

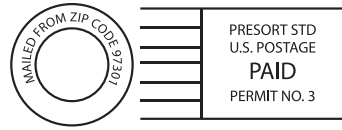
Thank You!

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. It would be an honor to meet them and help address their dental needs.

Rauchberg Dental Group
Dr. Alan Rauchberg
199 Baldwin Road, Suite 120
Parsippany, NJ 07054

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NEWS from the Office

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

Congratulations, S.G.!



Congratulations to our November gift card winner! Just for making an appointment in November, S.G. was automatically entered to win a \$100 gift card. And he won!

Our Commitment To You...

Nothing is more important than the health and safety of our staff and patients. With this in mind, we happily take extra steps to make every visit to our office as safe as possible. These actions are incremental to our normal standards of care that meet or exceed all CDC, OSHA and ADA guidelines for dental practices.

Our goal is to add peace-of-mind to the friendliness and clinical excellence you have come to expect. We welcome the opportunity to answer any of your questions and to address any concerns.

We are in this together, and we will never underestimate the power of a smile!

New Year's Resolutions: Put Change Ahead of Comfort

The urge for self-improvement is strong at the start of a new year. It's a time for looking back, as well as a time for looking forward and visualizing ourselves as the person we want to be.

Here we come to a big question: *Is the urge for change more powerful than the drive to revert to what is comfortable to you?* At first, change seems manageable, but as time goes on, we may tire like a runner in a long race. Then, as difficulties of our daily lives surround us, returning to our comfort zones could seem more important than making changes.

Keep these points in mind when making resolutions:

- When one resolution involves an important life-style change, don't make any others. If you want to quit smoking, lose weight, and learn a foreign language, it's not wise to do all three things at once.
- Study the obstacles to your resolution and determine ways to deal with them. If you want to lose weight, for example, decide to skip the ice cream and have a low-calorie popsicle instead. Tell friends you are not eating rich desserts so they won't tempt you.
- Maintain your focus and monitor your progress. Keep a notebook to record how often the behavior you want to change occurs, who you were with and how you felt. You probably see a pattern that could be avoided in the future.
- If you break a resolution, don't give up on the effort. See it as an opportunity for self-understanding. Treat yourself kindly.

New Year's resolutions are supposed to make you feel good about yourself. If not keeping them makes you think badly about yourself, they aren't worth the effort.

What's Happening A Rauchberg Family Snapshot



Dr. Alan & Maureen

It was a small group for Thanksgiving dinner this year. Just Dr. Rauchberg, Maureen and two of their three kids.



Jake & Cameron

Dr. Alan carving the turkey



Plus a family zoom. Dr. Joel and Liz are center right.

Vitamin D Deficiency & COVID-19

Among the buzz in COVID-19 talk: vitamin D levels as a potential indicator of who's at risk of developing more serious complications from the disease.

A variety of medical experts have noted that research shows high rates of vitamin D deficiency in people with severe COVID-19 infections. People with low vitamin D levels may be more susceptible to upper respiratory tract infections. According to Harvard Health Publishing, vitamin D may protect against COVID-19 in two ways: helping to boost our bodies' natural defense against viruses and bacteria, and potentially preventing an exaggerated inflammatory response.

A study published in Endocrine Society's Journal of Clinical Endocrinology & Metabolism reported that more than 80 percent of 200 COVID-19 patients in a hospital in Spain had vitamin D deficiency.

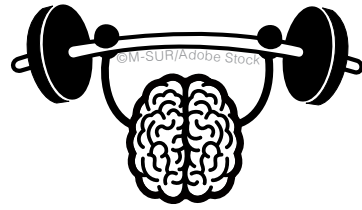
Researchers are exploring the effectiveness of giving high doses of vitamin D to people hospitalized with COVID-19, but thus far have seen mixed results.

Still, every little bit helps. If you suspect or know you have a vitamin D deficiency, experts recommend checking with your doctor about whether a supplement is a good idea.

Happy New Year from your dental family at Rauchberg Dental Group

*Most of us aren't sad to see 2020 go.
But you have to admit, 2020 has been unique.
Let's welcome 2021 with relief, but also optimism and hope. We are looking forward to a wonderful 2021.*

What do you call an old snowman? Water



Fitness Trend: Cognitive Workouts

No, we're not talking crossword puzzles. One of the newest exercise trends involves fitness challenges combined with brain challenges.

An instructor guides you through a workout while also leading you through verbal brain games. A few examples from Harvard Medical School: Count backwards by twos, call out the name of the president in a certain year, or remember three numbers that you'll have to recite later.

The brain must meet the extra challenge as it works to engage in physical and cognitive activities at the same time. In turn, that engages the frontal lobes, which are key to decision making, controlling impulses, planning and other executive functions.

Though they sound intriguing, these classes can also be difficult to find. Some health clubs are just beginning to incorporate brain games into fitness classes.

In true 2020 style, you can also try it out at home. One company touting the benefits of cognitive workouts is SMARTfit Active, which advertises sports performance and brain health fitness for home. You can convert an area of your home into your workout space using their equipment and "gamified programming."

Keep an eye out for smartphone apps, currently in beta testing, that pledge to help you with your fitness and your neuroplasticity.

"Whenever you are asked if you can do a job, tell 'em 'certainly I can!' Then get busy and find out how to do it."

-Theodore Roosevelt

A New Twist on an Old Favorite... Oatmeal Chocolate Bit Cookies

Letting the dough rest, using salted butter, and chopping chocolate instead of using chocolate chips are all great updates that add up to a marvelous chocolate chip cookie. They are part chewy and part crunchy, and extremely tasty.

Ingredients:

| | |
|----------------------------------|---|
| 2 cups all-purpose flour | 1/2 cup granulated sugar |
| 1 tsp. baking powder | 2 large eggs |
| 1/2 tsp. baking soda | 2 cups old-fashioned oats |
| 1 tsp. kosher salt | 1 Tbsp. vanilla extract |
| 1 cup salted butter, room temp. | 6 oz. semisweet chocolate (at least 60% cacao), chopped |
| 1 cup (packed) light brown sugar | |

Preparation:

Whisk flour, baking powder, baking soda, and salt in a medium bowl; set aside. Preheat oven to 350°F.

With an electric mixer on medium speed, beat butter, brown sugar, and granulated sugar in a large bowl until light and fluffy, 3–4 minutes. Add eggs one at a time, beating after each addition. Add vanilla. Reduce mixer to low and gradually add dry ingredients, beating until just incorporated. Add oats and beat until just combined. Fold in chocolate with a spoon.

Chill 24–36 hours to prevent dough from spreading too much as it bakes. Or alternately, shape dough into a disk and freeze for 15–20 minutes.

Drop 1/4 cup of dough onto baking sheets lined with parchment. Bake until just golden brown around the edges, 12–15 minutes (cookies will firm up as they cool). Cool on baking sheet 5 minutes, then transfer to wire racks and let cool completely.

Scammers Prey On Payment App Users

Peer-to-peer mobile payment services, like CashApp, Venmo and Zelle are portable, fast and allows users to move money and make purchases with just a wave or a few taps on the screen. Users can avoid touching cash or handing cards back and forth and pay for services or reimburse friends in an instant.

As payment apps continue to change the way we handle our money, scammers are also hard at work innovating new ways to swipe our digital wallets. Fraud is surging as more users turn to payment apps.

One common CashApp scam involves fake customer support numbers, according to Blackhawk Bank. Scammers list fake phone support numbers for CashApp users to gain access to devices and steal personal information. Users find fake customer support numbers through Google searches, and scammers convince users to download screen-sharing apps to grant them access to devices. Once scammers gain access to sensitive information, they can help themselves to user bank accounts. The real CashApp does not offer phone support, according to the Better Business Bureau.

According to the New York Times, thieves can set up accounts as easily as legitimate users. The popular payment app Venmo, for example, requires just a phone number. That same ease of use lets scammers send requests for money to other users. And lightning-fast transactions create ample opportunity for lightning-fast fraud.

The Hidden Benefits of Chewing Gum

There are many benefits to chewing gum, especially if you choose sugar-free gum. A new study shows that chewing gum can help people stay focused longer on tasks that require steady monitoring. It can also improve concentration in visual memory tasks. A Cardiff University study, published in the British Journal of Psychology, found that gum chewers had quicker reaction times, more accurate results, and longer concentration.

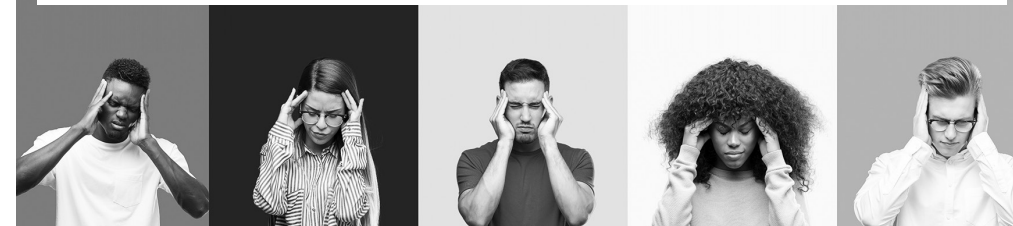
Researchers found that gum increased blood flow to the brain, which may be the reason for increased alertness in gum chewers.

Sugary gum is bad for the teeth, but sugar-free varieties can help limit plaque buildup and clean teeth, if you absolutely can't brush, researchers say.

Your teeth are more at risk of acid attack after you've eaten. You can reduce the acid by chewing sugar-free gum, as it helps the mouth to produce more saliva — the mouth's natural defense against acid.

Choosing gum made with the natural sweetener Xylitol can be beneficial. Studies show that Xylitol helps reduce tooth decay and can even help reverse the decay itself by helping to replace the minerals in tooth enamel.

Is Oral Bacteria Connected to Migraines?



In December 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.

Here's how oral bacteria may be connected to migraine headaches:

As you may already know, certain foods are heavily preserved with nitrites, such as hot dogs, lunch meat, 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 bloodstream.

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, we may be able to help you find some answers.

Don't hesitate to do more research or ask us if you have any questions. As always, make regular dentist appointments to ward off any other potential dental problems that may contribute to migraines.



Did You Know...

- ? The speed of a computer mouse is measured in "Mickeyes."
- ? American Lobsters have longer life spans than both cats and dogs, living over 20 years.
- ? A bolt of lightning contains enough energy to toast 100,000 slices of bread.
- ? Adult grizzly bears can run up to an incredible 40mph, which is the same pace as a greyhound.
- ? The speed of a computer mouse is measured in "Mickeyes" per second.
- ? Syngenesophobia is the irrational fear of relatives.

"Life is 10 percent what happens to you, 90 percent how you respond to it."

-Lou Holtz

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