



from the Office



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



We're Proud of Jenna, CRNA!

Congratulations to Lori's daughter, Jenna. She was the valedictorian of her class and graduated from the Nurse Anesthesia program. Way to go, Jenna!

Our Team Says: Goodbye to Summer & Welcome Fall!



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.

CONGRATULATIONS,

FRAN C.!

Fran is the winner of our Summer Give-Away. She won a \$200 Visa Gift Card! Thanks for participating, Fran.



GET ACTIVE THIS FALL...

With the change of season comes a time of restart, making fall a great time to start a wellness program. Set yourself up to create healthy, strong habits for the upcoming holidays and winter months.

- **Take advantage of the weather.** Fall months are a great time to exercise outdoors and enjoy the cooler temperatures. Walking, hiking, cycling or in-line skating are all great fall activities. Remember, it doesn't have to feel like exercise to be a great workout.
- **Think outside the box.** Try learning something new like dancing, boxing or indoor rock climbing. How about a class: Zumba, Yoga, CrossFit? Many organized classes get started in the fall, so look around and see if something intrigues you.
- **Integrate exercise into your life.** Park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break.
- **Stick to it!** Exercise takes *commitment*. We're all busy, so plan your exercise just like you would a meeting, dinner out or getting kids to practice. Put in on the calendar, because later always turns into never.

Consistency is key! It's better to work out for 10 minutes a day rather than one hour every month. And, remember the 30-day rule. It can take about four weeks for the average person to adapt to a lifestyle change. Stick with your choice for at least one month. Most importantly, find something you can enjoy!

SIX

Stress Factors That Affect Your Dental Health

Life is stressful. And most of us know that heavy amounts of stress can give us all sorts of health problems. It stands to reason that stress can also be harmful to our teeth. However, most of us only pay attention to our teeth when they start hurting.

The connection between healthy teeth and gums, and overall health may be surprising. According to the Oral Systematic Health Connection, people with poor teeth and gum health may be at a higher risk for heart disease. Besides stress, there are many factors that can affect oral health. Here are 6 main risk factors to consider:

1. Diet: “You are what you eat” may be considered a catch-phrase, but it does have some truth to it. What we put in our mouths affects our teeth one way or the other. Too many sweet and sticky foods lead to an increased risk for tooth decay. Too many high-acidic foods can eat away at the enamel. Think about it this way: Everything you put into your body goes past your teeth, gums, and throat. Bottom line is, our diets matter when it comes to oral health.

2. Stress: Each of us handles stress in our own way. Whether it be overeating, drinking, or even spending, we often turn to bad habits to help us cope. Stress can become a real issue for our teeth if we resort to grinding or clenching them. This will only lead to more problems down the road. It would be wise for us to find other ways to relieve stress without compromising our health and wellbeing.

3. Hygiene: Most of us wouldn't leave the house without first taking the time to fix our hair. Yet, we may not pay as close attention to our teeth and gums. Too many days in a row of rushing through our oral health care, and we are asking for trouble. Make oral hygiene a priority and give your teeth the attention they deserve.

4. Tobacco: Apart from bad breath and stained teeth, tobacco is one of the worst risk factors for overall health. Truly, there is no room in your life for this habit. Take educated steps to stop using tobacco as soon as possible. You won't regret it.

5. Alcohol: Recent studies have shown that a small amount of red wine can actually fight bad bacteria in your mouth. However, it shouldn't be used as an excuse for better oral health. Thorough brushing, flossing, and dental checkups are still the best ways to keep your mouth in good working order. Limit alcohol for best overall health.

6. Lack of Exercise: Can lack of exercise really impact the health of your teeth?

As stated earlier, a build up of bacteria in the mouth may be related to heart disease. Getting regular exercise is a tried-and-true way to stay healthy. Exercise helps prevent heart disease and good oral health care prevents gum disease. When combined, your system has a better chance of resisting disease altogether.

Of course, many of the risk factors mentioned can be directly related to one another. The Oral Systematic Health Connection is discovering even more ways that stress affects every part of the body—even your teeth.

As you consider these risk factors, talk with Dr. Rauchberg. He may be able to help remedy one or more of your stress points, especially those affecting your teeth. It will be a positive first step towards good health.



Garden Cleanup

Your garden has been a source of joy and deliciousness all summer. And as the season winds down, there's a bit more left to do other than thank it for its service and walk away.

Gardens need some winter prepping. This helps reduce and eliminate the chance for pests to grow and also tidies things up for when you come back to it in the spring.

Some tips for late-season garden cleanup include:

- Cut back any perennials, pull up spent annuals, and remove weeds and leaves.
- Add a layer of mulch. For cold-weather areas, wait until after the first frost for this step.
- Apply an insecticide, which will get to the roots and help protect the plant in the early spring, when those pests start showing up again but before we've typically started working in the garden.
- Save, gather, label and store seeds in a cool, dry spot.
- Clean and organize your garden tools and supplies.

This publication is provided as a courtesy/gift subscription to the patients and friends of:
Rauchberg Dental Group, 199 Baldwin Road, Suite 120, Parsippany, NJ 07054 • Phone: 973 755 9390 • www.Rauchberg.com

Questions and comments on the material in this publication should be directed to our consumer affairs hotline via fax: 1-503-218-0557.

The goal of **News from the Office™** is to provide information to the general reader on living a more rewarding life through better physical, mental and financial health. This publication is not intended to provide individualized advice, which should be sought from licensed professionals such as dentists, physicians, attorneys, and/or accountants.

© 2019 All Rights Reserved. • **News From The Office™** • ISSN 2154-4182