



Inside This Issue:

How AcceleDent Changed My Life
PAGE 1

Spring Clean Your Utility Room
PAGE 2

Do You Have the Right Babysitter?
PAGE 2

Whip Up Salad in a Flash!
PAGE 3

Do You Have the Success Gene?
PAGE 3

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

HOW ACCELEDENT CHANGED MY LIFE

.... DON'T GET STUCK WITH BRACES LONGER THAN YOU HAVE TO



Going to Dr. DeLurgio changed my life. It may sound dramatic, because I'm talking about teeth, but it's really a whole lot more than that. Before I had braces on, I didn't think much about my smile. It was something that was just a part of me. When one of my canines became impacted, that's when things started to change. I had to get it exposed, and that started the process of getting braces. The only issue was that I was knocking on the door of going to college, and I didn't want to start life after high school wearing braces.

really simple to use. All it does is send really small vibrations through your mouth that help your teeth move, which helps the braces do their job. I used it about 20 minutes every night, and I recommend it to everyone.

"I didn't view them as a hindrance, but rather something to help me get where I wanted to go."

I often heard about how bad it can be having braces, but I really didn't find it too awful. It took some getting used to, but after a while, I viewed them as a part of me. I didn't look at them as a hindrance, but rather something to help me get where I wanted to go. Now I'm in college and having the time of my life. I was able to

join a sorority, and I probably never would've done that if I had braces. I feel like first impressions are so important when you're meeting all the different houses, so having a nice smile helped a ton.

Now that I'm in a sorority, I couldn't be happier. We do volunteer work for St. Jude's, and it's just so awesome to help that organization. We had a pancake social not too long ago, and we all go to basketball games together. During my time with braces, I didn't have much confidence in myself. Now I'm super confident and couldn't be happier. I have Dr. DeLurgio and AcceleDent to thank for that. I hope everyone can see that having braces can help push you forward in life and make your adult years as fulfilling as possible. That's what braces have done for me, and I hope they can do it for you too.

—Savannah

When I started looking for orthodontists with my parents, Dr. DeLurgio came highly recommended, so it seemed like a no-brainer. It didn't take long to schedule a consultation, and when I had my first appointment, she made me feel so welcome. Her supportive nature and encouraging words really helped me with the challenge of getting braces at an older age. She was very empathetic to the whole situation and recommended a tool that was a total game-changer for me.

AcceleDent is a mouthguard of sorts you can use to speed up the process of having braces. I was supposed to have braces on for about three years, but by using AcceleDent, I was able to cut that time in half. It's



PATIENT OF THE MONTH



A SPECIAL THANK YOU

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

[December - February]

- | | |
|-------------|------------|
| Paul V. | Ann D. |
| Caitlyn C. | Jodi S. |
| Amber V. | Tiffany W. |
| Courtney D. | Eric M. |
| Juliana F. | |

FROM OUR patients ...

"I had a really great experience. The orthodontic treatment has changed my life by fixing my teeth and making me smile more!"

—Ana Y.

THE IMPORTANCE OF SPRING CLEANING YOUR UTILITY ROOM

DON'T FORGET TO CLEAN THE HEART OF YOUR HOME

The start of spring brings everyone's favorite seasonal chore — spring cleaning! As you dust, vacuum, organize, and declutter, don't forget about the one room that often gets neglected. This year, give special attention to the utility closet.

The utility closet houses your furnace, boiler, water heater, A/C junction, and other similar large appliances. Homeowners often forget about these appliances because they are out of sight and out of mind, and this can cost a lot in the long run.

Like all the other rooms in your home, this space needs to be kept clean. Dust, for instance, can be hard on HVAC systems. Over time, it accumulates in the HVAC intake and clogs the air filter, reducing its effectiveness and efficiency. This results in a short lifespan for your system, higher power bills, and a poorly heated or cooled home.

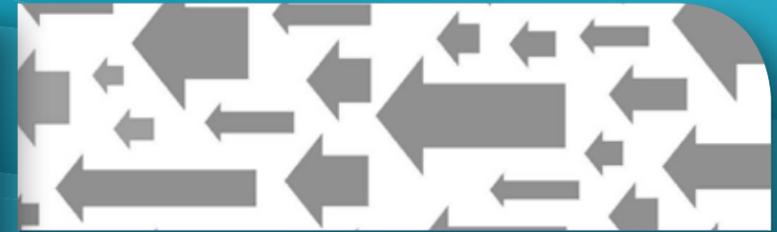
HOW OFTEN SHOULD YOU REPLACE YOUR AIR FILTER?

- Homes with minimal foot traffic (single or double occupancy) and no pets or allergies: 6–12 months.
- Family homes (three or more occupants) with no pets or allergies: 3–6 months.
- Family homes with at least one pet or minor allergies: 2–3 months.
- Family homes with multiple pets or allergies: 1–2 months.

In addition to changing the air filter, it's important to schedule a routine inspection of your home's HVAC system. This includes an inspection of the appliances themselves and any connecting ducts. Dust, dander, and mold can accumulate in the ducts and spread throughout the home, which can lead to health issues, including respiratory problems.



A routine inspection will identify potential problems in your HVAC system. On top of that, you can get these systems professionally cleaned and maintained. These are simple steps that will keep your home's air systems running smoothly for years to come. Plus, you'll be ready for the summer months ahead!



DISCOVERING TRUE 'GRIT'

If you've ever been told you won't succeed because you lack talent, bring a copy of "Grit" to your next meeting.

While teaching high school math, author Angela Duckworth noticed some of her highest-achieving students weren't the ones with the highest IQs, while some of her "smartest" students weren't doing all that well in class. "Why?" she wondered. She followed her curiosity to Penn State's psychology program. There, she studied several demographics, including cadets at West Point, young teachers, and sales representatives. After numerous psychological studies, Duckworth discovered that "grit" was the common denominator in successful people.

Duckworth defines grit as "passion and perseverance for very long-term goals." People who display grit don't start a project and abandon it a month later. They devote themselves to an overarching goal that drives everything they do. She explained that someone who practices grit goes through life like a marathon, not a sprint.

Perhaps most instructive is Duckworth's equation (she was a math teacher, after all):

$$\text{TALENT} \times \text{EFFORT} = \text{SKILL. SKILL} \times \text{EFFORT} = \text{ACHIEVEMENT.}$$

"Effort counts twice" could be the battle cry of grit. Gritty people are willing to put in the extra effort to achieve their goals, and that's what helps them reach their goals if they don't have innate talent.

While this provides a strong case that those born with grit will succeed, grit doesn't factor luck and opportunity into the equation, something that Duckworth is transparent about in her book. She says those who aren't born with grit can develop it in four simple steps.

First, identify an interest that can blossom into a passion. Second, practice that passion, a lot. Third, develop the belief that your passion has purpose. While it's not an overnight transformation, these guidelines can at least give us hope, which is the fourth step: Hold on to hope that you can succeed.

Our biggest takeaway from "Grit"? Look at failures as milestones on the journey to success. Getting gritty means failing and learning from it. Any of us can get gritty if we're willing to put in a little elbow grease.

How to Find a Reliable Babysitter

NARROW THE FIELD AND FIND THE PERFECT FIT

Date night is good for the whole family, and the University of Lincoln found that, even when all other factors are removed, couples who regularly go out together are more likely to stay together. But child care is a full-time job, and it doesn't leave much room for romantic moonlit strolls. Having a great babysitter will free up your schedule for some much-needed couple time.

But how do you find a sitter you can trust? These tips and resources will help you find a sitter your whole family will feel comfortable with.

SEEK OUT PERSONAL RECOMMENDATIONS

When you're looking for a high-trust service like babysitting, it's often best to ask friends and family for recommendations. This is especially true if you know people whose children are close in age to your own. Be sure to ask questions about the referrals you receive and make sure your potential sitter will be a good fit for your family's needs.

TURN TO TRUSTED LOCAL ORGANIZATIONS

Colleges, neighborhoods, and places of worship often maintain lists of reliable sitters within the community. Asking members of these groups for testimonials will help you gauge a candidate's professionalism. Kindergartens and day care

centers are another great local resource to turn to. Often, teachers and assistants will moonlight as sitters, bringing with them a host of child care skills.

SURF THE WEB

There are great web-based resources for finding babysitters. Make sure the sites you visit are properly accredited and have plenty of good reviews. Most national sites do a full background check on all of their listed sitters. These almost always charge a membership fee, but many parents feel that added layer of security is worth it.

CONDUCT INTERVIEWS

Ultimately, the only way you can know if a candidate is the right babysitter for you is to meet them yourself. Make sure the whole family is present; you'll want to pay attention to how your potential sitter interacts with your kids during the interview. Ask questions specific to your family's needs and keep the needs of the sitter in mind, as well.

Finding a babysitter who can give you and your partner peace of mind is essential. Thankfully, there's a wealth of local and web-based resources you can pull from. With a little inquiring, you'll be able to leave home knowing your children are in great hands.

SWEET AND ZESTY DETOX SALAD



INGREDIENTS

For the Salad:

- 3 cups chopped kale leaves
- 2 cups chopped broccoli florets
- 2 cups chopped red cabbage
- 1 cup matchstick carrots
- 1 cup chopped cilantro
- 1/2 cup toasted slivered almonds
- 1/3 cup sliced green onions
- 1 diced avocado

For the Dressing:

- 1 large carrot, roughly chopped
- 1/4 cup rice wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon finely chopped ginger
- 1 tablespoon honey
- 1 tablespoon white miso
- 1/2 teaspoon sesame oil
- Salt and pepper, to taste

DIRECTIONS

1. To make the salad, add all ingredients to a large bowl; toss to combine.
2. To make the dressing, add all ingredients to a blender or food processor. Pulse until smooth. Season to taste with salt and pepper or add extra honey for a sweeter taste.
3. Drizzle dressing over salad and serve immediately.

(Recipe inspired by GimmeSomeOven.com)

5 Things to Know About AcceleDent

- It came out on the market in 2009 out of Texas, but has since been used around the world.
- AcceleDent is a device that has been created to speed up the tooth straightening process. Using it for just 20 minutes per day can cut overall treatment time in half.
- The AcceleDent treatment is used at home and can be done while multitasking. The device is light enough that you put it in your mouth and bite down just hard enough to hold it in place.
- The treatment, which works in conjunction with your braces, can be done with any type of braces. Whether you have metal braces, Invisalign, or something else, you can add AcceleDent to your treatment to speed up the straightening process.
- Many people opt for AcceleDent to speed up their treatment because it doesn't require additional orthodontist visits, it's non-invasive, and people find the gentle pulsing to be comforting.

How it Works

The AcceleDent device has a handle with a mouth plate on the top of it. At the bottom there is a USB plug. The plug is used to charge the system on the computer, with it being recommended that you charge it every three days. The mouth plate is used by putting it into your mouth. When the system is turned on, it creates a continuous vibration. It is this vibration that is so important and speeds along your treatment. The vibration, or pulsing, that is applied to the teeth accelerates the rate of the bone remodeling. When that happens, there is an increase in the rate of the tooth movement.

The increase in the rate of the teeth moving because of the pulsing that the AcceleDent is creating has taken half of the treatment time off for many patients. The device is used at home for 20 continuous minutes per day. But it is lightweight enough that you can multitask as you are doing the treatment. Once it's in your mouth you bite down with just enough force to hold it into place. You can put it in for 20 minutes, let it send the pulses, while you go about your business reading, answering emails, cooking dinner, or just about anything else. It's a hands-free device that provides you the freedom to multitask as you are engaged in the treatment.

The unit has been designed to give you a pulse to indicate 10 minutes has went by, and it will automatically power off once it has reached 20 minutes. This makes getting in the 20 minutes simple, because you don't even have to pay attention to the time spent doing it. The device will keep track of the time for you.

Advanced Design

The field of orthodontics has taken a step forward with AcceleDent, because it helps people cut the time in half that it takes for treatment. It has been designed to do exactly that and people have been having a lot of success with it. The good news is that there are no down sides to using the AcceleDent treatment in conjunction with your braces, whatever type they may be. The device has received clearance by the Food & Drug Administration, is made in the USA, and is being used worldwide.

With this advanced design, patients who have used it are also reporting that it's comfortable and helps make their entire treatment more so. The pulsing that the AcceleDent sends to the teeth is found by some to be comforting. In fact, the SoftPulse Technology that is used has been designed to use micropulses that are so gentle they are eight times less powerful than using an electric or power toothbrush.

Obtaining AcceleDent

For those who may be ready to turn up the speed on their treatment, it may be time to add AcceleDent. The device can be obtained from your orthodontist and it comes with a one-year warranty. It has been designed to be used by one person and then disposed of after treatment has been completed. The device comes with a travel shell, so you can take it with you wherever you go and store it. The applicator piece can be cleaned by wiping it off, while the mouthpiece can be detached from the activator and washed using lukewarm water. In addition to being able to charge it using the computer, you do also have the option of charging it in the charging dock.

If the amount of time that it takes to get the smile you want has been holding you back then it's time to explore the latest technologies in orthodontics. AcceleDent will cut the time that it takes for your treatment in half, making it an appealing option. Plus, using it in conjunction with your braces is simple, something you can do right at home, and requires very little effort because you can multitask as you use it. The next time you sit down to check out Facebook or respond to your emails you could also be using AcceleDent and greatly reducing the amount of time that your overall treatment takes. That's hard to beat!



What Every
Brace Wearer
Needs to
Know About

AcceleDent

Andrea B. DeLurgio, DDS, MSD

Who Can Benefit from AcceleDent?

AcceleDent is for anyone who is currently going through teeth-straightening treatment or who will be. It's a treatment that is used in conjunction with any type of braces and can be used by anyone of any age. By using it for just 20 minutes per day you can save half of the time it takes to achieve the smile you want!

Each year there are thousands of people who get braces on their teeth in an effort to straighten them and achieve the smile they have always dreamed of. Many more, especially adults, would if they didn't have to keep braces on for a couple of years to achieve those great results. Whether you already have braces on or you are considering getting them, there is good news when it comes to the latest technology in the world of orthodontics!

AcceleDent is a fairly new device that many people are eyeing because of the great results that it provides. While the small handheld device made its debut out of Texas in 2009, it has since then made its way around the world. As people increasingly learn about what AcceleDent is, how simple it is to use, and the great benefits, it's becoming a must-have for those who are seeking teeth straightening treatment.

Time Savings

There are numerous appeals to using AcceleDent, with the main one being that it can reduce the duration of the tooth straightening process by half the time. Many people who would need two years of treatment find that they are finished with their treatment and are having their braces taken off within 10-12 months, saving half the time. This is a major benefit because it saves a lot of time that would otherwise be spent wearing braces, going for check-ups, and putting up with any inconvenience of having the braces on.

One of the great things about AcceleDent is that it is non-invasive, so it does not require any type of needles or surgery. It also doesn't require any type of anesthetic. In fact, it's such a simple device to use that it is something that people use at home. It doesn't require visits with the orthodontist to use it in conjunction with your braces, and it can be used for any type of braces that you may be using, including metal, Invisalign, etc.