

News *from the* Office™

Volume X, Issue 6



Rauchberg DENTAL GROUP

199 Baldwin Road, Suite 120 • Parsippany, NJ 07054 • 973-453-2810



“WHAT OUR PATIENTS ARE SAYING”

Dr. Rauchberg is the best dentist I have come across in my 45 years! I've never met such a compassionate and gifted dentist. He doesn't judge or pressure you to undergo procedures. He also doesn't push unnecessary procedures on you. He is very practical and I always feel comfortable and safe whenever I come in.

The staff is kind, helpful and efficient. They do everything in their power to accommodate their patients' needs. Honestly, this group is outstanding! If you are looking for a dentist who actually cares and is well-read on the current dental literature, who not only treats you with respect but takes time to listen and teach you about ways to maintain excellent oral care, then Dr. Rauchberg is your man!

-Cindy



Happy Birthday Christina!

THANK YOU!

Our practice continues to grow everyday and we recognize that our best patients come from your referrals. To show our appreciation, you will receive a \$100.00 credit on your patient account every time you refer a friend or family member to us! As always, thank you for your continued confidence and support!

STAFF SPOTLIGHT: MARK KHIAMOV, DDS



MARK KHIAMOV, DDS

“I am passionate about helping patients achieve optimal oral health. I treat people of all ages with varying stages of gum disease, from simple to complex, and I try to do everything I can to save a tooth. I also want to make sure people understand their condition and the treatment we are recommending, so they know what to expect. And then I like to exceed those expectations!”

COMFORT MENU

Starting next month, we're introducing a new way to make your experience the best it can be when you're in our care. At your next visit, be sure to ask for our Comfort Menu — a detailed list of all the little extras we offer to help you relax and settle in during treatment.

You can choose from soothing amenities such as blankets, lip balm or neck pillows to help calm your body and mind. If you prefer to stay connected, we have tech enhancements such as free wi-fi, TV access or music with headphones. We want your experience here to be something you look forward to, and we'll continue to work hard to make that happen.

free
SUMMER MOVIE

ADMIT ONE

A free private showing for the patients and families of Rauchberg Dental Group!

WHEN: Sat., July 23rd, 10:00 AM
WHERE: Bow Tie Cinemas
3165 Route 46 East
Parsippany, NJ

STAY TUNED FOR DETAILS

Call us at 973-453-2810 with the correct answer to this question to earn \$50 off of your next treatment!

What breed is Dr. Rauchberg's family dog?



DENTAL IMPLANT Q&A WITH *Dr. Alan*

As we continue to spread the word about the dramatic effects of dental implant technology, let me share a couple of questions that arose at our last seminar. The key is to know your options, and we're always here to help you understand them.

Hope to see you in the office soon,

Dr. Alan Rauchberg

Q: I am tired of feeling frustrated with my smile and I am ready to do something about it. What are my options?

A: There are a number of ways we can help you look and feel confident about your smile. It is important to talk with someone who

has advanced dental training, years of experience and stays current with the latest dental treatments. Because, when it comes to dental implants, techniques and materials have changed dramatically in recent years. A beautiful, functional smile is now easy, quite painless – and affordable. I have seen the transformation in so many patients who decided to invest in their smile – and I want this for you too. Through a simple evaluation, we can determine whether you are a candidate for this life-changing procedure.

Q: I'd like to know if I'm a candidate, but I am afraid the office will push me into it or try to sell me. What can I do?

A: Great Question. The way we handle this at our office, is by offering people a free consultation where I examine your mouth, get some x-rays and assess your specific situation. I'll discuss my findings with you, give you some options, and then you tell me if you would like to proceed. That's it. If, at the end of the consultation, you do not feel that I can help you, it is fine. You go home, and we leave it at that. There is no pressure from me or my office staff. We are simply here to help you find out what you want to do and whether or not dental implants can help solve your problem.

NEXT DENTAL IMPLANT OPEN HOUSE

Tuesday, July 19th at 5:45 PM
at the Holiday Inn

707 Route 46 East, Parsippany

Free buffet dinner will be served, register today!

973-453-2810

STEP AWAY FROM THE TELEVISION

We have another reason why you should peel yourself away from the television set: too much TV is associated with high cholesterol levels. Research has proven the amount of television watched each day can be an indicator of high cholesterol levels. In fact, it was a stronger indicator than a family history of heart attack or a family history of high cholesterol!



More than 60 percent of kids who watched more than two hours of television a day had a cholesterol level of 200 milligrams per deciliter or higher. Another 13 percent had levels between 176 and 199. The American Academy of Pediatrics considers a cholesterol level more than 175 in children over 2 years of age high enough to warrant dietary therapy. Watching four or more hours of television a day was associated with a four-fold greater risk of high cholesterol.

The effects of TV on cholesterol should be fairly obvious. People who watch a lot of TV tend to nibble while they watch, and the foods kids eat in front of the set often are high in calories and fat, researchers say. Also, TV-watching is not just sedentary but it discourages further activity. If you're in front of the TV a lot you're spending a great deal of energy processing television images, and that leaves you too tired for healthy physical activity.

Here are a few healthy exercise suggestions to help get you away from the TV:

START A WALKING EXERCISE PROGRAM.

Start out gradually, maybe 10 minutes a day. Then, keep adding time until you reach a point where you feel comfortable. Thirty to 45 minutes per day is an excellent way to get the extra exercise you need. If you want to make it a little more interesting, why not take the family dog with you or invite your friends to walk along, too?

GET INVOLVED IN LOCAL SPORT ACTIVITIES. This can be through your school or through community organizations.

GIVE UP THE TV REMOTE FOR A BICYCLE. Bike rides can be fun and are an excellent resource for exercise, and they can help reduce stress.

AEROBIC EXERCISE SESSIONS ARE ALSO GOOD FOR YOU. You could enroll in a class offered at a recreation center or purchase an exercise tape.

GET INVOLVED WITH YOUR FAMILY OR FRIENDS and participate in group activities such as hiking, square dancing, swimming or roller-skating.

This publication is provided as a courtesy/gift subscription to the patients and friends of:

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