

Recipe for a Healthy, Happy Life

There are no magic pills or secret elixirs to create a healthy, happy life. There are mainly just small decisions we make every day.

Maintain a schedule. For most, work frames our schedules. Within that frame, however, it's important to have routines. Have a time to relax, exercise, to touch base with other people. Go to bed at the same time and get 7 to 8 hours of sleep, according to the Harvard Health letter.

Get out and about. Even if you have a desk job, take frequent opportunities to get up and walk, even just to get a drink of water. Movement maintains flexibility, balance, and strength. Even a little movement in spurts of 15 minutes or so is better than none. Take the stairs. Park away from the store entrance.

Eat well. Many doctors recommend a plant-based diet of vegetables, nuts, seeds, and fruits added in healthy proportions to animal based foods. Eat in moderation.

Silence, meditation, prayer. Take a moment every day to clear your mind and rest in silence. According to Harvard Health, a research review published in JAMA Internal Medicine in January 2014 found meditation helpful for relieving anxiety, pain and depression. For depression, meditation was about as effective as an antidepressant.

Forge community and family. Friendships and community can be found in social, religious, or other groups with shared interests. Friendships can grow from activities. Family usually forges the most long-lasting relationships. But whatever path is open to you, remember that strong social connections increase your chance of longevity, and may even help you recover faster from illness.



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

Address Service Requested



NEWS *from the Office*

Rauchberg
DENTAL GROUP
A MULTI-SPECIALTY PRACTICE

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



Patient Testimonial

Dr. Alan recently saw a patient who wanted to share her kind words about him... She had been through 22 surgeries before coming to Rauchberg Dental Group.

"I'm so thankful I have him! Thank you guys! Happy he's been there for me thru this battle. You guys are all amazing!"

This is our "why"... helping our patients. Thank you for your kind words!

Congrats!

Congratulations to our Registered Dental Assistant Anna, the Rauchberg Dental Group employee of the month!



Please Welcome...

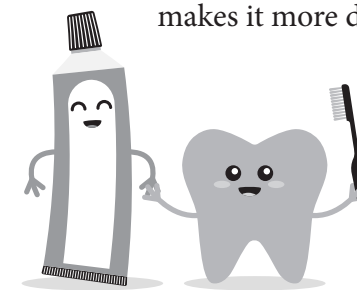
Rauchberg Dental Group is excited to introduce you to our three new doctors: General Practitioner, Dr. Jonathan Lopresti; Endodontist, Dr. Rachel Snyder; and Oral Surgeon, Dr. Yakov Yakubov

Welcome to the family!

Good Investment: Dental Care

If you visit your dentist on a regular basis, you are doing yourself a favor in four ways. First, you are saving your teeth so you can chew properly, which is an important factor in nutrition.

Second, when you visit your dentist, your dentist can check your gums. Periodontal disease can result in lost teeth and is a significant factor in heart disease. Periodontal bacteria can lead to blood clots, increasing the risk for heart attack and stroke. People with diabetes should be particularly watchful for periodontal disease. They are more prone to infection, and periodontal disease makes it more difficult to stabilize blood glucose levels.



Third, properly caring for your teeth results in big financial savings in the future. Root canals, bridgework, dental implants, and dentures can cost thousands of dollars.

Fourth, by properly caring for your teeth, you will ultimately save yourself a lot of pain and inconvenience.

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.

"Be raw, be you and be ready to risk it all when it comes to pursuing your dreams."

-Valeria Hinojosa

APPLE EARPODS



OUR GIFT TO YOU WHEN YOU START ORTHODONTICS BEFORE APRIL 30, 2021



CALL 973-755-9390 TO SCHEDULE

Know A Hygienist?

Rauchberg Dental Group remains busy, even during this Pandemic. I have just added three doctors to our team. Please say hello to them next time you're in the office.

Now, we are looking for a full-time hygienist. If you know a dental hygienist who is looking for a new office, please let us know. We appreciate you and your recommendations.

I hope everyone is staying safe and healthy!

See you soon,

Dr. Alan



Heart Health

Heart disease is a leading cause of death in the U.S. but the good news is that you can lower your risk of getting it or having a stroke by simply moving more. Not sure where to begin?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week.

The easiest way to walk for 20 minutes is by walking for 10 minutes in one direction and then simply turn around. This may sound basic, but this simple strategy works!

Get outside. Move your body. Few habits are more effective than sticking to daily walking.

Smart Watches Could Detect a Heart Attack

A small study from Italy is the first proof of a concept that a smart watch could detect a heart attack or heart attacks like a traditional ECG, or electrocardiogram.

But don't buy one for that purpose, doctors warn. If you have chest pain, call 911 immediately. Smart watches can't automatically detect a heart attack now, and even if they could, it requires a physician to interpret results.

Nonetheless, the study suggests that emerging smart watch technologies could be helpful in the future.

In the study, the smart watch generated ECGs 93 to 95 percent accurately and correctly identified different types of heart attack. In healthy people, the watch was 90 percent accurate in identifying the absence of a heart attack, according to a study in the JAMA cardiology journal.

Researchers compared standard ECGs and smart watch findings on 81 people who sought care for a possible heart attack at an Italian clinic in 2019.

In the study, physicians (not the patients) held the back of the watch at the wrist and eight other specific locations in the chest and abdomen to capture the needed readings.



Researchers used the latest Apple Watch with recordings uploaded to the latest iPhone.

Recording the heart's electrical currents dates back to the early 20th century, when a Dutch physician, Willem Einthoven, invented the first practical ECG, according to the Harvard Heart Letter. He won the Nobel Prize in 1924.

Although much different than an ECG, the Apple Watch's built-in afib detector tool has already been approved for use. It detects the rapid, irregular heart rhythm that suggests the risk of stroke.

Still, questions remain about whether the watch findings will result in a flood of unnecessarily frightened patients, or if the watch readings will even lead to earlier stroke detection, according to the Heart Letter.

Did You Know?

- ? Russia is only two miles from Alaska.
- ? Chow Chow and the Shar-Pei are the only two dog breeds that have fully black tongues.
- ? Americans drink close to 360 million glasses of sparkling wine during New Years Eve celebrations.
- ? Limes are slightly denser than lemons, which is why they sink and lemons float.
- ? A full NASA space suit costs \$12,000,000.
- ? Your heart pumps about 2,000 gallons of blood every day.
- ? One person can save and heal up to 60 lives through organ, eye and tissue donation!



Yoga Veers Into the Cuddly

Just when you perfect downward facing dog, a kid jumps on your back...as in, a baby goat.

You have to admit baby goats are adorable, but what are they doing in yoga? What indeed?

Goat yoga is a thing and, while it must certainly disrupt mindful focus, studios all over the country, mostly in the countryside, are going all in.

The idea is to incorporate animal therapy with the benefits of yoga, which are not just physical. Yoga is said to reduce stress and anxiety, while helping to relieve pain.

It doesn't stop with goats.

Yoga these days is going full zoo with hotels and clubs sponsoring days of Lemur yoga or lemoga.

This seems almost inevitable because when lemurs sit to warm their bellies in the sun, they adopt a peaceful yoga pose. At some point, the yogis and the lemurs will all be sitting cross-legged with their hands on knees.



Roasted Butternut Squash

This heart-healthy, vegetarian-friendly recipe, adapted from Jerusalem, by Yotam Ottolenghi and Sami Tamimi, features roasted butternut squash, which is naturally rich in potassium to help regulate blood pressure.

Butternut squash is also high in insoluble fiber, which helps control blood sugar and promote fullness. Tahini-based sauce, made from sesame seeds, is rich in heart-healthy monounsaturated and polyunsaturated fats. Olive oil is used to roast the squash and contains omega-3 fatty acids to reduce inflammation and improve cholesterol. The result is a sweet, flavorful, warm side dish, perfect for a simple, healthy, filling meal. Za'atar spice is available in the international section of many grocery stores or Middle Eastern specialty grocery stores.

Ingredients:

- 1 large butternut squash, peeled and sliced (discard seeds and pulp)
- 2 red onions, cut into wedges
- 3 tablespoons olive oil
- 3 1/2 tablespoons light tahini paste
- 1 1/2 tablespoons lemon juice
- 2 tablespoons water
- 1 small clove garlic, crushed
- 1 tablespoon za'atar spice
- 1 tablespoon coarsely chopped parsley (optional)
- Sea salt and ground black pepper

Directions:

- Preheat oven to 475° F
- Toss squash and onion in a bowl with

olive oil, 1 teaspoon sea salt and some black pepper. Spread on a baking sheet and roast for 30 to 40 minutes, until the vegetables have taken on some color and are fully cooked. The onions may cook quicker and need to be removed earlier than the squash. Remove the sheet from the oven and let cool. For the sauce, whisk the tahini, lemon juice, water, garlic and 1/4 teaspoon salt until you have a liquid the consistency of honey. Add more water or tahini as necessary. To serve, spread the vegetables on a serving platter and drizzle with the tahini sauce, followed by the za'atar and parsley.

Word Search: Farm

X H O B B Y H T G D A R T
T R R V M P H S T R O P S
S N F N U I S D R I B O A
E T H S S Q S R E W O L F
N C A T I A B S O R T A S
I O O C C G E R U T A N G
L R P U L L O R T S C D N
Y N I U S G O D E H S S I
K E E R Z E M A R F K C T
S R C Y Z Z Y I S D R A N
E P E Y X F S S P V A P I
H I S W C T R T A X M E A
C E X E M M R H C T D S P
A C M A R I N E E F N Q L
E E S C S L A M I N A A C
B E D G E P I E C E L Y F

- | | |
|----------|------------|
| COWBELL | GOOSEBERRY |
| COWBOY | GOOSEFLESH |
| COWHAND | GOOSENECK |
| COWHERD | HENPECK |
| COWHIDE | HORSEFLY |
| COWPAT | HORSEHIDE |
| COWPEA | HORSESHOE |
| COWPOKE | HORSEWHIP |
| COWSHED | PIGLET |
| COWSLIP | PIGMENT |
| DUCKBILL | PIGOUT |
| DUCKPIN | PIGTAIL |
| DUCKWEED | SHEEPDOG |

"Confidence, like art, never comes from having all the answers; it comes from being open to all the questions."
-Earl Gray Stevens

This publication is provided as a courtesy/gift subscription to the patients and friends of:

Rauchberg Dental Group
199 Baldwin Road, Suite 120
Parsippany, NJ 07054
973 755 9390 • www.Rauchberg.com

Questions and comments on the material in this publication should be directed to our consumer affairs hotline via fax: 1-503-218-0557.

The goal of **News from the Office™** is to provide information to the general reader on living a more rewarding life through better physical, mental and financial health. This publication is not intended to provide individualized advice, which should be sought from licensed professionals such as dentists, physicians, attorneys, and/or accountants.
© 2021 All Rights Reserved.

News From The Office™ • ISSN 2154-4182