The Best Thing To Do
Come on in!

Every dentist hears amusing and creative excuses for missed appointments – you know, variations on the dog ate my homework theme. Some patients just flat out admit they had something better to do. But the real truth is they only think they’ve got something better to do. Your oral health is precious – and without regular care – precarious.

Let me explain. Your body is its own ecosystem. If the bacterial balance of your oral environment is lost, it can lead to painful cavities and gum disease with tooth and bone loss. It may affect your general health. The more you postpone, the more extensive and costly treatment can become.

Please don’t miss appointments because you’re nervous about a treatment or expense. At Rauchberg Dental Group we care about your oral health and we care about you and your family. We’ll work something out together.

Yours in good dental health,
Drs. Alan & Joel Rauchberg

fromthedentists

Dental Savings Plan
25% off of all fees!!

Our office is now offering a dental savings plan that is designed to provide affordability and greater access to quality dental care. With your dental savings plan there are:

- No yearly maximums
- No deductibles
- No claim forms
- No pre-authorization requirements
- No pre-existing condition limitation
- Immediate eligibility (no waiting periods)

Single Annual Premium ...... $159.00
Family Annual Premium ...... $299.00

This program is a discount plan, not a dental insurance plan. It cannot be used:

- In conjunction with another dental plan
- For services for injuries covered under workman’s compensation
- For treatment which, in sole opinion of the treating dentist, lies outside the realm of their capability
- For referrals to specialists
- For hospitalization or hospital charges of any kind
- For costs of dental care which is covered under automobile medical

This plan is only honored at Rauchberg Dental Group. This dental plan is not an insurance plan that can be used at any other office.

- There will be a $50 reinstatement fee if your plan lapses
- Non-refundable
- No refunds or premiums will be issued at any time if participant decides not utilize dental plan
- Additional exclusions may apply

Call us at
(862) 207-4408
and book your summer appointment!

Visit our web site at www.rauchberg.com
When You Lose
What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it’s different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it’s getting more complicated...
Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How’s that?
Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?
Initially you probably won’t because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?
Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there’s more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn’t show weight loss!

Oral Cancer

Bites

Start early & win!
Oral cancer victims are getting younger. Many of these young adults don’t smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the human papilloma virus (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.
B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don’t go away, and lingering soreness.
C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life’s work. With early detection, most oral cancer can be cured.

Many challenges? We have many ways to beautify a smile!
Reality Checks

We can tell you why it is what it is!

We’re happy to say that most dental problems can be treated successfully … but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here’s why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!

LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle and reducing your carbon footprint.

- If you take really long showers, you could save more water and energy by soaking in the tub until you’re clean, relaxed, and ready for bed. If you don’t like baths, use a timer or energy-saver shower head.
- Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you’re not flossing, you’re missing about a third of your tooth surfaces. Even if you were fasting, you’d still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There’s definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don’t go to the zoo ... come see us for a demo!
Dr. Lara Merker is a board certified periodontist who completed her training in Periodontics and Implant Dentistry at New York University. Dr. Merker received extensive training in all aspects of periodontology, including periodontal plastic and cosmetic surgery, regeneration, sinus augmentation and dental implants. She received her dental training from the UMDNJ after completing her undergraduate education from Penn State. Dr. Merker is a member of the American Academy of Periodontics, Northeastern Society of Periodontics, Academy of Osseointegration, NJDA and ADA.

Attractive Solutions

CareCredit®

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend CareCredit®, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don’t.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what’s most important – ensuring good dental care.

Ask for a CareCredit application... and begin treatment today!

When you come to our office for your examination and cleaning, we will provide you with custom bleaching trays and materials for a one time enrollment fee of $99.

This is a savings of more than $350!

This is called our Gold Level, and at each six month preventive visit, we will give you a complimentary touch up kit of bleaching gel. This ensures that you will be able to keep your teeth bright and beautiful for life!

Our Platinum Level is a onetime enrollment fee of $129.00. This includes unlimited touch up kits of bleaching gel for patients who like to bleach more often.

We appreciate the opportunity to serve you, and look forward to seeing your bright smile for many years to come.