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SECOND CHANCES

.... KASHINA DIXON ON BRACES FOR THE SECOND TIME

When I was younger, I had braces. The results were typical and I went on with my life. The problem was my orthodontist. They didn't sit down with me and explain the process. They didn't walk me through what to expect or what they expected of me. They put on the braces and sent me on my way. There were checkups, but there was a lack of real care. Even after the initial treatment, I wasn't told why wearing a retainer was so important. It's there for a very good reason — it helps keep your teeth in position and looking beautiful for years to come!

A few years ago, I got braces for the second time. I had noticed my teeth had shifted and my overbite had returned, and it was starting to affect my life. I knew I would need to do something about it. I spoke with my primary dentist and they referred me to DeLurgio & Blom. My

dentist had referred many patients in the past and only had good things to say. So I made my first appointment.

The first time I sat down with Dr. DeLurgio during our initial consultation, I was blown away. I thought back to the first time I had braces. From the moment I walked through the door, the experience was totally different. We talked, and I liked what Dr. DeLurgio had to say, and I liked how she said it. She was very informative and made sure I wasn't overwhelmed. No matter the question, she had an answer.

More than that, I fell in love with the atmosphere of the office — it's just so welcoming! You really feel like you're becoming part of the family. And then after the consultation, Dr. DeLurgio told me to take my time. She wanted me to think about treatment before I made any

decisions. I didn't feel rushed, and I was given the space I needed before I took that next step.

And I did take the next step — braces! During my consultation, Dr. DeLurgio estimated my treatment would take about 2 1/2 years. However, it did turn into a full three years. The thing was, Dr. DeLurgio's estimate was right on, but I didn't follow all of her directions.

I messed up and didn't wear my rubber bands consistently, as Dr. DeLurgio had instructed. I played it a little loose with my treatment, and as a result, I had to stay in braces for six more months. Thankfully, Dr. DeLurgio was patient with me and helped me realize that I needed to get back on track.

She told me I would not get the results I wanted if I didn't follow the treatment plan. She said I would be unhappy with my smile. I understood, and from there on out I followed Dr. DeLurgio's instructions to the letter. It was an important lesson to learn, and I'm glad I had Dr. DeLurgio there to teach me.

When the braces came off at the end of 2018, the results were everything I had hoped for. I'm wearing my retainer, and I'll continue wearing my retainer! I know I wouldn't have gotten these amazing results without the support Dr. DeLurgio, and really the whole team. I know so much more about orthodontics than I did three years ago, and I'm glad for that. I know I won't need braces again.

This was a great experience and I'm looking forward to my next follow-up appointment!

—Kashina Dixon



PATIENT OF THE MONTH

A SPECIAL THANK-YOU

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

[October - December]

Aaron R.	Andrea S.	Tammie S.
Tracy D.	Cheryl G.	Wilfredo B.
Vanessa V.	Annette C.	Johnna Y.

FROM OUR Patients ...

"The transition from Blom to DeLurgio was very smooth. She was very kind and made a personal connection with each of her patients. As a perfectionist, she'll turn your teeth into a mouth full of jewels. Would highly recommend"

- Matthew O (37 months)



DONATE WITH CARE

THE RIGHT WAY TO DONATE AFTER SPRING-CLEANING

Spring is in the air, and it's time to celebrate with another round of spring-cleaning. Banish the clutter and make room in your life for something new! Many charities see a sharp increase in donations as spring-cleaning season starts. Donating your used books, kids' toys, and gently worn clothing allows your old items to have a second life. However, when filling that donation box, make sure you're donating each item because it can do good and not just because you feel bad about throwing it away.

Charities have a big problem with well-meaning citizens dropping off items that are better left in the trash. There are many items charities simply cannot handle. Most charities will have lists of items they can and *cannot* accept on their websites. Some items that you should not donate include:

- Expired medications
- Old TVs
- Cribs

- Loose remote controls
- Personal care items, like soap, shampoo, or makeup
- Mattresses
- Carpets
- Tangled cords or phone chargers
- Any broken, damaged, or dirty items

These items may be unsafe to sell, costly to ship, or impossible to refurbish effectively. When a charity regularly receives items they cannot use, they have to spend hours of manpower sorting through things that end up in the trash anyway. This process can be expensive for organizations with already-strained resources. Some local charities spend over \$1,000 a year on dumpster and trash removal fees for unusable donations.

While charities will have no choice but to throw unusable donations in the trash, there are services you can use to make your spring-cleaning eco-friendly, even for items you can't



donate. For example, if you have torn or stained blue jeans, reach out to Blue Jeans Go Green. This program keeps denim out of landfills by turning it into insulation. And while Goodwill can't take your batteries or old flip phone, you can check out Call2Recycle.org to learn how to safely recycle your e-waste.

Your donations can be a big help to local charities. Just don't "donate" your garbage.

MANAGE YOUR JAW PAIN

TIPS FOR EASING THE SYMPTOMS OF TMD

It's a strange feeling for anyone who's experienced it: waking up to find that your jaw is extremely sore, maybe even to the point where you can't fully open or close your mouth. Sufferers report various degrees of discomfort, but anyone who knows how it feels agrees that temporomandibular joint (TMJ) pain hurts. When it becomes chronic, it is referred to as temporomandibular joint disorder (TMD).

There are still no definitive answers as to what causes TMJ, though doctors believe stress, anxiety, bruxism (an unconscious grinding of the teeth), and joint imbalances may all contribute. Most cases last a few weeks, but if you suffer from TMJ for longer than that, you should consult your dentist or physician.

If you're waking up with jaw pain, there are a few things you can do to manage the symptoms at home. Here are some suggestions from the Temporomandibular Joint Association (TMJA) and the Mayo Clinic:

- Apply a moist heat compress to the jaw to reduce pain and increase function.
- Apply an ice pack to ease the pain and reduce inflammation (wrap it with a thin cloth to keep it from touching the skin).
- Try sleeping on your side.
- Relax the jaw with techniques, like consciously unclenching and taking deep breaths.
- Eat soft foods.

Some medical professionals prescribe an oral splint to stabilize the jaw and reduce pain. But in one recent clinical trial at the Tokyo Medical and Dental University, they found that therapeutic jaw exercises helped patients recover faster from TMD symptoms than splints. A physical therapist can show you similar exercises that will reduce your TMJ pain.

The effectiveness of surgical treatments to address TMJ disorders is still unclear, so talk to your dentist or medical provider to see what kinds of treatments are available and less invasive. While there is such a thing as a TMJ specialist, there are many treatments that come from varying schools of thought and are not always based on scientific evidence. Working with your general dentist may be just as effective for you. Some patients have found relief through the TruDenta treatment program, which combines massage therapy, cold laser therapy, microcurrents, and ultrasound to treat the symptoms of TMD. Others have found acupuncture and other forms of alternative medicine to be effective.

Given all the options, the first step to address your jaw pain is to educate yourself so you can make the TMJ treatment decision that is right for you.

It's a Bird! It's a Plane! It's ...

3 GREAT FAMILY-FRIENDLY SUPERHERO COMICS

It's no secret that superhero movies are dominating the box office. The highest-grossing movies of 2018 (and the third and fourth highest-grossing of all time) were "Black Panther" and "Avengers: Infinity War." There's never been a better time to be a fan of superheroes or to become a fan of superhero comics. If your kids are interested in reading more about superheroes, here are a few great titles your whole family can enjoy together.

MS. MARVEL

Since her debut in 2013, Kamala Khan, a.k.a. Ms. Marvel, has been a wildly popular character, and her comic has gained critical acclaim. A 2015 Hugo Award winner, Ms. Marvel explores what it means to be a teenager, a first-generation American, a friend,



'SUPER SONS: THE POLARSHIELD PROJECT'

Jon Kent, son of Superman, and Damian Wayne, son of Batman, couldn't be more different. But when a mysterious force threatens the world, these super sons must learn to trust each other — and themselves — to save the day. Based on the hit Super Sons comic book series, "Super Sons: The Polarshield Project" doesn't hit shelves until April 2,

and a superhero. The storylines promote an important message: "Good is not a thing you are, it's a thing you do." In just a few years, Ms. Marvel has become an established superhero in comics, and it won't be long before she steps onto the big screen with a live-action movie.

2019, which means you and your kids have plenty of time to reserve a copy of this graphic novel at your local comic book shop!

CHAMPIONS

Champions is a story about teenage superheroes, but don't expect pizza or relationship drama in these panels. These comics tackle how young people today approach problems, with a readiness to rally together and take matters into their own hands. Champions doesn't shy away from hard topics, making it more appropriate for older kids and teens. But that doesn't mean this story lacks heart or humor. Featuring comic favorites like Ms. Marvel and Spider-Man as well as popular newcomers, Champions is about identity, purpose, and what it really means to save the world.

Find these titles and other incredible stories at your local comic book shop.



VEGAN ROASTED RED CABBAGE

INGREDIENTS

- 1 medium red cabbage, loose outer leaves removed
- 1 1/2 tablespoons extra-virgin olive oil
- 1 teaspoon Baharat or other spice blend
- 2 tablespoons lemon juice
- Roasted almonds, to garnish
- 2 scallions, chopped, to garnish
- Salt, to taste

DIRECTIONS

1. Heat oven to 400 F.
2. Cut cabbage into 8 wedges, leaving core intact.
3. On a lightly oiled baking sheet, evenly space wedges. Season with salt and spice blend.
4. Roast cabbage until softened and slightly browned, about 20 minutes.
5. Garnish with almonds and scallions, drizzle with lemon juice and olive oil, and serve.

Inspired by "Recipes From a Pantry" by Bintu