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# IT'S ALL PART OF GROWING UP

## LAUREN'S EXPERIENCE WITH BRACES

For many kids and teens, getting braces is a normal part of life. Lauren, a high school sophomore and member of her school's swim team who recently had her braces removed, shares her experience with braces.

When it was time for me to get braces, it was only natural to go back and see Dr. DeLurgio. My older sister had work done on her teeth a few years ago and had a great experience. It made going back for my braces an easy decision.

During those two years, Dr. DeLurgio watched as my teeth came in and shifted around. She wanted to wait until just the right time to put on braces for the best results.

Our family knows a lot of people who have gone to see Dr. DeLurgio and Dr. Blom for braces. DeLurgio & Blom Orthodontics came highly recommended back when my older sister got braces, and their office was near our neighborhood, which my mom appreciated. It made going to appointments quick and easy!

I went in for braces in August of 2017. Before that, I had been going to see Dr. DeLurgio for routine checkups. We knew that I would need braces at some point, so she kept a close eye on my teeth for about two years before she made the recommendation that it was time for braces.

It's now just over a year later, and my braces are off! I got my braces off in October, and it was a big relief. I mean, it wasn't too bad having the braces on for a year. I never had a broken bracket or wire, and everything went smoothly under the care of Dr. DeLurgio. She made everything so simple.

I'm really glad Dr. DeLurgio was my doctor. It's been great working with her for the past few years, though I still have some checkups ahead of me. We really related to one another, both of us being really tall. I also appreciate the staff. Kiki made scheduling so easy, and everyone is just so friendly. It's a great atmosphere, and I'm glad I was able to get braces here.

Now that the braces are off, flossing and brushing are so much easier. Of course, my smile looks great too! It was definitely worth it!



Lauren deband day



Face before



Teeth before

—Lauren

## PATIENT OF THE MONTH



### A SPECIAL THANK-YOU

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

#### [ May - October ]

- |            |             |             |
|------------|-------------|-------------|
| Sondra M.  | Rachad H.   | Rob G.      |
| Rebecca L. | Tracie R.   | Lana S.     |
| Shelly C.  | Daizhane W. | Erin B.     |
| Faith L.   | Susan H.    | Jennifer B. |
| Diane B.   | Megan H.    | Danielle M. |
| Joyce R.   | Liz J.      |             |
| Darrian C. | Bree F.     |             |

### FROM OUR Patients ...

"My orthodontic treatment was great. It has made me more confident in my smile."

—Chloe N. (14 months)

# BECOME A 'DOG WHISPERER'

## TRAIN AS A PACK FOR BETTER RESULTS

Your whole family adores your dog — but not the barking. This issue can lead to feelings of frustration, and the more frustrated you get, the more your dog barks. It's their only way of communicating, and they're telling you, "My needs are not being met." As Cesar Millan, the original "dog whisperer," explains, "A barking dog needs exercise, discipline, and affection, in that order."

### EXERCISE

Part of the barking issue may be due to pent-up energy. According to the humane society, "A tired dog is a good dog and one who is less likely to bark from boredom or frustration." If you already take your pup on a morning walk, try adding in an evening walk. You could add it to your child's chore list and help get out some of the kid's pent-up energy, too. It may also be beneficial to practice obedience exercises and games that challenge your dog.

### DISCIPLINE

To put a stop to the behavior, you'll first need to change any of your behavior that's reinforcing it. Any attention your dog gets when he's barking — even yelling, "Rover, stop!" — teaches him to keep going, because you're rewarding him with attention. Wait until your dog has stopped barking to give him any sort of attention, including looking at them. "To be successful with this method, you must wait as long as it takes for him to stop barking," advises the Humane Society.

### AFFECTION

Of course, your dog needs love and attention to thrive — a lack of it could contribute to barking behavior. Reinforce silence by giving your dog a treat and an encouraging pat when she demonstrates good behavior, like not barking. "Our pups want to work for our attention," Cesar Millan reminds us. "Allowing her



to do that and to see your happiness is, to your dog, the biggest reward of all."

To make your training program successful, consistency is key. Enlist the help of the whole family to stick to the principles. Together, you can foster a calm, peaceful home where you and your dog happily coexist.



## TAKE STEPS NOW TO PROTECT YOUR TEETH

### DON'T LET TOOTH DECAY RUIN YOUR ORAL HEALTH

Going to the dentist regularly is incredibly important in keeping your oral health in tip-top shape. But you shouldn't rely solely on your dentist to keep decay-causing bacteria at bay. Take steps at home to keep your mouth clean and healthy. It's easy!

#### BRUSH AND FLOSS YOUR TEETH

Taking proper care of your teeth is important. Plaque buildup in your mouth creates an environment in which bacteria can thrive. Those bacteria produce acid that damages the enamel of your teeth and allows cavities to form. Brush three times per day (preferably right after meals) and floss at least once a day to reduce the plaque buildup in your mouth. Using fluoride toothpaste is a good way to strengthen your enamel, and getting your teeth cleaned twice a year at the dentist ensures that any hard-to-reach plaque is removed.

#### EAT A TOOTH-HEALTHY DIET

The more sugar you eat, the more plaque you'll have in your mouth. Sugar encourages bacteria to grow, causing more acid to be produced. To avoid this, it's best to minimize the amount of sugary foods in your diet, including candy, soda, and other processed carbohydrates. After meals, drink water to help remove any leftover food debris and give your saliva a chance to break things down, limiting the amount of acid produced.

#### BACTERIA-FIGHTING SUBSTANCES

Some sugar alcohols, like xylitol, are highly effective at fighting oral bacteria. Chewing xylitol gum is a delicious way to hinder the bacteria's production of acid. Essential oils like clove, myrrh, thyme, peppermint, rosemary, and oregano also remove bacteria and prevent inflammation. Add six drops of oil to one cup of water to pull toxins from your mouth and prevent gum disease.

Protecting your teeth and gums at home is just as crucial as going to the dentist. Use these three tips to keep your mouth — and the rest of your body — healthy.

## How to Achieve a More Restful Night's Sleep

### SLEEP BETTER AND FEEL GREAT

A good night's sleep is one of the most important things you can do for your mind and body. One study published in the Journal of Psychosomatic Research found that the quality of your sleep is much more important than the quantity — that is, if you want to feel rested. And we all want to feel rested. So, what can you do to improve the quality of your sleep and get the rest you need?

Listen to your body. This, above all else, is crucial to a good night's sleep. Your body knows when it's time for bed. Generally, you want to go to bed when you feel tired, whether that's at 8 p.m. or 1 a.m. Whenever your body tells you it needs rest, you should make a habit of going to bed then. The more consistent you are, the better your sleep will be.

Wake up naturally. Jolting yourself awake with an alarm or radio isn't doing your brain and body any favors (it can be stressful on the body and even elevate blood

pressure, which is not good first thing in the morning). If you do need an alarm, consider a wake-up light. Wake-up lights mimic the sunrise, slowly brightening the room, waking your body in a natural, gentle way.



Kick the screen habit. You've heard it before, and you'll hear it again: Looking at an electronic screen — a TV, computer, tablet, or smartphone — before bed is detrimental to sleep quality. Light from these devices is disruptive to your brain's suprachiasmatic nucleus (SCN), which helps regulate your circadian rhythm, and screen time before bed can throw off normal SCN function.

Put your excuses for staying up too late to bed. Say no to "one more episode." And all those emails? They can wait until tomorrow. Not getting enough quality sleep is harmful to your mental and physical health. When you get into the habit of following these three tips, you'll find yourself feeling rested and refreshed in no time.



## INSIDE-OUT GRILLED HAM AND CHEESE

### INGREDIENTS

- 8 slices of bread (Pullman works best)
- 4 tablespoons unsalted butter, room temperature
- 1/2 cup freshly grated Parmesan cheese (preferably Parmigiano-Reggiano)
- 8 ounces ham, thinly sliced
- 1/2 pound Swiss cheese, sliced
- 2 tablespoons Dijon mustard
- 1/4 cup apricot preserves

### DIRECTIONS

1. Butter each slice of bread on the outsides and sprinkle with Parmesan.
2. Layer ham and cheese evenly on top of 4 slices of bread.
3. Spread apricot preserves and mustard across the other 4 slices. Press sandwiches together.
4. In a cast-iron skillet or large sauté pan over medium heat, grill sandwiches until golden, about 3 minutes per side.
5. Cut in half and serve.

*(inspired by Food & Wine magazine)*