

News *from the* Office™

Volume X, Issue 5



Rauchberg

DENTAL GROUP

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



HAPPY BIRTHDAY!

Please help us wish Happy Birthday to **Maggie** and **Catalina** as well as three of our doctors:



Catalina & her boxer puppy Domino Dr. Rupani
General Dentistry



Dr. Moskowitz Dr. DeGeorge
Endodontics Orthodontics

JOIN OUR CLUB



Take a look at our new patient loyalty program for people who don't have dental insurance. Call us or stop by the office to get more information!

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!



We often hear about the dangers of direct exposure to sunlight. But it turns out that letting the SUN SHINE IN may have more benefits than drawbacks. Here's some food for thought:

1. **Vitamin D:** The sun is a great source of vitamin D which is necessary for bone and muscle health and also supports our immune system.
2. **Positive mood:** You know it. In the cold dark days of winter, we can start to feel lethargic. Once the sun starts shining, we feel more energetic, and our mood improves due to the sun's ability to help our bodies produce endorphins and the feel-good neurotransmitter, serotonin.
3. **Up goes the stock market:** Strange but true. "Sunshine is strongly positively correlated with daily stock returns" says David Hirshliefer, Ph.D. of Ohio State University's Fisher College of Business.
4. **Kills "bugs:"** Sunshine acts as a natural antiseptic, killing viruses, bacteria, and mold.
5. **Sound sleep:** Natural spectrum light exposure during the day can help your body to increase production of the sleep-inducing hormone melatonin at night. This encourages sound sleep. A good night's rest does incredible things for our physical health and emotional well-being.
6. **Healthy liver:** When infants are born with the condition jaundice, the treatment sometimes includes light therapy. This is because natural spectrum light, helps the liver to function better and clear away toxins from our bodies. Increased liver function equals increased health. The sun helps make this happen.

Research also demonstrates that viewing pictures of the outdoors and natural settings can boost our mood and immune function as well. Here's to the sunshine! Just remember to wear sunscreen.

DENTAL IMPLANT Q&A WITH

Dr. Alan

We're continuing our quest to educate people about the life-changing benefits of dental implants. Here are a couple of questions that were asked at our most recent dental implant seminar.

Hope to see you in the office soon,

Dr. Alan Rauchberg

NEXT DENTAL IMPLANT OPEN HOUSE

Tuesday, June 7th at 5:45

at the Holiday Inn

708 Route 46 East, Parsippany

Free buffet dinner will be served, register today!

Q: How long do implants last?

A: Most research has shown that implants have been successful for over 30 years; this is much improved from dentures which last about 5 years and bridges which last between 7-15 years.

Q: What is the cost of Implant Treatment?

A: Many people ask me, "How much does one implant cost?" While I wish it was that simple, the only way to determine actual cost is by coming in for a consultation and examination to find out if you have bone loss and how many implants you'll need and what type.

Obviously, costs vary greatly depending on your needs and desires. If you were to chat with some of my past patients, you'd hear some interesting stories about how they saw their implant treatment. One couple chose to get implants rather than go on a cruise as an anniversary present to each other.

So yes, you will need to look at implants as an investment, because it really is a significant decision. Implants truly are investments. A healthy mouth, or magnificent dazzling smile, pays dividends in many ways for your entire life. And we offer a variety of payments plans.

MEMORIAL DAY • MAY 30

For some 150 years since the end of the Civil War, decorating the graves of military service members has been the primary activity on Memorial Day. Most cemeteries place an American flag on each service member's grave regardless of how long ago he or she died.

Memorials in the form of a cross are called intending crosses.

At Arlington National Cemetery, the President places a wreath on the monument known as The Tomb of the Unknown Soldier, honoring those soldiers who, in the chaos of war, could not be identified and are "known but to God." The tomb stands on a hill at Arlington, overlooking Washington, D.C.

As visiting cemeteries on this day became more common, the graves of deceased family members were also decorated. Many individuals remember visiting the graves of grandparents, brothers, sisters, aunts and uncles on this one day a year.

And as cremations and natural burials become more popular, online memorials and tributes printed in newspapers are also becoming more common. At natural burial cemeteries, laying of gravestones or memorial plaques is often not permitted.

During the 150 years since the custom began, almost every family has lost someone, if not a family member, a friend who was lost is remembered.

For all, a prayer for those who are gone is a fitting memorial.

**MEMORIAL DAY
MAY 30**

AGING GRACEFULLY.

IS THERE SUCH A THING?

One study concludes that with aging there is an inevitable loss of self-esteem, starting at age 60, according to www.livescience.com.

But is there a way to age gracefully and contentedly since, after all, aging begins at birth and continues throughout life.

According to the New Atlantis, some character traits make aging more graceful.

Courage: The ability to keep fear in check, even as there are more things to be fearful about.

Simplicity: Traveling light through the journey.

Wisdom: Avoiding excessive nostalgia and remorse.

Wit: Since the restrictions of children, appearances and professions are removed, humor can and often does rise up as we age. Might as well laugh.

Caring and understanding: Understanding people at different points in the aging journey.



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