



from the Office



Dr. Alan Rauchberg • 199 Baldwin Road, Suite 120, Parsippany, NJ 07054 • 973-755-9390



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 we could address their needs.

What's Happening

A Rauchberg Family Snapshot

Congratulations, Jessica!

The Rauchberg family gathered to celebrate her master's graduation.



Dr. Alan & Dr. Joel Rauchberg



Jessica, Maureen, Liz & Tracy



Jessica & her boyfriend, Ryan



Dr. Rauchberg's Grandma



Harvard Study Links Coffee Drinking To Longevity

The results of a questionnaire published online by the Journal Circulation shows that coffee drinking is associated with a lower risk of early death.

Three studies analyzed the answers of 208,000 men and women over a 30-year period. The investigators found that, compared with people who don't drink coffee, those who

drank three to five cups of caffeinated or decaffeinated coffee per day had a lower risk of death of type 2 diabetes, cardiovascular disease, neurological diseases such as Parkinson's, and suicide.

Dr. Ming Ding, the first author of the study at Harvard T.H. Chan School of Public Health, says it could be that certain compounds in

coffee, such as chlorogenic acid, may help reduce insulin resistance, and inflammation, which are associated with many diseases.

The study conclusion: If you drink a moderate amount of coffee, it's fine to keep the habit. But there isn't enough evidence that you should drink more for the sake of longer life expectancy, according to the study.

Our New Registered Dental Hygienists



Meet Jeanene

Jeanene Stuart is a United States Navy Veteran who graduated from Florida State College in Jacksonville. She is a proud mother of two amazing boys.

Jeanene started in dentistry as a dental assistant in 2005 then became a dental hygienist in 2011. She loves what she does and strongly believes in promoting dental health.

Meet Yoselyn

Yoselyn has been in the dental field for more than 18 years. She first started as a dental assistant and then decided to pursue a dental hygiene degree, which she completed at Bergen Community College.

Yoselyn believes that the key to a beautiful smile is a healthy smile and that by educating her patients about prevention, she is making a difference in their oral health.



Make Your Garden Eco-Friendly

Gardens aren't just about petunias, they can also help animals and encourage native plants. This year when you plant the family garden patch, try making a sustainable wildlife garden.

First, plant at least three native flowering plants. Check nwf.org for local choices.

Install a water feature. It doesn't have to be elaborate. Wet rocks are good for butterflies. Hummingbirds like to take showers in a gentle mist. And all birds need a drink in the summer.

Put up nesting boxes. The sparrows may move in, but you might be surprised to find nesting bluebirds, too.

To encourage butterflies, especially monarchs, find a place for nectar plants.

Trees are essential for a good wildlife area. Even a small yard can host a dwarf evergreen or deciduous tree.

Animals, birds, bees, and butterflies need food, water, cover and a place to rear young. Your garden can be a place where they thrive.

Not All Cavities Are Created Equal



Cavities can be described as bad bacteria attacking your teeth and breaking down the protective layers. Unfortunately, bad bacteria feeds on

sugary drinks and sweet, sticky foods. Even acids in coffee can cause your teeth's enamel to break down, creating more opportunity for bacteria to attack.

But, did you know that not all cavities are created equal? There are actually 3 types of cavities to be aware of. Here is a simple breakdown of all three:

- **Smooth Surface Cavities:** Smooth surface cavities begin on the flat, outer layer of the tooth. They are generally slow-growing cavities that first show up as small white spots. But over time, the decay can break through the outer surface layer and expose the inner layer of the tooth. Always treat smooth surface cavities quickly to prevent worse problems down the road.
- **Pit and Fissure Cavities:** Pit and Fissure cavities usually start on the chewing surface of the back teeth. If caught early, they can sometimes be fixed with a good fluoride toothpaste. But, if the cavity reaches the second tooth layer—the Dentin—the decay will need to be cleaned out and the tooth filled. Pay attention to your back teeth when brushing, as food particles can easily get stuck in the grooves.
- **Root Cavities:** Root cavities can cause a lot of problems if not detected early. Because the root of a tooth isn't protected by hard enamel, decay has an easier chance of spreading. In most cases, a root cavity will need to be filled or crowned. Sometimes, if the decay is bad enough, a root canal might need to be considered.

Just about everyone knows that one of the main reasons to go to the dentist for regular check-ups is to make sure you don't have any cavities. But, on the rare occasion that you do end up with one, get it taken care of right away. After all, not all cavities are created equal.

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