

## Try Resistance Bands for Strength

Stronger, leaner and healthier — according to the experts at the Mayo Clinic, regular strength training can provide all of those benefits. Resistance bands and bodyweight exercises offer a portable, affordable option that you can do almost anywhere. According to Harvard Medical School, resistance bands are a great addition to body weight exercises that can help you preserve and build lean muscle. Resistance band training can also help improve your balance, gait and flexibility, according to NBC News.

Resistance bands are available in various styles, including single lengths of stretchy elastic, closed loops or rubber tubes. You may want to invest in a few types of bands with varying levels of resistance — their compact size means that even several bands are easy to stow away.

**Banded squat:** Place a loop or mini-loop resistance band around your thighs just above your knees and stand with your feet slightly more than hip-width apart. Slowly push your hips back into a seated position while bending your knees. When you reach a seated position and your knees are at a 90-degree angle, hold the position for a few seconds and then slowly move back into a standing position. Make sure to squeeze your glutes — these strong muscles provides the bulk of the power for this movement. Perform two to three sets of eight to 12 reps.

**Banded lunge:** With the band around your mid-to-lower thighs, just above your knees, take a big step forward and lower down until your back knee hovers just above the ground. Lift yourself back into a standing position by driving through the heel of your front leg. Perform two to three sets of eight to 12 reps on each side.

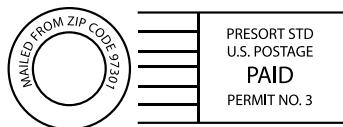
**Banded chest punch:** Loop the exercise band around your back and under your armpits. Hold an end or a handle in each hand by your shoulders. Slowly and deliberately, punch your right arm out on a slight diagonal in front of your body before repeating with the other side. This counts as a single rep — perform two to three sets of eight to 12 reps.

**Seated resistance band row:** Sit on the floor with your legs straight in front of you, feet more than shoulder-width apart. Loop your resistance band (a band with handles is best for this exercise) and cross the handles in front of you to make an X shape. Pull the handles slowly and carefully into your ribs, making sure to sit up straight and let your back muscles do the work.



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# NEWS from the Office



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

## Your Health In The News

**Brush Right, Guard Your Teeth:** Overall, dentists say people are brushing too hard. Using the wrong technique or a stiff toothbrush can cause gum recession leading to periodontal disease. The American Dental Association recommends a soft or extra-soft toothbrush. But, even the softest one causes damage when people brush too aggressively or too long.

**Fitness Trackers:** If you're trying to drop some weight, a fitness tracker might boost your chances of success. According to a new study published in the British Journal of Sports Medicine, fitness trackers helped overweight people reduce their body weight and lower their body mass index.

Researchers found that weight loss programs lasting at least 12 weeks were the most effective, and individuals who wore trackers, such as a FitBit, lost an average of six pounds. According to the study, the devices helped remind participants to stay on track with health-related goals and participate in daily activity.

**Good Sleep May Stave Off Dementia:** According to a recent study published in the journal Aging, sufficient sleep may be protective against dementia. The study surveyed 2,600 adults ages 65 and older, and found that those who slept less than five hours per night faced nearly double the risk of dementia over five years than those who got seven to nine hours of shut-eye, as is recommended.

While the research isn't yet conclusive about the link between sleeplessness and dementia, there are still lots of good reasons to get at least seven hours of quality sleep per night, including better brain health, mood and overall physical health.

**Other Signs of Diabetes:** Classic symptoms of diabetes are well known: fatigue, recurrent infections, and frequent urination, for example. But be on the lookout for lesser known signs including:

- Bad breath, a smell like nail polish remover caused when excess sugar in saliva prompts bacteria growth.
- Swollen gums, the increased bacteria can lead to inflammation and bleeding.
- Frequent thirst, the body uses a lot of fluids in an attempt to eliminate sugar.

## Welcome, Dr. Kitay



Help us welcome Dr. Denise Kitay to Rauchberg Dental Group. Dr. Kitay brings over 25 years of orthodontic experience. Call for a complimentary orthodontic consultation. 973-755-9390

“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”

-Earl Nightingale

## Get Ready For The School Year

● Is it time schedule your child's cleaning and check up appointment? According to the American Dental Association, dental disease causes children to miss more than 51 million school hours each year. Regular brushing and flossing will not only ensure a successful check-up but will avoid future appointments for more extensive and costly procedures.

● If your child plays any contact sports (namely football in the fall), a mouthguard is a must. Fixing broken teeth or replacing an entire tooth is an expensive proposition. In addition, any damage to the jaw would require extensive surgical treatment. A mouthguard is an easy solution to prevent traumatic dental injuries. It's important to reinforce this protection with your child and make sure that they are wearing the mouthguard for every practice and game.

If you haven't scheduled your child's back-to-school check up, that's okay! There's still time to make an appointment to get your kids' teeth sparkling for a boost of confidence as they head back to class.

## 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.

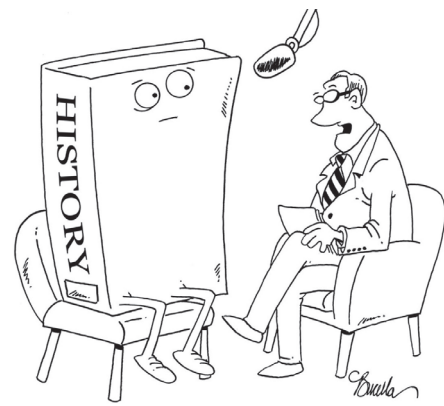
If you have a family member or friend who is looking for a new dentist, we would love to have them join our practice. It would be an honor to meet them and help address their dental needs.

## Wordoku

To solve a wordoku, you only need logic and patience.

Simply make sure that each 3x3 square region has only one letter from the word SCRAMBLED. Each letter can only occur once in a 3x3 region. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is EASY! Solution inside...

E		A		C			
						A	S
R				A			C
	E	L	S			B	
		B			R	C	M
	M			L			C
B	A	C					
				B		E	A



"...and for those just tuning in, could you repeat that?"

## Testimonial...

August 25, 2021

Dr. Alan Rauchberg  
199 Baldwin Road #120  
Parsippany, NJ 07054

Dear Dr. Rauchberg,

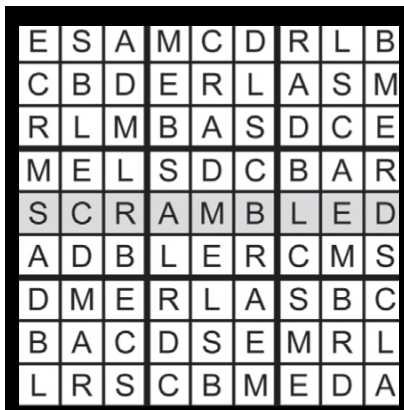
Thank you again for the fantastic job that you and your staff continue to provide. You take such remarkable steps in the care, the comfort, the health, and the safety of your patients.

Of special note I commend you for maintaining a scrupulously clean and pure office environment. No doubt the special equipment you installed for that purpose had to have come at quite a financial burden, however, that burden was never passed on to your patients.

God bless you, your family, your staff, and your patients,

John B.  
Denville, NJ

Wordoku Solution



## GET EXCITED... Hunger Walk 2021 is Coming!

Rauchberg Dental Group is partnering with this nourish.NJ for the Hunger Walk. Are you interested in joining the walk?

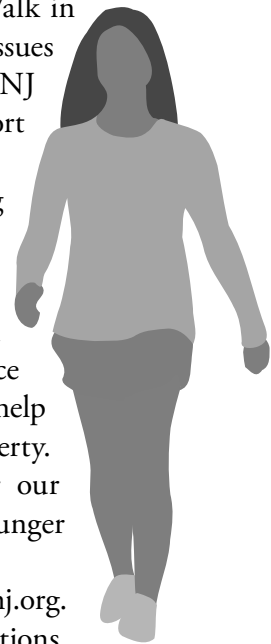
For the last 24 year, nourish.NJ has hosted the Hunger Walk in order to raise funds and increase awareness surrounding the issues of food insecurity and poverty in our community. nourish.NJ works all over Morris county to provide sustenance and support to community members in need.

We can all make a difference in our community by joining Hunger Walk 2021 as an individual or with a team.

### How does Hunger Walk 2021 work?

Whether participants choose to walk around their school auditorium, athletic field, track, congregation parking lot, office campus, nature trail, or in their neighborhood, each step will help nourish.NJ tackle the issues of hunger, homelessness and poverty. Anyone can create a team and help make a difference for our neighbors and families in need by participating in this year's Hunger Walk, taking place on October 24th, 2021.

To sign up, or for more information, go to [www.nourishnj.org](http://www.nourishnj.org). Contact Nancy Rudgers at [nancy@nourishnj.org](mailto:nancy@nourishnj.org) with any questions.



*"Teach self-denial and make its practice pleasure, and you can create for the world a destiny more sublime than ever issued from the brain of the wildest dreamer." – Sir Walter Scott*

## Frustrated With Dentures or Missing Teeth?

Dental implants replace damaged or missing teeth with fabricated teeth that look and function similar to real ones. They are small, bio-compatible, titanium inserts designed to take the place of a tooth's natural root structure—essentially, an artificial root. This artificial root provides a strong foundation to which permanent or removable teeth are then attached to.

Over the years, we have successfully placed hundreds of single-tooth implants; implants that support and retain dentures; as well as full-mouth reconstructions. Dental implants have literally helped our patients change their lives!

In fact, those with dental implants find they are able to chew their foods better, aiding in the digestive process, which is difficult without all of your teeth's natural crushing and grinding power.

**If you are a denture sufferer, you may benefit from dental implants.**

Have you ever considered what life might be like if your dentures were 'fixed' into place—essentially ending much of the downside of dentures?

Many patients with dentures find their new "implant-retained dentures" allow them to experience a more broad range of food and, more importantly, it prevents their dentures from moving, clicking and other embarrassing events, by actually locking them in place, more like natural teeth.

Interested to see if you are a candidate? Call our office to schedule a no-risk, consultation. 973-755-9390



## Blueberry Buckle

This sweet, tender cake comes together in minutes and can be eaten for dessert, as a breakfast coffee cake or even a sweet snack. Fresh blueberries are perfect, but you can also use frozen berries — just bake for a few extra minutes to make sure the cake is done all the way through. The streusel topping adds some satisfying texture and contrast to the fluffy cake and soft blueberries.

### Cake ingredients:

1/4 cup butter, softened  
3/4 cup white sugar  
1 egg  
1 teaspoon vanilla  
2 teaspoons lemon zest, more if you prefer a stronger lemon flavor  
1½ cups flour, plus 1 tablespoon  
2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup and 1 tablespoon whole milk  
1½ cups fresh or frozen blueberries

### Topping ingredients:

5 tablespoons salted butter  
1/4 cup brown sugar  
1/4 cup white sugar  
1/3 cup flour  
1/2 teaspoon cinnamon

### Directions:

Cream the butter, sugar, egg, vanilla and lemon zest together until fluffy. In a separate bowl, combine the flour, baking powder and salt. Alternate between adding the dry ingredients and the whole milk to the butter mixture until just combined. In a separate bowl, toss the blueberries with the tablespoon of flour until evenly coated before gently stirring the berries into the batter. Spread the batter into a greased 8x8 pan.

To make the topping, combine all ingredients and mash with a fork (using a sharp knife can also help) until it has a crumbly texture. Sprinkle the crumble over the batter in the pan and bake for about 45 minutes at 350 degrees Fahrenheit, or until a toothpick or sharp knife comes out clean from the center of the cake.

## Happy Birthday!



Happy Birthday to our office manager, Barbara!  
Hope you had a great day.

## Did You Know?

- Coconuts, in different forms, are anti-viral, anti-fungal, anti-bacterial and anti-parasite.
- Johannes Gensfleisch zur Laden zum Gutenberg printed the first ever pressed book, the Gutenberg Bible, in 1453.
- The Czech Republic consumes the most beer per capita of any country in the world; China consumes the most overall.
- The record weight for the American lobster is 45 pounds.
- The autumnal equinox occurs each year around Sep. 22.
- A watermelon is one of the only foods to be classified as both a fruit and a vegetable.

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## Congrats, Dr. DeGeorge!



Congratulation,  
Dr. DeGeorge, on your  
upcoming wedding in  
September!

