

# News *from the* Office™



**Rauchberg**  
DENTAL GROUP

973-755-9390



Volume XII, Issue 10

## *What's Happening* A Rauchberg Family Snapshot



Dr. Alan Rauchberg & Maureen  
**Outstanding in the Field** at Riverine  
Ranch Farm in Asbury, New Jersey



Dr. Alan spent  
the holidays  
with his family.



## **Dental Insurance... Use it or Lose it!**

The end of the year, as you know, is fast approaching. With the end of the year, comes the end of your yearly dental insurance benefits.

Each year, your insurance company allots you a certain dollar amount of coverage for dental procedures that we offer here in the practice... from routine exams to more complex, long-term procedures.

We want to make sure that you take full advantage of any remaining benefits. In many cases, you may be able to save money by completing your treatment before year's end and avoid paying a new, likely higher deductible next year.

Please give us a call if you have questions about your remaining coverage. 973-755-9390

## *We Want Your Candy!*

*Donate Your Leftover Halloween Candy to  
Troops, First Responders and Veterans.*

Simply drop off your leftover candy  
to our office before November 3, 2018  
and we'll take care of the rest.

### **Rauchberg Dental Group**

Presents the 9th Annual

## **"Give Back Day"**

Saturday, November 10, 2018

9 AM – 1 PM

at Rauchberg Dental Group in Parsippany

A Time When You Can Choose One:

**FREE Cleaning,  
FREE Filling, or  
FREE Extraction**

No appointment needed, first come first serve!



## 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 would could address their needs.

# SPOOKTACULAR BROWNIES



## Ingredients

- 1 box brownie mix
- Water, vegetable oil and eggs called for on mix box
- 1 1/4 cups creamy white frosting
- 16 large marshmallows
- black decorating gel

## Directions

1. Heat oven to 350°F (325°F for dark or nonstick pan). Line 8- or 9-inch square pan with foil so foil extends about 2 inches over sides of pan. Spray foil with cooking spray. Make brownies as directed on box. Cool completely, about 1 1/2 hours. Remove from pan by lifting foil; peel foil away. For brownies, cut into 4 rows by 4 rows.
2. Heat frosting in microwavable bowl uncovered on High 30 seconds, stirring every 10 seconds, until frosting can be stirred smooth and fluid. If frosting becomes too firm while decorating, microwave 5 seconds; stir.
3. Top each brownie with 1 large marshmallow. Then, spoon about 1 tablespoon frosting over each marshmallow to coat. Let stand until frosting is set, about 30 minutes. Use black gel to make eyes and mouths.

## HAPPY BIRTHDAY, ZULLY!



**ZULLY, ONE OF OUR HAPPY FACES AT THE FRONT DESK, CELEBRATED HER BIRTHDAY THIS MONTH! HAVE AN AWESOME DAY!**

## Mouth Health Can Be A Sign of Overall Wellness

Taking care of your mouth health can also mean a healthier heart, according to WebMD.

Many illnesses such as diabetes, heart disease, respiratory disease, rheumatoid arthritis, and osteoporosis have been linked to gum disease. In fact, those suffering from periodontitis are three times as likely to have a stroke and twice as likely to suffer a fatal heart attack.

The connection between the mouth and the heart lies within the incredible amount of bacteria commonly found inside the human mouth, according to the Mayo Clinic. Most of these bacteria are harmless and can be controlled with daily flossing and brushing, but a lack of dental hygiene can allow them to get out of control and cause oral infections, tooth decay, and gum disease.

Certain medications, such as antihistamines and painkillers, can also slow the flow of saliva which is one of the most significant natural defenses in the mouth against harmful microbes. Bacteria can move through the bloodstream to places like the heart, potentially leading to endocarditis and other issues.

Your oral health can be a sign that something else is wrong inside the body. Lesions in the mouth may be a predictor of diseases such as HIV/AIDS and diabetes. Because diabetes lowers the body's resistance to infections, gum disease is more frequent among those patients. People living with Alzheimer's have shown a similar tendency as the condition worsens. The American Dental Association recommends regular dental checkups to protect overall health and they urge immediate attention for bleeding, red, or swollen gums, loose or separating teeth, persistent bad breath, or any changes to how the teeth feel in the mouth.

*If you can keep your head when all about you are losing theirs, it's just possible you haven't grasped the situation.*

Jean Kerr

## CONGRATULATIONS, STEVE!



**STEVE K. WON A \$50 GIFT CARD TO CUBA MIA FOR BEING THE FIRST CALLER TO SAY "WHERE IS THE TOOTHBRUSH"**

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.

© 2018 All Rights Reserved. • News From The Office™ • ISSN 2154-4182

**Rauchberg Dental Group • 199 Baldwin Road, Suite 120 • Parsippany, NJ 07054**