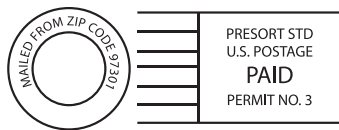


Rauchberg Dental Group  
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# NEWS from the Office



RAUCHBERG DENTAL GROUP

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

## 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.



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## Honoring Mothers

The world has turned many times since 1907. That was the year Anna Jarvis asked her Philadelphia church to hold services in memory of all mothers on the anniversary of her mother's death.

It was a time before the marvels of electricity and indoor plumbing. Mothers had a life of hard physical work.

Today, more than 113 years later, the role of mothers is somewhat different. Although we may not think so on laundry day, much of the drudgery of housekeeping is gone. Today moms have homes, kids, and careers.

To our own mothers, we say "Thank you!" and truly mean it. Without them, our lives would be difficult indeed. Their skills and their dedication are appreciated.

On Mother's Day, let us hope all mothers may rear their children in peaceful times. We remember mothers who lost loved ones on the battlefield.

We hope for strength for single mothers.

We honor mothers who are no longer with us, and ask God's blessing for mothers who are terminally ill.

We pray for future mothers that they may have high character and fortitude in this changing world.

And finally, we remember those moms who were the victims of the coronavirus that so damaged our people and country in 2020.



"I just read on the internet that I shouldn't believe everything I read on the internet."

## What Advice Did Your Mom Give You?

Moms are full of great advice, whether we accepted it at the time or not.

We invite you to tell us about your mom's most useful gem of wisdom. Some ideas to get you started:

*"Don't ever be in a situation where you have to depend on anyone. In bad times, pick yourself up, dust yourself off, and set yourself back down."*

-Rachel Hall

*"Never lose yourself in someone else."*

-David Knight

*"Don't go anywhere you wouldn't take your own kids."*

-D. Doyle

## Note from Dr. Alan Rauchberg

Who would have dreamed that life could change so dramatically in the matter of a few weeks? I don't know about you, but I would never have guessed that we would all be living through a pandemic. Did you?

Life will get back to normal, quarantine will end and everything will re-open.

Rest assured when Rauchberg Dental Group does re-open, we will make sure all of your visits are all rescheduled. As always, your visit will be comfortable and safe.

You may notice a few changes. There will be a difference in the way we will be dressed. We will also be adding a few items in the dental operatories. All of these changes will be put in place to make your visit as safe for you as well as the team.

Please do not hesitate to call or email us if you have any questions or concerns about anything.

Enjoy the time with family and be safe.

## Health Factors That Affect Dental Health

The connection between healthy teeth and gums, and overall health may be surprising. According to the Oral Systematic Health Connection there are many factors that can affect oral health. Here are 6 main risk factors to consider:

1. **Diet.** "You are what you eat" may be considered a catch-phrase, but it does have some truth to it. What we put in our mouths affects our teeth one way or the other. Too many sweet and sticky foods lead to an increased risk for tooth decay. Too many high-acidic foods can eat away at the enamel. Think about it this way: Everything you put into your body goes past your teeth, gums, and throat. Bottom line is, our diets matter when it comes to oral health.

2. **Stress.** Each of us handles stress in our own way. Whether it be overeating, drinking, or even spending, we often turn to bad habits to help us cope. Stress can become a real issue for our teeth if we resort to grinding or clenching them. This will only lead to more problems down the road. It would be wise for us to find other ways to relieve stress without compromising our health and wellbeing.

3. **Hygiene.** Most of us wouldn't leave the house without first taking the time to fix our hair. Yet, we may not pay as close attention to our teeth and gums. Too many days in a row of rushing through our oral health care, and we are asking for trouble. Make oral hygiene a priority and give your teeth the attention they deserve.

4. **Tobacco.** Apart from bad breath and stained teeth, tobacco is one of the worst risk factors for overall health. Truly, there is no room in your life for this habit—not even in moderation. Take educated steps to stop using tobacco as soon as possible. You won't regret it.

5. **Alcohol.** Recent studies have shown that a small amount of red wine can actually fight bad bacteria in your mouth. However, it shouldn't be used as an excuse for better oral health. Thorough brushing, flossing, and dental check-ups are still the best ways to keep your mouth in good working order. Limit alcohol for best overall health.

6. **Lack of Exercise.** Getting regular exercise is a tried-and-true way to stay healthy. Exercise helps prevent heart disease and good oral health care prevents gum disease. When combined, your system has a better chance of resisting disease altogether.

As you consider these risk factors, talk with your dentist. He or she may be able to help remedy one or more of your stress points, especially those affecting your teeth. It will be a positive first step towards good health.

"I love my mother as trees love water and sunshine. She helps me grow, prosper, and reach great heights." -Terry Guillemets

# Rauchberg Dental Snapshot During Covid-19



Dr. Alan Rauchberg, his wife, Maureen, and kids, Jessica, Jake and Cameron



Dr. Allie DeGeorge spending time with her friend and her pup



Congratulations to Dr. Zelig on his marriage



Suzi (front desk) enjoying the lovely Lake Hopatcong from her deck



Our Hygienist Ilona playing chess during this down time



Christina enjoying some nature



Anna gardening with her son



Dr. Kazi did telemedicine/zoom emergencies with Teresa



Reaching too far accounted for a third of the falls, followed by slipping down the rungs. The Academy recommends:

- Make sure the ladder is on level ground.
- Place it an appropriate distance from the house.
- Have someone hold the ladder while you are climbing up or down.
- Don't reach too far to the left or right.
- Always stay away from power lines.

## Spring Clean Your Dental Regime

**Take a fresh look at your dental habits:** If you haven't been brushing at least twice a day and flossing every day, now is the time to start. According to the American Academy of Periodontology more than 75% of Americans have some form of gum disease and more than 88% do not floss frequently enough.

**Replace your toothbrush or toothbrush head:** A good rule of thumb is to replace it every three months. So if you haven't done it recently, now may be the time.



## Oatmeal Cookies

- |                                 |  |
|---------------------------------|--|
| 1 ¼ cup (2 ½ sticks) butter     | 1 tsp baking soda                                  |
| ¾ cup firmly packed brown sugar | 1 tsp salt   |
| ½ cup granulated sugar          | 2 tsp cinnamon                                     |
| 1 egg                           | 4 cups Quaker old fashioned oats                   |
| 1 tsp pure vanilla extract      | 1 cup raisins soaked in very hot water and drained |
| 1 ½ cup all-purpose flour       |  |

Heat oven to 375F. Beat margarine and sugars until fluffy. Beat in egg and vanilla. Add combined flour, baking soda, salt and spices; mix well. Stir in oats then raisins. Drop rounded tablespoon size dough onto ungreased cookie sheet. Bake 8-9 minutes for a chewy or 10-11 for a crispier cookie. Cool 1 minute on cookie sheet then move cookies to wire rack. Store tightly covered. Makes 4.5 dozen.

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