

## Strive for 10 Minutes a Day

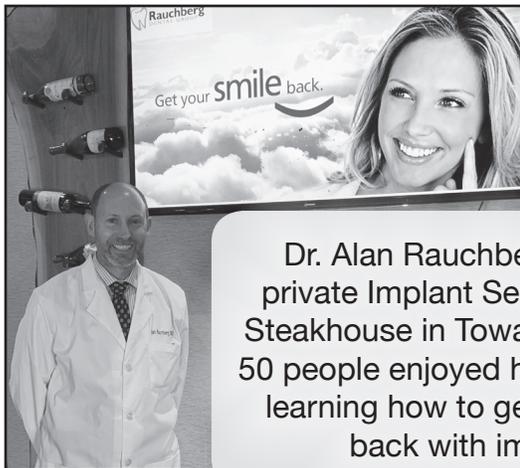
Just 10 minutes of moderate exercise per day for six days can ward off disability, a study finds.

Northwestern University researchers analyzed 1500 adults with osteoarthritis in lower extremities: hips, knees, and ankles.

The participants were not disabled and the researchers wanted to know what minimum activity could prompt health benefits.

The pain of osteoarthritis often makes movement a daunting experience, leaving patients inactive. But those who did complete 10 minutes per day of activity had an 85 percent lower risk of mobility disability. This also gave the adults less risk of being unable to perform daily activities such as getting dressed or walking across a room.

Congratulations,  
Jeanette M!  
She won our  
Memorial Day  
promotion and will start  
her summer out right!



Dr. Alan Rauchberg hosted a private Implant Seminar at Rails Steakhouse in Towaco where over 50 people enjoyed his presentation learning how to get their smiles back with implants.



## 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 we could address their needs.

## FUN IN THE SUN

Summer arrives this month, with its long, warm days it's perfect for getting outside. But unless you protect your skin, you could be setting yourself up for cancer.

There are three main types of skin cancer: basal cell carcinoma (BBC), squamous cell carcinoma (SCC), and malignant melanoma.

BBC affects the basal cells at the bottom of the epidermis and is the most common nonmalignant form. SCC, the second most common, involves the cells in the outer layer of the skin. **Malignant Melanoma** often looks like a mole. Melanoma is curable if caught quickly, but deadly if left untreated. It is the least common form of skin cancer.

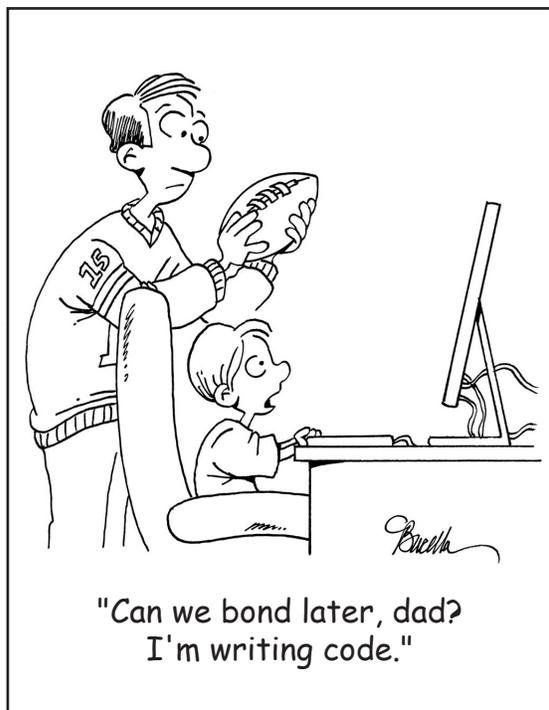
The American Cancer Society estimates that over 1 million cases of non-melanoma cancers remain unreported in the United States. Annually!

For more information on skin cancer, as well as prevention tips and sunscreen guidelines, check out the Skin Cancer Foundation website. If you question anything on your skin, see your doctor.

## Why Refrigerate Eggs?

In most countries, eggs are stored on an un-refrigerated shelf. Although this can be jarring to North Americans, it isn't that far out. After all, hens do not lay in refrigerators. So why do we keep eggs cool? It is one way to fight salmonella contamination.

In the U.S., egg producers must wash eggs to remove contaminants. This process also removes a natural coating on the egg, leaving it porous. So the washed eggs must be immediately refrigerated and stay that way. A washed egg, if left at room temperature, may sweat, allowing the growth of bacteria that could enter the egg through the shell, according to eggsafety.org.



## Hummingbirds: Pretty Little Bullies

Yes, they are adorable. Put out a feeder with some sugar water, and you're bound to attract those little birds with needle-nose beaks and amazing flight skills.

Turns out they've got tempers to boot. Hummingbird aggression is apparently a problem. Male hummingbirds establish territories and fight off competitors for nectar and water, a seemingly ongoing battle at times. The little creatures have a high metabolism and must feed the beast constantly, contributing to the aggression and the need for a plentiful food supply.

Current advice in the hummingbird fan community suggests creating multiple feeding zones, some spaced far away from others, so that a bully can't protect all of them.

With persistent bullies, try to observe where they perch — usually in sight of the feeder. It might help to cut that perch to deny the bully his favorite spot.

A lot of hummingbird sound and movement can attract more hummingbirds to the feeders. So, sometimes a bit of hummingbird fighting can make your yard more popular.

## What Everyone Should Know About Their Dentist

It is said that up to 80% of Americans fear going to the dentist. And unfortunately, less than 50% of Americans visit the dentist regularly as recommended by the American Dental Association. Perhaps, if we got to know our dentists a little better, many of those fears would disappear. Here are a few things everyone should know about their dentist.

**Dentists are highly educated and trained to offer the best care:** Dentists undergo 8 years of study—4 years as undergraduates and 4 additional years in a doctoral program. Dentists graduate with a Doctor of Dental Medicine (DMD) or a Doctor of Dental Surgery (DDS). In short, if you don't have a problem going to a physician for a physical, then going to the dentist for an oral check up should be a breeze. If you're feeling anxious, please discuss your concerns with us so we can help address them.

**Dentists are turning more and more to relaxation dentistry:** Advancements in relaxation and sedation dentistry make it even easier to get stress-free dental care. Aside from sedation, new comfort-based technology makes visiting the dentist a lot more relaxed. Our office does everything we can to make your visit as stress-free as possible.

**Dentists contribute to your overall health:** Another important thing to know about Dr. Rauchberg is that he can often pinpoint other health issues that you may be developing. Diabetes, gum disease, or even cancer of the mouth may be noticed at your regular appointment. Regular visits to your dentist cannot be stressed highly enough. Truly, Dr. Rauchberg is on your side and can be a valuable asset to your life.

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