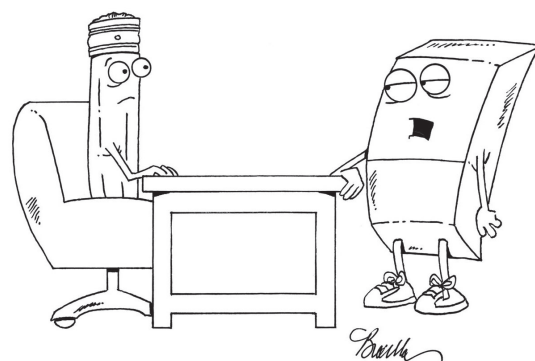


## Thank You!

The highest compliment we can receive is knowing that you have the confidence to refer us to a family member or friend. We welcome new patients who are excited about improving their dental health.

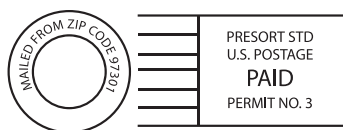
If you have a family member or friend who is looking for a new dentist, we would love to have them join our practice. It would be an honor to meet them and help address their dental needs.



"Yeah, I can clean up your mistakes, but it's gonna cost you."

**Rauchberg Dental Group**  
Dr. Alan Rauchberg  
199 Baldwin Road, Suite 120  
Parsippany, NJ 07054

*Address Service Requested*



# NEWS from the Office

Dr. Alan Rauchberg • 199 Baldwin Road, Suite 120; Parsippany, NJ 07054 • 973-755-9390

## Why is The Mouth Considered a Window to Your Health?

It is said that "the eyes are the windows to the soul." And, perhaps, it can even be said that the mouth is a window to health.

The mouth is the entry point for everything our bodies consume. It is also the entry point for all kinds of unhealthy habits, such as smoking, drinking, drugs, and poor food choices. Not only are our teeth and gums affected by these things, our overall health is affected as well.

While research is still being done to connect the condition of our mouths to our overall health, there have been studies that have shown how gum disease can be a marker of diabetes and/or heart disease.

You see, once our mouths develop an overgrowth of bad bacteria, it will eventually enter the bloodstream, possibly leading to further health issues. So, the idea that "the mouth is a window to health" isn't all that far-fetched.

That is why it's always good to be reminded about the importance of taking care of your teeth and gums. Plus, regular dental exams are one way to detect more serious problems such as oral cancer. Your dentist may be the one to help diagnose a problem before it becomes a real health issue.

## Welcome, Barbara!



Help us welcome Barbara, our new Practice Manager. Barbara brings over 25 years of experience to our practice. Please make sure to say "Hi" at your next visit.

## Keep These Invasive Plants Out of Your Garden

It's pretty, it would look great in your garden, and since your local garden center carries it, there's no way it's a destructive invasive species, right?

Not necessarily. According to Epic Gardening, while garden centers are mostly knowledgeable about the plants that they sell and most don't carry invasive species, destructive plants slip through the cracks all the time, and can wind up in your garden.

If you're thinking about adding one of these plants to your garden, ask your garden center about a better native option. If you already have it in your landscaping, consider replacing it with something that will support local flora and fauna.

- **Chinese wisteria:** Popular for its purple flowers, but can kill trees and displace native species.
- **English ivy:** Can climb, kill trees, cover the ground and suffocate native plants. It's worth noting that the British naturalists, who work where buildings and trees are covered with ivy, defend it, saying it doesn't kill trees or harm buildings. But the ivy should be cut before it reaches a tree's canopy, they say.
- **Japanese honeysuckle:** This plant has almost no natural enemies and can kill shrubs and young trees by girding.
- **Burning bush:** The leaves are beautiful, but this shrub invades prairies and woodlands.
- **Callery/Bradford pear:** This small tree invades prairies and woodlands.
- **Common periwinkle:** Periwinkle grows in dense patches and can smother native species.
- **Sweet autumn clematis:** With its profusion of white flowers, this species can grow over native plants and block sunlight.



## WHITENING SPECIAL!



Here is Maureen Rauchberg demonstrating the easy Glo whitening technique.

Rauchberg Dental Group is having a **Glo whitening, take-home special — only \$249.** Give us a call for complete details.

- GLO is the first at-home teeth whitening system to use gentle heat and blue LED light to provide safe and effective tooth whitening.
- Optimal yet gentle results in just five to seven days.
- GLO has been proven safe and effective in multiple clinical studies and is registered with the FDA.
- The whitening gel can be even be used on fillings to restore the surface to its original color.

Hurry, offer ends August 15<sup>th</sup>. 973-755-9390

## Does Drinking Soda Really Hurt My Teeth?

You might be surprised to know that it's not just coffee or tea that causes an unsightly yellowing of your teeth. In many cases, soda can be the "bad guy". Drinking soda can stain and damage your teeth, making your smile dull and less healthy.

Soda is highly acidic, which means it can actually eat away at the enamel of your teeth if you're not careful. Every time you drink soda, you are bathing your teeth in this acid environment, which can leave your teeth even more vulnerable to staining. And it's not just soda but, all drinks that are high in acid: coffee, tea, and lemonade are all culprits.

The sugar content is also a major culprit for tooth decay. One regular soda has the equivalent of 10 teaspoons of sugar! Sugar is the number one enemy of your teeth because the acid-producing bacteria in your mouth thrive on sugar.

So, with all that being said, if you do not stop drinking soda, coffee, tea, and lemonade, you may be consistently battling cavities due to the acid and sugar pouring all over your teeth with each drink.

## Continuing Ed



Dr. Rauchberg and Barbara recently attended a dental meeting.

## STING to Stop Procrastination

A recovering procrastinator herself, author Rita Emmett gives this advice in her Procrastinator's Handbook (Walker & Co.): Think **STING!**

**S: Select just one thing to do.** Even if it's one small thing. Do just that. In a multi-faceted project, select a single component. Once you get started, you may want to finish the whole task, and if you do, great. If not, you still did one part of it.

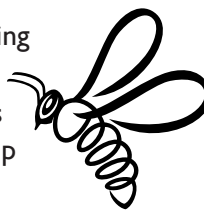
**T: Time yourself.** Set a timer. Give yourself a set amount of time to do the job. Even if you have a job that takes two hours, setting a timer for 30 minutes gives you the chance to quit if you want to quit. You will already be further ahead than if you hadn't started.

**I: Ignore everything.** Don't make a phone call, send an e-mail or read anything.

**N: No breaks.** They make jobs last longer. They are another reason a job takes so long.

**G: Give yourself a reward.** Watch a movie. Spend time doing something you like.

Doing your most dreaded task first gets it out of the way. That cuts down on the dread time. The dread of doing something actually uses up more time and energy than the task itself.



## Activities To Keep Kids Engaged

Just because school is out for the summer doesn't mean that learning is over—there are plenty of fun and easy ways to keep kids engaged and active during the summer months.

**Outdoor alphabet match:** Using plastic or paper letters and chalk, write the alphabet out on the sidewalk and challenge your child to match the plastic letters to the chalk letters. Challenge older kids to spell out words.

**Summer reading BINGO:** Help your child create a BINGO sheet with a different reading goal in each of the squares. These can be modest goals, like reading for 15 minutes each day, or bigger goals, like finishing a book or reading a certain number of pages. Every time your child completes a goal, cross it off the sheet. When your child crosses out an entire row or column, treat him or her to a small prize.

**Mud play:** What's more fun than getting a little dirty? Put on some old clothes and encourage your kids to stomp, splash and play in the mud. It's a fun and easy outdoor activity that can keep kids moving even on rainy days — and it's free, too, unless you count the cost of soap.



**Bug hunting:** Grab your magnifying glass and take a little time with your child to get to know the bugs in your backyard. Talk to your child about what different bugs do — do they sting? What do they eat? Locate ant hills to learn about insect colonies and look for spider webs. There's a whole world in the backyard, just waiting to be explored!

**DIY bird feeders:** A quick do-it-yourself tree feeder will attract new feathered friends to nearby trees. Thread popcorn, berries, raisins and other dried fruits on a sturdy piece of string. Loop the string around a tree branch and watch the feeding frenzy. Help your child identify the birds who come for dinner.



## Strawberry Shortcake

It's strawberry season, and that means classic shortcake—the sweet, easy, cool and creamy dessert that always hits the spot.

You can put a twist on your strawberries and cake this summer, using tender sweet biscuits that can be quickly assembled and baked ahead of time. Home-made whipped cream gives it the extra rich and creamy punch that makes this dessert a standout.

Wash, trim and cut 2 pounds of strawberries as you normally would. Sprinkle with sugar and wait 30 minutes until they release a sweet syrup.

### Sweet biscuits

- 3 cups all-purpose flour plus extra for hands and work surface
- 1/4 cup granulated sugar
- 2 tablespoons (not teaspoons) baking powder
- 1 teaspoon salt
- 3/4 cup unsalted butter, cubed and refrigerator-cold
- 1 cup buttermilk
- 2 tablespoons heavy cream or buttermilk for brushing on top
- coarse sugar (such as turbinado or demerara) for sprinkling

Preheat oven to 425°F. Combine all dry ingredients in large food processor or bowl. Pulse or stir together to mix. Add cubed butter and pulse to process into small coarse meal texture, or use fingers or pastry cutter to rub butter with dry ingredients until butter is in pieces no larger than the size of a small pea. Once butter is incorporated with dry ingredients, form a well in the center of the mixture and pour in the buttermilk. With a fork, carefully mix buttermilk in until a dry, shaggy dough forms. Be careful not to over mix, or biscuits might become tough. Once the dough forms, place mixture onto a lightly floured work surface and pat into a rectangle about the size of a standard sheet of paper. With a sharp knife or bench scraper, cut the rectangle into 12 squares—three on the short side and four on the long side. Carefully transfer the cut biscuits onto a parchment-lined baking sheet, and arrange so that all the biscuits are touching. Brush with buttermilk and sprinkle generously with coarse sugar before baking for 20-25 minutes.



## Did You Know?

- ? Oceana County, Michigan is the self-proclaimed asparagus capital of the world.
- ? Inside each foot there are 26 bones, 33 joints, 19 muscles, 10 tendons and 107 ligaments.
- ? Americans consume 7 billion hot dogs from Memorial day to Labor day.
- ? Ephebiphobia is the irrational fear of teenagers.

## Congrats, Jake!



Congratulations, Jake (one of Dr. Rauchberg's sons) on getting accepted into Emory Law School!!!

## Happy Birthday



Happy Birthday to our Front Desk Leader, Christina!

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