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IT'S NEVER TOO LATE FOR BRACES

... PATIENT ERIKA DERFIELD TALKS INVISALIGN ...

I wanted to straighten my teeth for the longest time, but it was something I kept putting off — for years! Eventually, it got to the point where I was kicking myself for not getting braces when I was younger. I'm sure I had plenty of chances. When I was a child, my parents would likely have paid for my orthodontics. There were opportunities, and I didn't take them.

As I got older, I decided I wanted straighter teeth. I wanted to fix what I had neglected when I was younger. After talking with a friend about it, I realized I didn't have to put it off anymore. I could have the smile I wanted. My friend suggested Dr. DeLurgio.

I made that first appointment about 2 1/2 years ago. I met with Dr. DeLurgio, we discussed all of my options, and I settled on Invisalign. Being an older patient and in my 40s, we thought it would be a great option. On top of that, I lead a busy lifestyle. I'm a first-grade teacher and I also help my husband with three business we have around Sacramento. Old-fashioned braces weren't going to cut it.

Once I got started, there were a few challenges. The hardest part was not being able to graze on food whenever I wanted. When it comes to Invisalign, you take out the aligner when you eat. Then, when you're ready to put the aligner back over your teeth, you brush and floss first. But I can't complain too much. Because I was snacking less, it was almost like going on a mini diet. Invisalign made it easy!

Though eating with Invisalign is a bit of a process, it's better than having traditional braces on your teeth at all times — and probably more comfortable, too. I don't regret a second of the treatment. It took about 2 1/2 years, but it was completely worth it.

Over the past few months, as the treatment wound down, I've been thinking back to when I was kicking myself for not getting braces when I was younger. I could have had an amazing smile years ago, but I passed it up.

Thankfully, I don't have to think about that any longer. I have the smile I dreamed about for so long. Getting Invisalign was one of the best things I have ever done for myself. Going into it, I was excited. When I finally did commit to the treatment, I felt great. I knew I was doing the right thing.

Now I feel fantastic and I couldn't be happier. From the very beginning, Dr. DeLurgio was amazing. She is incredibly knowledgeable and was right there every step of the way. I could go on and on. But in the end, the results speak for themselves. It doesn't matter how old you are or how long you put off getting braces. All you have to do is make the decision to do it — and do it!

—Erika Derfield



PATIENT OF THE MONTH



A SPECIAL THANK-YOU

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

[March-May]

- | | | |
|-------------|-------------|-----------|
| Julia T. | Lisa H. | Ruben H. |
| Daisy T. | Jeanette T. | Cindi P. |
| Casey S. | Ruth G. | Lauren G. |
| Sara B. | Sara C. | |
| Meredith J. | Amy L. | |

FROM OUR Patients ...

"My experience was great. My orthodontic treatment has changed my life because my smile feels good, and I'm very thankful for all the help and results. Thank you all so much."

—Karen K.

GARDENING: BRINGING FAMILY TOGETHER

WHY YOU SHOULD CONSIDER INVESTING IN A FAMILY GARDEN

After spending a winter cooped up inside with your family, there might be a little tension between everyone. Fortunately, it's spring, and the warm weather, melting snow, and blooming flowers offer a good way to ease restlessness. This season, why not bring your family closer together by starting a family garden?

A LEARNING EXPERIENCE

Nearly every step in the gardening process can be a learning experience for kids and parents alike. Begin by discussing where you should start and why, what supplies you'll need, and the types of plants you want to grow. Gardening also offers opportunities to learn about science, ecology, and nutrition.

COLLABORATION

Gardening gives your family a chance to collaborate. When you're stuck inside for long periods, you may be spending time

together, but it's usually not quality time. Working in a group to create and maintain a garden is a hands-on experience for everyone. It's a chance to get the whole family involved with a single project, and you can literally share the fruits of your labor.

DECIDING ON PLANTS

When it comes to deciding which plants you want in your garden, there are many variables to consider. Do you want to grow edible plants, ones that have magnificent blossoms, or ones that are easy to care for? Flowers are a good start if you want a plant that grows a little faster; plus, they lend a pop of color to your garden. Growing vegetables is also rewarding, as the kids will take great pleasure in eating what they've grown. Other possibilities include sunflowers, blackberries, peas, and lettuce. You might be surprised at how willingly children eat their greens when they've had a hand in growing them.

Family gardens can bring something new and fresh to your home. So, get outside, enjoy the sun, and discover the joys of plants and gardening.



ORAL HYGIENE CAN SAVE YOUR LIFE

THE LINK BETWEEN GUM DISEASE AND HEART DISEASE

Most people know that poor dental health can lead to cavities, bad breath, and gum disease. But did you know that neglecting your brushing routine could put you at risk of a heart attack or stroke?

Poor dental hygiene causes gum disease, which can lead to other health problems, such as heart disease, diabetes, and even dementia. One of the most common warning signs of gum disease is inflammation. Gingivitis, a condition in which your gums become inflamed, occurs when there is a buildup of plaque on your teeth. Swollen, tender gums that bleed easily are a sign of gingivitis.

Not treated properly, this condition can escalate to periodontitis. When this happens, the gum tissue begins to pull away from the teeth, allowing harmful bacteria to form pockets beneath the gumline, attack the bone, and enter the bloodstream.

Any bacteria that slips into your bloodstream through the network of blood vessels in your mouth can be carried to your heart. The bacteria can cause inflammation and arterial plaque, which restricts the amount of blood that's able to flow to your heart and puts you at a higher risk for a heart attack or stroke.

Once you develop periodontitis, no amount of brushing and flossing will be sufficient, and you'll need a professional cleaning at a dentist's office. The best defense against gum disease is a proper brushing and flossing routine. If your gum problems persist, speak to your dentist as soon as you can. Periodontitis is treatable through deep cleaning and antibiotics. You'll immediately feel better, and you'll lower your risk of heart attack and stroke.

3 Awesome Dads

FATHERS WHO PUT THEIR LIVES ON THE LINE FOR THEIR KIDS

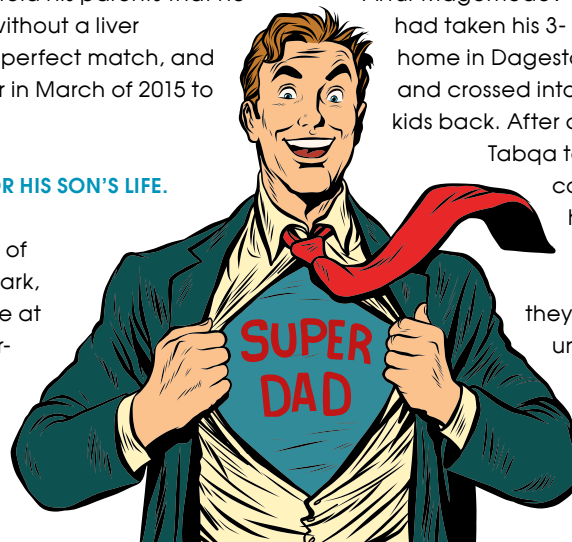
This Father's Day, thousands of dads will receive a "No. 1 Dad" mug to sip coffee out of at the office. But the following dads took that "No. 1" to a new level.

BRIAN MUNN GAVE HIS SON A LIVER TRANSPLANT.

When doctors discovered that baby Caleb Munn had a rare disease called biliary atresia, they told his parents that he was unlikely to survive past age 2 without a liver transplant. Luckily, his father was a perfect match, and he eagerly donated part of his liver in March of 2015 to save his son's life.

GREG ALEXANDER BATTLED A BEAR FOR HIS SON'S LIFE.

While camping in the backcountry of Great Smoky Mountains National Park, Greg Alexander was startled awake at dawn by the screams of his 16-year-old son, Gabriel. He rushed out of his hammock to see a black bear dragging his son away by the head. Without hesitation, he kicked the beast in the side,



and when that didn't work, he leapt onto its back and started punching it in the face. When the bear finally released Gabriel, Greg threw rocks until it fled. His son was hurt but made a full recovery in the hospital over the coming weeks.

ARTUR MAGOMEDOV SAVED HIS DAUGHTERS FROM ISIS.

Artur Magomedov was devastated to discover that his wife had taken his 3- and 10-year-old daughters from their home in Dagestan under the cover of night, flown to Turkey, and crossed into Syria to join ISIS. But he resolved to get his kids back. After a long, hazardous journey, he arrived in Tabqa to embrace his two daughters. To leave the caliphate — under penalty of death — they hitched a ride to the border one night and crawled along a railway line until they were within 70 meters of the border. Then they ran under fire from Turkish border guards until they could scramble into tall grasses. After some help from the Russian consulate in Istanbul, they made it back home, together again and safe.

FATHER'S DAY CHILI LIME CHICKEN WINGS

INGREDIENTS

- 4 pounds chicken wings
- 1 stick unsalted butter, softened
- 1 1/4 tablespoons Thai red curry paste
- 1/4 cup honey
- 1/4 cup soy sauce
- 1 lime, halved
- Extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- Chopped cilantro for garnish

DIRECTIONS

1. Heat oven to 425 F.
2. Rinse wings under cold water and pat dry. Season liberally with salt and pepper, and drizzle with olive oil. Roast on a baking sheet for 25 minutes or until skin becomes crisp and brown.
3. Blend butter, red curry paste, honey, and soy sauce in a large mixing bowl.
4. Toss wings in butter mixture. Squeeze lime juice on top, transfer to serving plate, and garnish with cilantro.

(inspired by foodnetwork.com)