

# News from the Office™



**Rauchberg**  
DENTAL GROUP

973-755-9390



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## 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.

If you have a family member or friend who is having a dental emergency or in need of a new dentist, please pass along our newsletter to help them.

## FIND THE HIDDEN TOOTHBRUSH

Be the first to find the hidden toothbrush in this issue and win a **\$50 gift certificate** to Cub Mia in Parsippany.

## What's Happening

A Rauchberg Family Snapshot



Dr. Joel Rauchberg is celebrating retirement in Uganda with a National Geographic gorilla tour!



Cameron, Dr. Alan Rauchberg, and Jake outside MetLife Stadium before Liverpool FC vs. Manchester City.



Dr. Alan Rauchberg's grandmother Anna Phillips, 95 years old. Doesn't she look amazing!



Cameron getting situated for Freshman year and Jake his Junior year both at Franklin & Marshall College in Lancaster, Pa.



## Watch Out For Fortified Snacks

Snacks that are "fortified" with vitamins aren't necessarily good for you. According to the Journal of the Academy of Nutrition and Dietetics, adding vitamins doesn't improve the nutritional value of foods that are high in sugar and calories and low in fiber.

## Potassium Limits Hypertension

Less salt can help balance your blood pressure, but don't forget potassium. The body holds onto sodium when potassium is low, according to Alicia McDonough of the University of Southern California. Increase potassium intake by eating vegetables, fruits, legumes, fish, and yogurt.

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*Keep A Healthy Smile!*

What is your mouth's condition? We hope it's 100 percent healthy! But if you're like most people, you'll probably suffer from at least one dental condition at some point in your life. Dental conditions cover a wide range of mouth problems, from cavities to gum disease to jaw abnormalities. Some dental conditions are preventable, some aren't. But the more you know about dental conditions, the better chances you have of preventing them — or at the very least, correcting them early.

With so many types of dental conditions that can affect your life, it's natural that you'd want to know more. If you suffer from tooth decay, gingivitis or any other dental condition, we can help you understand your symptoms and explore your treatment options. No matter what type of dental condition you're curious about, we have the information you need to help you maintain a healthy smile.

Keep in mind that if you think you have a dental condition, it's important not to self-diagnose. Only a dentist can determine what type of dental condition you have — and only a dentist can give you the right dental treatments! If you're prone to putting off treatment, remember: Without treatment, dental conditions can become a painful problem. Dental conditions happen to the best of us. Staying informed can help put you on the right track to optimal dental health!



*Sweet News!*

Here's some good news for improving memory in older adults!

If you are doing a complicated task and want to do your best, put a spoonful of sugar in your coffee. Or eat something with sugar.

According to the U.S. National Institutes of Health, it has been long understood that the brain relies on glucose for performance. Now a new study from the University of Warwick in the UK confirms this finding and shows that older adults specifically get a boost of effort and engagement in a task after they have sugar. Researchers suggest this engagement results in improved memory, according to New Atlas.

This finding links with other studies which show that doing difficult thinking tasks are essential for maintaining cognitive health as we age.

Researchers do not recommend sugar in dietary guidelines for seniors, especially those who should not have it. But, for healthy older adults, sugar can provide a short-term boost on a difficult task.

Cut the pie, Doris, I'm going to do the taxes.



**HAPPY BIRTHDAY, JOVANA!**

**OUR REGISTERED DENTAL HYGIENIST CELEBRATES HER BIRTHDAY THIS MONTH. HAVE A GREAT DAY, JOVANA!**

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