

NEWS *from the Office*



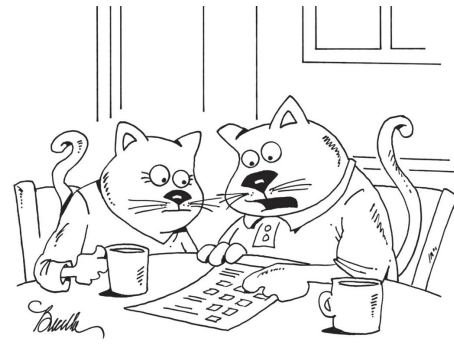
Rauchberg
DENTAL GROUP

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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.



"If I apply for early Social Security, I get this. If I wait until I only have one life left, I get this."

Anxious About Going to the Dentist?

Consider Relaxation or Sedation Dentistry



Most Americans, who don't visit the dentist on a regular basis, admit that it's due to anxiety. And, with more than a dozen different types of nerves inside our mouths, which are sensitive to touch, temperature, and other dental procedures, it's understandable that some people get anxious about going to the dentist. Fortunately, there is a remedy. It's known as Relaxation or Sedation Dentistry.

What is Relaxation or Sedation Dentistry? Here are four basic levels of sedation and a brief overview of how they work:

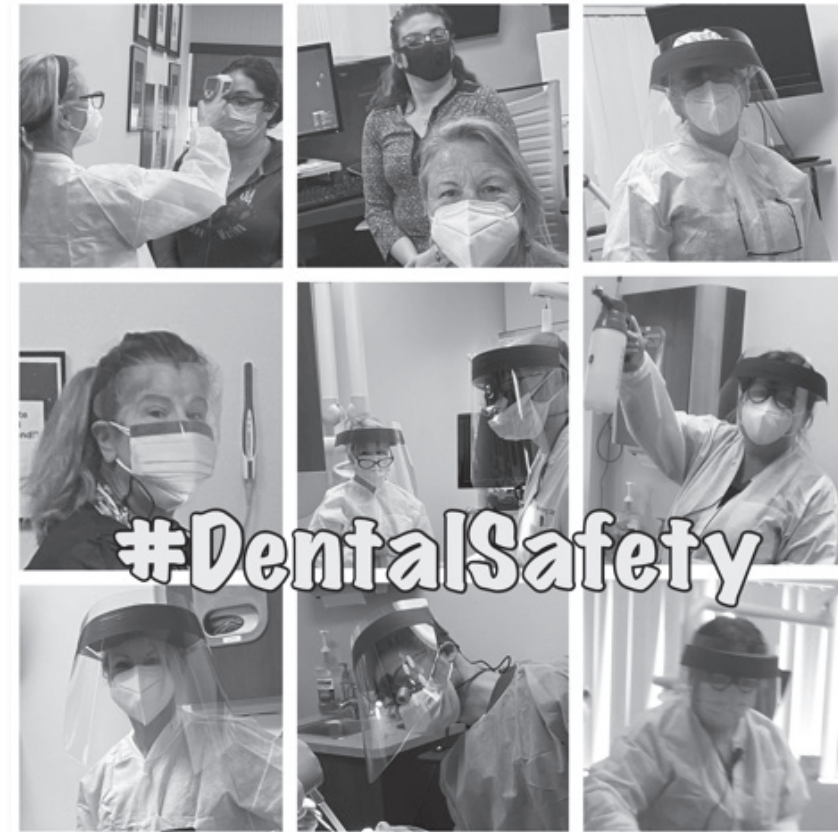
1. Minimal Sedation. This is the mildest form of sedation and is actually named after a Greek term which means "anxiety relief." During this level of sedation, the patient is still able to respond normally to verbal commands. Basically, you are fully awake, but relaxed.

2. Moderate Sedation. Moderate sedation is usually chosen for patients who have a lot of work to be done. During this level of sedation, the patient might feel drowsy and slur their words a bit, but they can easily wake up and respond to verbal commands. People who choose this form of sedation don't usually remember the dental procedure.

3. Deep Sedation. Deep sedation is a less common form of sedation and used only by those who have high anxiety or an unusual fear of the dentist. It may also be used during oral surgeries. In most cases, deep sedation will not be used for general anxiety at the dentist's office.

4. General Anesthesia. This level of sedation is the deepest level and is only used for patients undergoing extreme dental work. During General Anesthesia, the patient is unconscious for the entire procedure. This type of sedation is usually reserved for hospital and surgical procedures.

If you are anxious about your next dental visit, simply sit down with your dentist and let him or her know. They will be more than willing to talk with you about your Relaxation and Sedation options and put your mind at ease.



New Equipment...

Our new aerosol extractor is another one of the added precautions we have put in place. It helps to remove all of the aerosol that high speed suction isn't able to remove.

This new device isn't required. It is above and beyond the CDC requirements. We are committed to providing our patients with state-of-the-art safety precautions.

We're Happy to Be Back

Rauchberg Dental Group closed due to the Pandemic on March 23 then we re-opened on May 26. We are all so happy to be together and see out patients after those two months!

Here are a few pictures of our first week back. As you can see, we are wearing all of our new PPE.

We want to make sure your visit is as safe as possible for everyone involved.



LIVE MINDFULLY

The concept of mindful living is based on the Buddhist practice of mindfulness. The technique involves being conscious or aware of the present experience. It means channeling all your attention to whatever you're doing — whether it's cooking, gardening or a work assignment. For instance, when you're cooking, pay attention to the ingredients — their texture, flavors and aroma — and the whole process of meal preparation, right down to garnishing and laying the table. Or, if you're gardening — feel the soil when you plant a seedling, listen to the chirping of birds and humming of bees and notice the smell of freshly cut grass as you mow the lawn.

By being conscious of your present experience and surroundings you can become more appreciative of the little things you often ignore or take for granted. It's never too early or too late to become a grateful person. Start implementing gratitude techniques today to set yourself up for a happier, more fulfilling life ahead.

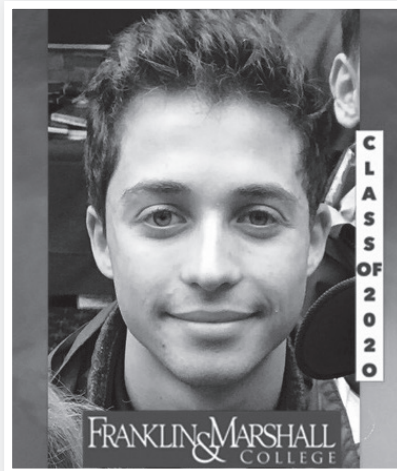
Rauchberg Dental Snapshot



Dr. Alan and Maureen finally enjoyed dinner on the deck... but still a bit chilly.



Dr. DeGeorge got engaged in June!!! Congratulations to the happy couple, Dr. DeGeorge and Evan.



Dr. Rauchberg's middle child, Jake, graduated in May from Franklin and Marshall College... but of course there was no graduation ceremony. We're proud of you, Jake.



Dr. Zelig was married in Israel! The wedding was canceled due to the pandemic, so a small ceremony was held in the backyard. Congratulations to Dr. Zelig and Deborah.

Chores Make Kids Better Citizens

There's no question that working parents need all the help they can get when it comes to keeping up their homes. That means kids help too. But as they do their chores, are they helping themselves as well? New research conducted at the University of Toronto indicates the answer is an emphatic "yes".

The study of children ages 9 to 14 shows that those with regular responsibilities at home showed greater sensitivity to the needs of others, were more responsible in other areas, and were more likely to spontaneously pitch in, both at home and at school.

The key to making kids more responsible was having them do tasks that benefited the entire family. Doing things that benefit all gets kids in the habit of thinking of others, say the study leaders. They were more likely to become responsible and considerate adults.

What if your kids don't want to do chores? Give them a number of choices and let them decide which ones to take on. They'll be more likely to help out without complaining.



Fireworks Safety

The Fourth of July brings thoughts of firework celebrations. Professional pyrotechnicians will safely, light skies with spectacular color and brilliance.

Private lighting of fireworks is another matter, often causing serious injuries to children and adults.

As surely as tulips bloom in the springtime, fireworks vendors appear with attractive wares for all to buy. Many are legal and theoretically harmless, but are capable of doing serious damage to both people and property.

The first step in presenting a "safe" backyard fireworks display comes with selecting what will be used. Always select only those items that are legal.

Then remember these safety tips from the National Safety Council:

- Children should always be supervised and always retrieve matches and lighters from kids when they are finished.
- Select the site of your display. Hard-surface driveways or green lawns work well. There should be adequate space with no combustibles nearby. Observers should be kept at a safe distance.
- Only one adult should be in charge of igniting. And keep water at hand.
- Never try to relight a "dud." Put water on it so it doesn't smolder and light unexpectedly.
- Never throw a rocket/firecracker. Never hold one to light it.



Brush then Floss or Floss then Brush?

Dental students at the Dental Materials Research Center at Mashhad University of Medical Sciences participated in a two-part study to check the effectiveness of brushing then flossing or flossing then brushing.

After examining the collected data, the researchers concluded that plaque buildup were greatly reduced in the mouths of students who flossed their teeth before brushing. And, when students flossed before brushing, fluoride retention was higher, most likely because the spaces between teeth were cleared before being exposed to fluoride-containing toothpaste.

So now you know: Floss first then brush with a fluoride toothpaste for best results.



If it's your first try, Brie might seem challenging. Brie and its lower-fat cousin, Camembert, are soft, creamy cheeses with a white mold rind. And, yes, you are supposed to eat the mold rind.

Most everyone on their first try is skeptical. Take Charlemagne, for example. The emperor of what is now much of Western Europe, when served Brie for the first time in about 774, looked disgustedly at the white mold outside and threw it away. But a bishop persuaded him to try the cheese with the rind and, delighted, the emperor immediately ordered two cartloads every year.

That story is part of a Charlemagne biography written by a monk, Notker the Stammerer, in the 9th century.

Brie de Meaux was made then 30 miles outside Paris and is still made there by artisans. Over the centuries it became a favorite of kings and poets.

Brie and Camembert now have protected names, according to cheese expert John Proestakes of JohnEatsCheese.com. Only cheese made in the Meaux region can be called Brie. Only cheese made in Normandy can be called Camembert. If you eat cheeses from elsewhere they have to be designated as a style of Brie or Camembert.

With that regal history, it's not surprising that Brie has etiquette associated with it.

- A round of Brie should be cut in slices as you would a cake.
- Always slice the Brie rounds from the outside in.
- Never dig the cheese out of the rind in public.
- Never mangle the Brie by cutting from the middle of the round.
- Never cut the corners or tip of the Brie. Very offensive.
- Brie is typically eaten with bread.

Baked Brie with Honey

Ingredients:

- 1, 8oz wheel of triple cream Brie
- 1 tablespoon of honey
- 1 tablespoon of sugar
- Crackers, bread, or crudite

Instructions:

Preheat broiler.

Cut off the top rind of the Brie.

Place Brie cut-side up on an oven-worthy plate. Spread honey evenly over the top and add an even layer of sugar.

Place Brie under the broiler for 1 minute or until the sugar melts and caramelizes. Remove and cool so that the sugar layer hardens, about 1-2 minutes. Serve with crackers.

Word Search

Famous Diamonds

P A R E N T S Y X Y W V D
J Y A O N T B S T J O I H
M T N G P H U L T E R E G
K U K S V Q U L C A K D H
A I I S H C M N S O N N N
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ALLNATT	NASSAK
BLUE MOON	NIZAM
EAGLE	ORLOV
EUREKA	PARAGON
EXCELSIOR	PINK STAR
FLORENTINE	PRINCIE
GRAFF PINK	PUMPKIN
HOPE	REGENT
JACOB	SANCY
JONES	SHAH
JONKER	TIFFANY YELLOW
JUBILEE	UNCLE SAM
KOH I NOR	WINSTON
MOUSSAIEFF	

"My father didn't tell me how to live; he lived, and let me watch him do it."
-Clarence B. Kelland

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News From The Office™ • ISSN 2154-4182