



from the Office



Rauchberg
DENTAL GROUP

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What's Happening A Rauchberg Family Snapshot



The Rauchberg's had a happy family gathering this holiday season!



CONGRATULATIONS!
TO OUR MOST RECENT
PATIENT PROMOTION WINNER.



Care to Share

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.

HAPPY
New Year
2020

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

- Albert Schweitzer



The Rauchberg Dental Group celebrated with a dinner gathering.

Do you Grind Your Teeth?

Do you wake up with a dull headache or sore jaw? This may be a sign that you're grinding your teeth while you sleep.

Grinding or clenching your teeth, call bruxism, can become very harmful to your smile. Especially when you aren't even aware you are doing it. The pressure of tooth on tooth wears down enamel, leaving teeth sensitive to heat or cold. Grinding damages fillings and crowns and loosens your teeth. It also affects the joints on each side of the mouth that connect the lower jaw to the skull.

What Can You Do?

- Find ways to relax before going bed. Target your jaw muscles by holding a warm washcloth against the front of your earlobe at the jaw joint. Try massage and stretching exercises to relax the muscles.
- Avoid or cut back on foods and drinks that contain caffeine, such as sodas, chocolate, and coffee. Also limit alcohol consumption as it may also intensify tooth grinding.
- Don't chew on pencils, pens or anything that's not

food. Even avoid chewing gum as it allows your jaw muscles to get more used to clenching and makes you more likely to grind your teeth.

- Train yourself not to clench or grind your teeth. If you notice that you clench or grind during the day, position the tip of your tongue between your teeth. This practice trains your jaw muscles to relax.
- Drink plenty of water; dehydration may be linked to teeth grinding.

Please let us know if you think you grind your teeth at night. We can discuss options or, if needed, create a night guard to help protect your teeth during sleep.

Technology Imbalance

In this age of technology, it's easy to become overwhelmed with constant notifications, seemingly endless screen time and an overload of online information. All of which can lead to a technology imbalance. This *imbalance* is why so many are now rethinking their relationship with their devices. Try these tips to create balance.

Use technology with a clear intention. Avoid mindless or compulsive use of your phone or internet when you're bored. Perusing social media or playing games can suck up your time. Instead, establish how you want to use technology for a purpose and resist getting off topic.

Don't use technology to feel better. Getting likes and views provides short-term emotional relief from feeling bored, upset, sad or generally uncomfortable. But in the long run, studies show that social media results in more social comparison, fear of missing out, and loneliness, which are all stumbling blocks to happiness.

Putting people first. When people choose to "plug into" a device, they are no longer present to those around them. This can create feelings of isolation and disconnection from the people we value most. Next time you're waiting or bored, try starting a conversation.

Take a break. This doesn't mean rejecting all technology and the benefits it can bring. *It just means being intentional with our use of technology and devices.* This break could help us live the kind of life we aspire to, instead of letting tech and devices hinder our goals.

Taking a brake may be as simple as leaving your phone on the counter or in your bag, thus avoiding the habit of always having it on hand. Or, perhaps a break means deleting social media and game apps from your phone or device for 30 days. You might even benefit from calling your friend instead of texting.



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