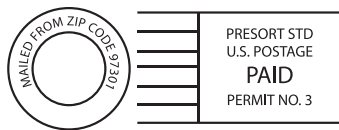


Rauchberg Dental Group
 Dr. Alan Rauchberg
 199 Baldwin Road, Suite 120
 Parsippany, NJ 07054
 Address Service Requested



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.

Dog Days of Summer

In 1813 Brady's Clavis Calendarium described Dog Days as an evil time "when the sea boiled, wine turned sour, dogs grew mad, and all creatures became languid, causing to man burning fevers, hysterics and phrensies."

These are the hottest days of the year, variously calculated to run from 30 to 54 days. Though they are named after our canine friends, our current Fidos and Busters had nothing to do with the original designation.

In ancient times when Sirius, the Dog Star, rose just before or at about the same time as the sun, people believed that the star was the cause of the hot, sultry weather and named the short season after the star. Hot weather combined with common summer diseases of the age to make it a very unhealthy and uncomfortable time. To appease Sirius, the ancients prayed and made sacrifices.

All of that, of course, was before air conditioning and modern medicine that has pretty well eliminated the worst suffering of both man and dog. But hot weather can still get you down, Dog Days or not.

Heat exhaustion is one way heat does it. If you get pale, sweat profusely, have a weak, rapid pulse, queasy stomach and headache or dizziness, get yourself to a cool place and lie down. Sponge your skin and stay near a fan. Drink something cool (not iced). If symptoms last or your temperature stays at 100 degrees, see your doctor.

Heatstroke is much more serious and requires medical attention. Symptoms include dizziness, rapid heartbeat, diarrhea or nausea, and hot, dry skin with no perspiration. Cool anyone with these symptoms as for heat exhaustion but also place ice packs under armpits, behind the neck, and on the groin while waiting for an ambulance.

Be kind to your animals too. Never tie up an animal outside in the sun without shade or water. If you see an animal treated this way, call your city's animal management.

When walking your dog, stay away from paved streets and sidewalks. In the hot sun, paws burn.

Rauchberg Dental Snapshot



Our founder, Dr. Joel Rauchberg, celebrating his 85th birthday! Doesn't he look wonderful?



Dr. Alan is so proud of his son, Jake. He will begin his first year at Albany Law School next month.



Dr. Alan loves his smoker and grill. These ribs are one of his finished products.

Time to Plant a Tree

It's August. That means fall tree-planting time will soon be here. Plan ahead and choose some trees that will not only offer cool shade and a home for squirrels and birds, but also bright colors.

Trees make a world of difference. They make our cities and neighborhoods more livable. They create quiet places to enjoy, give wildlife a home.

It was in 1872 that J. Sterline Morton proposed the first Arbor Day to point out the value of planting and saving trees for the benefit of all.

In 1872, planting trees was a good idea. In 2020, it's an even better one. For one thing, we know about the energy-saving qualities of trees. The shade of a mature tree keeps homes cooler in summer and provides a windbreak in winter.

Trees do even more. They help to keep the air we breathe cleaner. That's a matter we're all concerned with today.

In years to come, each time you look at the tree, you will remember how things were in 2020. Your children will be able to say things to their children like, "See this big tree? Your grandfather and I planted it when I was only six years old."

Now is the time to select the location for this new addition to your landscape, to think about what type of tree would be best, and to set a date for the big event.

Birds and squirrels will thank you for your efforts.

August Special: 50% OFF



Dental Sealants or Fluoride Treatment

Head into fall with a vibrant, healthy smile!

Call Today To Receive:

50% OFF Child or Adult Dental Sealants or Fluoride Treatment

973-755-9390

Rauchberg Dental Group

Hurry, this offer expires September 30, 2020. (\$120 value)

"It is one of the beautiful compensations of life that no man can sincerely try to help another without helping himself."

-Ralph Waldo Emerson

Our Commitment to Safety

Nothing is more important than the health and safety of our staff and patients. With this in mind, we are happy to share a few of the steps we are taking to make every visit to our office as safe as possible. These actions are incremental to our normal standards of care that meet or exceed all CDC, OSHA and ADA guidelines for dental practices.

Advanced Staff Training: Each member of our team has completed additional awareness and prevention programs to enhance their knowledge and preparedness. **Safety Champion:** Each day, one person will be designated to guide our Commitment to Safety. This includes greeting patients, answering questions, ensuring social distancing, and overall monitoring. **N95 & ASTM Level 3 Masks:** The beautiful smiles of our clinical team – dentists, hygienists, and assistants – will be protected behind double-masking at all times.

Personal Hygiene Standards: Along with short hair or hair that is worn up; this means no long fingernails, no jewelry, and no watches for any team member while in the office. **Change Work Clothes at Work:** In the past, you might have seen us at the grocery store in our stylish scrubs. No longer. Now, we change into and out of our newly-cleaned scrubs at the office, every day. **Daily Health Checks of Our Team:** No-contact temperature checks and a quick set of questions will ensure our team is ready, willing and able to provide safe dental care – every day.

Anti-Microbial Rinse: In addition to brushing and flossing before your visit, we will provide an Oracare solution to rinse in your mouth for 30 seconds and reduce bacteria. **Pre-Screening of Every Patient:** A quick health questionnaire and consent form along with a no-touch temperature check will be completed when you arrive at our office. **Hospital-Grade Hand Sanitizing Station:** Every patient will be asked to thoroughly disinfect their hands before entering the clinical area of our practice. **No Patient Gloves Allowed:** Minimizing cross-contamination is an important part of our plan. We will ask you to dispose of any outside gloves before you enter.

Virtual Waiting Room: Now, you can check-in from your car. As a result, you are able to minimize contact with others, bypass the reception area, and go directly to your treatment room. **At-Risk Patient Hours:** Relax. We have hours dedicated exclusively to our mature and medically-concerned patients. Let us add peace-of-mind to your next visit. **Teledentistry:** Some consultations and follow-up visits can be handled via our secure, patient communication portal. It is a cool, ultra-safe, and efficient extension of our office.

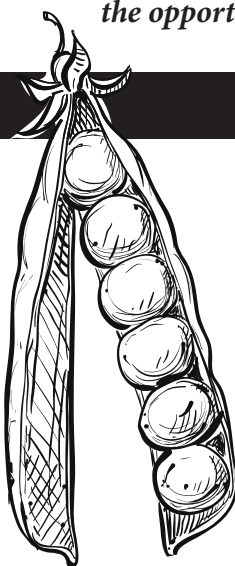
Cleaning After Every Appointment: We are super clean as we thoroughly wipe, sanitize, and disinfect all instruments, equipment and surfaces in each operatory after every patient. **Deep Cleaning Every Evening:** Along with cleaning and sanitizing during the day, we take things to another level at night with a thorough top-to-bottom scrub down. **HEPA Air Filtration:** Our air has never been cleaner. We now have stand-alone air cleaners with HEPA-grade filters placed strategically throughout the office.

Of course, this is part of our on-going commitment that will evolve with the times. As always, we welcome the opportunity to answer any of your questions and to address all concerns.



Julie, Dr. Kazi and Teresa showing off some of their PPE outfits.

In Season Now... Peas



Bite for bite, peas have twice the folate of raw spinach and more fiber than cooked broccoli. Doctors have long known that getting more dietary fiber is one of the best ways to lower cholesterol, and with it the risk for heart disease.

In the intestine, the fiber in peas binds with bile from the liver and traps it in the stool. By removing bile, which is very high in cholesterol, the body automatically brings cholesterol levels down.

The chlorophyllin in peas has a special molecular shape that allows it to grab cancer-causing chemicals in the body. Nutrition experts at the University of Toronto say the chlorophyllin attaches to carcinogens and helps prevent them from being absorbed.

Peas fresh from the garden have more nutrients than others. Canned peas lose some nutrients, but frozen are almost as good as fresh.

Though the pods of some peas are edible, the peas themselves contain most of the fiber, folate, niacin, phosphorus, riboflavin, thiamin, vitamin C, and vitamin A.



Ingredients:

3/4 cup butter	1 teaspoon salt
3 tablespoons minced garlic	1/8 teaspoon pepper
2 pounds large sea scallops	2 tablespoons fresh lemon juice

Directions:

Melt the butter in a large skillet over medium-high heat. Stir in the garlic and cook for a few seconds until fragrant. Add the scallops and cook for several minutes on one side, turn over and continue cooking until firm and opaque.

Remove scallops to a platter, then whisk salt, pepper and lemon juice into butter. Pour sauce over scallops to serve.

Recipe by Button on allrecipes.com

You CAN Forgive... and Live Longer

If you have an on-going feud with your brother, or secretly seethe over something your boss has done, beware. You are in danger.

An offense by your partner or friend may be so wounding you to think your only choice is to stay mad and stay distant. Health researchers at Harvard Medical School say forgiveness is not a shortcut around anger. It is a way to move on once anger has subsided. Here are some ways to start the process:

- Acknowledge your anger. You need to feel righteous anger before you can move on.
- Consider the offender. He may still have redeeming qualities. Someone still loves this person if it is only his mother or his dog.
- Don't slander. If you have to speak about him, speak no evil.
- Focus on freeing yourself of resentment. Think about it before going to sleep.
- Think kind thoughts. A woman whose child was murdered pictured the man finding a valued object that had been lost, or catching a fish.

- Keep going. Don't worry if it takes a long time to forgive. The important thing is to start.

Many studies show that people who forgive have lower levels of anxiety, higher self-esteem and better emotional health than those who do not. A Taiwanese study of women struggling to forgive betrayal by a friend or co-worker showed that those who got rid of grudges had lower blood pressure.

Feeling the anger again and again over months or years has devastating effects. Pounding blood can erode coronary artery walls. Platelets will then clump to fill the abrasions. Over time plaque will accumulate in the damaged areas, leading to coronary artery disease.

It is reasonable to assume that forgiveness, by providing an antidote to anger and stress, will interrupt the heart-damaging process.



Star Patients:



Joanna, Juliana and Jasmine are our Star Patient this month!



Leah Rose is a Star Patient! She came in for an extraction and did great. Of course it helps when your grandma, Teresa, is assisting Dr. Kazi during the procedure! Way to go, Leah Rose!!!

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

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News From The Office™ • ISSN 2154-4182