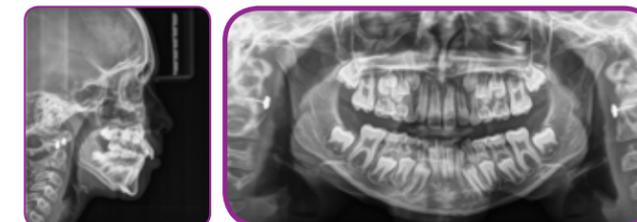
So, what else makes the Sirona X-ray machine so great, aside from its paperless qualities? Here are a few of its best traits:

- **High quality.** It provides maximum image information with automatic adjustment for sharpness.
- **Durable.** It's built to last.
- **Safe.** It reduces the radiation dose for patients compared to other machines.

Of course, the Sirona Orthopos XG is not the only piece of technology we've added. We've fully bought into the hype of cool gadgetry, which is why we bought new chairside computers to make the patient experience as fast and convenient as possible.

We hope you enjoy the new technology as much as we do.

*- Dr. DeLurgio*



## PATIENT OF THE MONTH



19 MONTHS  
**Brandon J.**

### A SPECIAL THANK YOU

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

Jodi S.	Ashley T.	Spencer E.
Caryn M.	Rhonda C.	Isabella B.
Michelle M.	Jennifer R.	Oana B.
Trisha S.	Miha D.	Christine V.
Linda R.	Maxine P.	Adam L.
Karen B.	Diane B.	Marisela F.
Jenna R.	Monica R.	

### FROM OUR Patients ...

"My experience was good. It changed how I talked, got rid of my lisp, and made it easier to eat."  
- Brandon J.

# Chew On This!

## WILLIAM WRIGLEY JR. COMPANY'S REFRESHING REPUTATION

William Wrigley Jr. moved from Philadelphia to Chicago in 1891, on a mission to sell his father's special Wrigley's Scouring Soap. To encourage shopkeepers to carry his product, Wrigley would throw in a can of baking soda. When the baking soda turned out to be more popular than the soap, Wrigley put his efforts into just selling the baking soda. This time, he offered free packs of chewing gum to sweeten the deal.

Once again, Wrigley's incentive turned out to be more popular than his product. Not being the kind of man to let an opportunity slip through his fingers, Wrigley began manufacturing chewing gum exclusively. His company's early gum products, called Sweet Sixteen Orange and Lotta Gum, were a huge hit amongst the youth. Popularity quickly spread to the general public. With the release of the iconic Spearmint and Juicy Fruit brands in 1983,

Wrigley's company positioned itself as the manufacturer of America's favorite chewing gum. Soon, the beloved Doublemint brand, with the famous Doublemint Twins, joined the lineup.

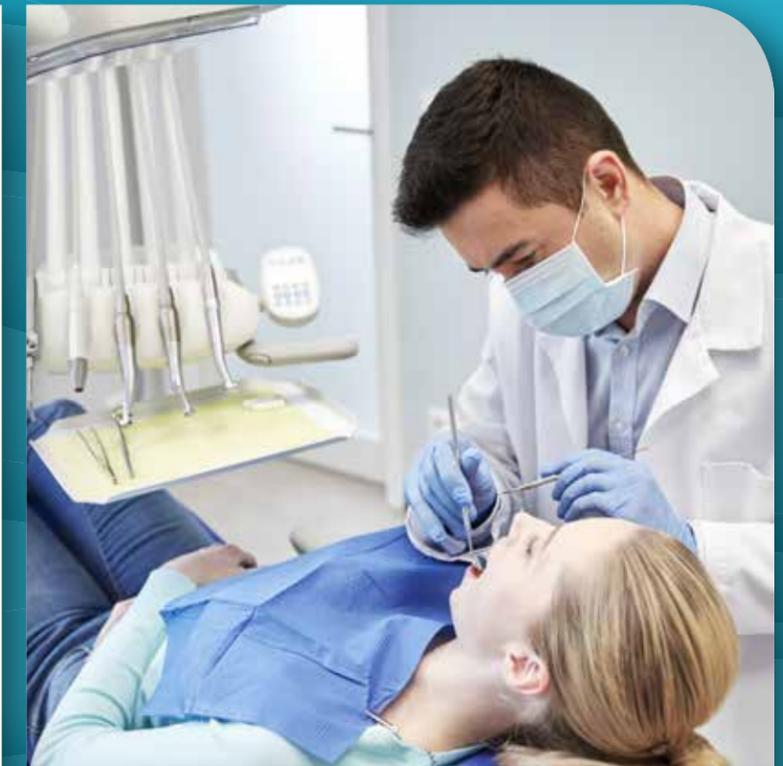
Beyond providing a popular product, Wrigley proved to be an excellent employer. Wrigley's factory in Chicago established a health and welfare department in 1916. Employees were given both Saturdays and Sundays off by 1924. And when the Great Depression sunk the nation into an economic crisis, Wrigley implemented a minimum wage to help his employees through the trying time.

During World War II, Wrigley lost access to their suppliers. Rather than risk compromising their brand with subpar ingredients, William Wrigley Jr.'s son, Phillip, having taken control of the company after



his father's death in 1932, halted production altogether. Instead, Wrigley supported the war effort by sending the remaining supply to the armed forces overseas and began offering Orbit, a wartime substitute made from available ingredients, to the public. After the war, Wrigley reinstated production, but continued to offer Orbit and developed additional products: Big Red and Freedent.

Today, Wrigley's company, now a subsidiary of Mars Incorporated, is valued at \$4.4 billion. It continues to be the largest chewing gum manufacturer and marketer in the world, offering tasty gum and fresh breath to the masses.



## SPOT ORAL CANCER EARLY WITH REGULAR DENTAL EXAMS

Do you put off your trips to the dentist? A study published in BioMed Central's Oral Health Journal found that 40 percent of people are afraid of the dentist. Almost a third of those people put off necessary dental treatment as a result of that fear. They're risking more than just tooth decay and gum disease: Regular dental visits are also the best way to screen for oral cancer.

Oral cancer isn't a top concern for most Americans, and that's part of what makes it so dangerous. People aren't aware of this disease — which kills one American every hour, every day of the year — in the same way they're aware of lung and breast cancer. In addition, many assume that you can't get oral cancer if you don't use tobacco. That's an erroneous belief. Anyone can get oral cancer. Tobacco use is a risk factor, but so is alcohol use, an HPV diagnosis, or sun exposure to the lips.

Oral cancer can be hard to catch, and is very difficult to screen for yourself. Passive methods of spotting cancer early — like family or friends noticing your symptoms — don't work when the cancer is inside your mouth, nose, or throat. This is why a trained dental hygienist with an array of tools is needed. The Oral Cancer Foundation recommends a thorough screening every six months to a year. That's also how often periodic dental exams are recommended. A regular dental exam by a respected dental office will include an oral cancer screening.

Don't put off that next dental exam. Be sure to ask your dentist about a thorough oral cancer screening the next time you visit. It takes just a few minutes a year, but they might be the most valuable minutes of your life.

## Help Kids Give Thanks This Month

Gratitude is on everyone's mind this month and has been important to civilization for centuries. Aesop, a Greek writer who lived from 620 B.C. to 560 B.C., said, "Gratitude is the sign of noble souls." So it's an important quality to teach to our children. But how?

Teach them to say "thank you" when someone does something for them. A study published in the Journal of Practical Nursing showed that nurses who said "thank you" to their patients on a regular basis reported that they enjoyed their jobs more than those who didn't. The same applies to all of us — especially children. The habit is easy to build because it's easy to correct when a child doesn't say "thank you."

Many children are taught that actions speak louder than words, and when they need to show gratitude

beyond saying it, you can have them do a favor. Did Grandma get them a nice Christmas present? A thank-you card is nice, but so is a drawing. Or maybe she'd like them to come over and help with the garden sometime. Teach your children to think about what other people might like in return, and they'll learn to show their gratitude.

Sometimes we must extend our gratitude to the community and the people in it. Charity "gives kids a powerful boost in self-esteem to realize they can make a difference in someone's life," says child development expert Patricia Schiff Estess. Not only will their acts benefit the people around them, but children will see how it feels to receive gratitude on the other end. And they may see how much they have to be grateful for themselves.

## PERFECTLY FALL APPLE CRISP

### INGREDIENTS

#### Filling:

- 6 baking apples, peeled, cored, and cut into wedges
- 1 tablespoon lemon juice
- ½ cup sugar
- 2 tablespoons flour

#### Topping:

- 1 ¼ cups flour
- ½ cup rolled oats

- ½ cup light brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 12 tablespoons butter (1 ½ sticks), chilled and cut into small pieces
- ½ cup nuts, coarsely chopped and toasted

### DIRECTIONS

1. Preheat the oven to 350 F.

#### For the fruit filling:

2. In a large mixing bowl, toss together apples, lemon juice, sugar, and flour. Pour the apple mixture into a buttered 2-quart baking dish and set aside.

#### For the topping:

3. In a large mixing bowl, mix the flour, rolled oats, brown sugar, cinnamon, and

salt. With a food processor or pastry blender, work the butter into the flour mixture — just until it forms large clumps. Fold nuts into mixture.

4. Sprinkle the topping evenly over the fruit. Bake the apple crisp until the fruit is bubbling and the topping is golden brown and crisp — about 45 minutes.

Recipe courtesy of foodnetwork.com.