

News *from the* Office™



Rauchberg
DENTAL GROUP



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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.

giving & GRATITUDE

- With every new experience, happiness begins as you anticipate the event, which can be as valuable as the event itself. Recalling it will continue to give you pleasure in the following weeks or months.
- Take delight in what's already good about yourself. At the University of Zurich, they say identifying your strengths is better. Think about your top five strengths in the relationships at the office and in your home, and you will experience more happiness.
- Enjoy the pleasure of giving. Giving to charities can make you feel good about yourself, but research finds that doing things for people you know makes you happiest. You'll love the joyful rush from the positive feedback.

What's Happening

A Rauchberg Family Snapshot



Dr. Alan Rauchberg visiting the Jack Daniels Distillery



Dr. Alan Rauchberg and his wife Maureen trying out his custom-made cowboy hat while visiting Nashville Tennessee



Dr. Alan Rauchberg and wife Maureen at the Grand Ole Opry & Edley's in Nashville Tennessee



Dr. Alan Rauchberg, Maureen and their daughter Jessica



Dr. Alan Rauchberg at the 5K Race for Recovery with his daughter Jessica. He won first place for his age group!





Factors That Affect Your Dental Health

Most of us only pay attention to our teeth when they start hurting. But, did you know there is a strong connection between healthy teeth and gums, and your overall health?

Oral Systemic Health is the interaction between the mouth and general, overall health. According to the Oral Systemic Health Connection, people with poor oral health may be at a higher risk for heart disease, diabetes, and respiratory infection to name a few. And there are many factors that can affect oral health.

Here are 5 main risk factors to consider:

1. Diet: You are what you eat. What we put in our mouths affects our teeth one way or the other. Too many sweet and sticky foods lead to an increased risk for tooth decay. Too many high-acidic foods can eat away tooth enamel. Think about it this way: Everything you put into your body goes past your teeth, gums, and throat. Bottom line: our diets matter when it comes to oral health.

2. Stress: Each of us handle stress in our own way. We often turn to bad habits to help us cope, overeating, drinking, or even spending. Stress can become a real issue for our teeth if we resort to grinding or clenching them. This will only lead to more problems down the road. It would be wise to find other ways to relieve stress without compromising our health and wellbeing.

3. Hygiene: Most of us wouldn't leave the house without first fixing our hair, but we may not pay as close attention to our teeth and gums. Too many days in a row of rushing through our oral health care, and we are asking for trouble. Make it a priority to give your mouth the attention it deserves.

4. Tobacco: Apart from bad breath and stained teeth, tobacco is one of the worst risk factors for overall health. Truly, there is no room in your life for this habit—not even in moderation. Take educated steps to stop using tobacco as soon as possible. You won't regret it.

5. Alcohol: Recent studies have shown that a small amount of red wine can actually fight bad bacteria in your mouth. However, this shouldn't be used as an excuse for drinking more. Thorough brushing, flossing, and dental checkups are still the best ways to keep your mouth in good working order. Limit alcohol for best overall health.

Of course, many of the risk factors mentioned may be directly related to one another. Talk with your dentist, he or she may be able to help remedy one or more of your risk factors, especially those affecting your teeth. It will be a positive first step towards good health.

Get Ready...

Not ready to let go of summer quite yet? Don't fret, you still have a few more weeks to enjoy the warm weather and burgers on the grill but Back-to-School will be here before we know it.

Maintaining your child's oral hygiene is imperative when it comes to their optimal oral health now and for the future. Bringing your child for regularly scheduled appointments with the Hygienist may reduce their risk of serious dental problems throughout their lives. In a few weeks, school and activities will begin again making for tight schedules and limited availability. We don't want to see your child's oral health fall victim to a full calendar.

Call us now to schedule your child's hygiene visit before things get crazy and time gets away from you.

HEAT AND HUMIDITY ADD UP TO DANGER

Emergency rooms see an increase in cases of heat stroke and dehydration in July and August. Take the American College of Emergency Physicians advice and stay safe in hot weather:

- Check the heat index before going out to work, play or practice and plan accordingly.
- Avoid direct sunlight in the middle of the day. Schedule activities for the early morning or early evening hours.
- Wear loose, light-colored clothes and hats.
- Drink lots of water or sports drinks; about 8 ounces an hour when in the sun in order to avoid dehydration.
- Take frequent breaks in the shade or in air-conditioning to cool off.
- Calculate the "apparent temperature" before taking part in activities.

SIGN & SYMPTOM			PREVENTION		
NO SWEATING	DRY, HOT RED SKIN	DIZZINESS & HEAD ACHE	DRINK ENOUGH	NO ALCOHOL & CAFFEINE	COOL SHOWERING
PINPOINT PUPILS	VOMITING	UNCONSCIOUSNESS	WEAR LIGHT PROTECTION	DO NOT STAY CLOSED CAR	LIMIT OUTDOOR TIME

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