



from the Office



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Have you met Rauchberg Dental Group's Orthodontist?

Meet Dr. Allie DeGeorge, DMD! Dr. DeGeorge is a Jersey girl! She grew up in Clinton, and then headed south to Philadelphia for college. She attended the prestigious University of Pennsylvania, where she earned three degrees! Dr. DeGeorge holds her undergraduate degree, dental degree and advanced Certificate of Orthodontics from Penn. While there, she received training in the most advanced orthodontic techniques including Invisalign, 3D imaging, TMD, and temporary anchorage devices (TADs). She is experienced in all phases of orthodontic treatment for children, teens and adults and is an active member of the American Association of Orthodontists and American Dental Association.

Dr. DeGeorge hails from a dental family. Both of her parents are also dentists! Dr. DeGeorge is truly committed to providing the highest quality of care to create beautiful, healthy smiles.

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.

We invite your family and friends to join our practice. It would be an honor to meet them and together would could address their needs.

What's Happening A Rauchberg Family Snapshot



Dr. Alan and Maureen recently traveled to Tampa to watch their daughter, Jess, defend her Master's thesis. Jess's defense was accepted, and she will be awarded a Master of Art in Communication on May 4, 2019. Jess plans to continue her studies beginning this August as a PhD candidate in Communication.



Dr. Alan recently attended the American Academy Dental Practice annual meeting in Tuscon, Arizona. He truly enjoyed the meeting, the landscape and the personal time spent with colleagues. Dr. Alan served as President of the Academy in 2017.



April is Grilled Cheese Sandwich Month. Now that's something to Celebrate!

CAPRESE GRILLED CHEESE SANDWICH

Ingredients

- 4 slices sourdough or white bread
- 6 oz fresh sliced mozzarella rounds
- 8 slices Roma tomatoes
- 2 Tbsps chopped, fresh basil
- Black pepper to taste
- 4 tsp extra virgin olive oil or 2 tsp butter
- 1 clove of garlic

Directions

Layer mozzarella rounds over two slices of bread followed by a layer of tomatoes. Sprinkle basil on top, season with pepper and top with remaining two slices of bread.

Heat non-stick skillet over medium heat. Drizzle 2 teaspoons olive oil in pan, or butter tops and bottom of sandwich; place sandwiches in pan. Then lay a heavy pan over sandwiches and grill about two minutes on each side until they are golden brown, and cheese is melted. Lightly brush a garlic clove over toasted sides. Serve immediately.



Is Oral Bacteria Connected to Migraines?

In 2016, the American Academy for Oral Systemic Health, discussed the possibility that oral bacteria may be a factor in the onset of migraines. The study went on to point out something very interesting regarding the connection.

As you may already know, certain foods are heavily preserved with nitrites, such as hot dogs, lunchmeat, and bacon. When someone eats these kinds of foods, the saliva in their mouth breaks down the nitrites, thus converting it into Nitric Oxide. When the level increases and begins circulating in the bloodstream, it can trigger migraines, tension headaches, or cluster headaches.

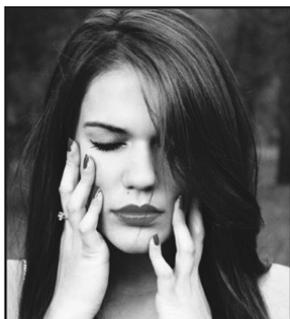
The connection between oral bacteria and migraines suggests that the bacteria in your mouth may help convert those harmful food preservatives, which then enter the blood stream.

Now, on the flip side, there are numerous studies that show how Nitric Oxide is beneficial to our cardiovascular system. It has a relaxing effect on blood vessels and can reduce blood pressure. This is why many folks with heart disease take nitrates. However, the chief complaint for many cardiac patients is headaches.

So, what's the right answer for you?

Obviously, if nitrates are prescribed by your doctor to help you deal with cardiac disease, there is little room for discussion. However, if you eat bacon and hotdogs several times a week, and constantly get debilitating headaches, your dentist can help you find some answers.

Don't hesitate to ask if you have any questions. And as always, make regular dentist appointments to ward off potential dental problems that may contribute to migraines.



Easter Baskets Can Have Less Candy, More Fun

We do love our sugar, and barely a month goes by without some holiday giving us a reason to indulge (Halloween in October, Valentine's Day in February, Shamrock Shakes in March, chocolate anytime). Easter, celebrated on April 21 this year, is renowned for its potential sugar rush: from marshmallow Peeps to chocolate bunnies and jellybeans, it can be difficult to think of something other than candy to include in those Easter baskets.

If you are looking to eliminate or at least reduce the amount of sweets in your basket, here are some ideas:

Toys. There's no dearth of fun Easter-themed toys this time of year, including plastic eggs with popular characters inside to Legos kits, nesting dolls, and Crayola crayons in the shape of Easter eggs.

Books. Ok, so a book isn't a chocolate bunny, but it can be super fun anyway. Choose from any number of coloring books, activity books, or even a rousing game of Mad Libs (surely there's an Easter edition).

Gardening kit. You can find cute gardening kits themed for Easter, or simply design your own to get started on those spring and summer flowers, herbs, or veggies.

Bubbles! Come on, who doesn't love blowing bubbles? Opt for traditional or go for a more modern twist with scents and colors.

Kites. As it happens, Easter falls in a great season for kite flying. It's an exciting family activity.

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