

News *from the* Office™

Volume X, Issue 9



Rauchberg

DENTAL GROUP

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



WE LOVE ♥ REFERRALS ♥

Thanks to our loyal patients, our practice is growing by word-of-mouth. To show our appreciation, we're offering \$100 credit on your account for every referral you send us, and \$100 credit for each friend or family member! So, next time you're in the office, be sure to leave with referral cards to pass out to friends and family who need a great dentist! (Referred patients must present the referral card at initial visit to redeem offers.)

PATIENT PRAISE

I was greeted with a friendly receptionist. My hygienist is always friendly, and good at what she does. The whole staff always makes you feel welcome.
-Lorraine Y.

I went in for regular cleaning and as always, fast efficient, courteous and a very upbeat feeling from the entire staff. It is always and enjoyable experience. May you all continue to have a wonderful summer! :-)
-Ralph M.



"I like Kindergarten so far... I've mastered scissors, coloring and simple texting!"

DENTAL IMPLANT Q&A WITH *Dr. Alan*

"Say cheese!" If those two words make you feel uncomfortable because you have one or more missing teeth, the dentists at Rauchberg Dental Group understand. We've helped literally thousands of patients overcome their reluctance to smile with dental implants. Read on to find out how dental implants will not only change the appearance of your smile and make you less self-conscious, but how they just might also improve your general health.

See you in the office again soon,
Dr. Alan Rauchberg

Dental Implants and You

Each tooth in your mouth has a job to do. For instance, your front teeth are for slicing and your back teeth (molars) are for grinding. In addition, to these important roles, your teeth service one another, too. Did you know that adjacent teeth help to keep each other in alignment? Therefore, when one is missing, the others have a tendency to shift in order to fill the vacant spot.

Even the portion of a tooth that you can't see—the root—is busy at work. Every time you bite down or chew, that root stimulates your jawbone, keeping it healthy and active. Without a tooth root, bone tissue may start to shrink and make your face look slacken and older.

Dental Implants to the Rescue

With dental implants, your dentist replaces an entire tooth from root to crown. In this way, you have a smile that is complete and a tooth that is fully functional and healthy.

The process of receiving a dental implant requires careful planning. We use a Dental 3D Scanner in order to get a precise image of the area where you are missing a tooth. This 3D image in combination with x-rays allows our dental implant team to create the safest and most effective dental implant treatment plan.

Speaking of safety, we have a board certified periodontist and oral surgeon on our team who will perform your implant surgery. The implant, which is a small biocompatible titanium screw, is surgically embedded in your jawbone. As you heal over the next few months, the post and surrounding bone tissue fuse together to form a secure anchor for your eventual tooth restoration. This bond is what also stimulates healthy new bone tissue growth, so your natural facial structure remains intact. At the end of healing, you return to see your dentist, so we can attach a porcelain crown and restore your complete smile.

NEXT DENTAL IMPLANT OPEN HOUSE

Tuesday, October 25th at 5:45 PM

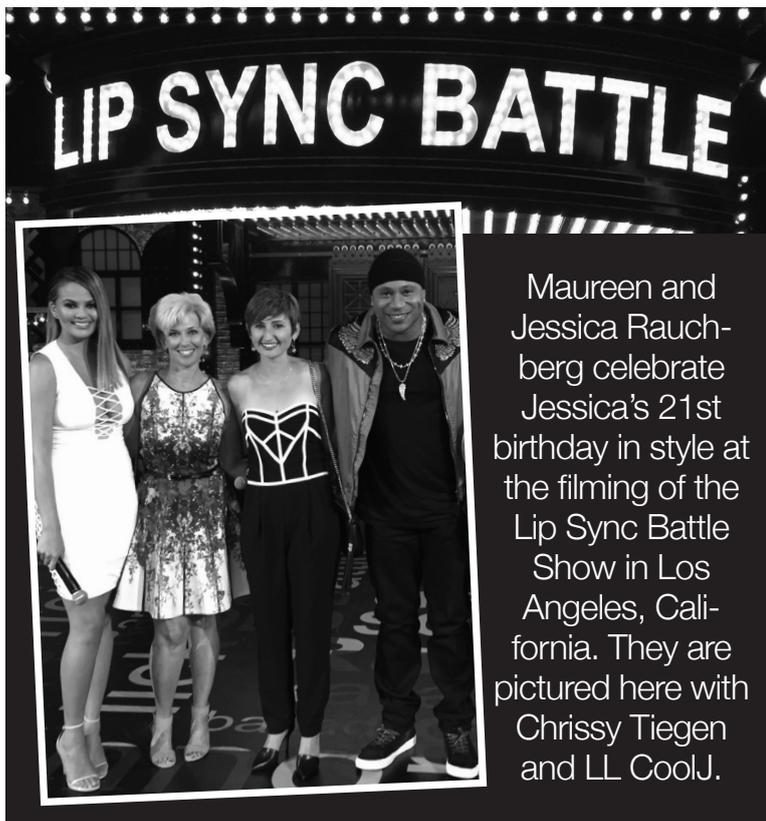
at the Holiday Inn

707 Route 46 East, Parsippany
*Free buffet dinner will be served,
register today!*

Call 973-453-2810

to Reserve Your Seat!

*And, all attendees have a chance to
win a Free Dental Implant!*



Maureen and Jessica Rauchberg celebrate Jessica's 21st birthday in style at the filming of the Lip Sync Battle Show in Los Angeles, California. They are pictured here with Chrissy Tiegen and LL CoolJ.

LAUGHTER IS GOOD EXERCISE FOR YOUR BRAIN



Doctors at Massachusetts General Hospital have worked on a project that's a little less life-saving than its usual studies. The subject is important, but not frequently studied. It's laughter.

The physiological study of laughter actually has its own name, gelotology.

Sharing a joke with friends or watching a funny video was found to be just as good for your brain as a session of yoga or meditation, maybe better.

Laughter triggers the gamma brain waves. Unlike other brain waves, the gamma waves linked to mirthful laughter spread throughout the entire brain and remain for the duration of the laughter response.

It's as if the brain gets a workout, explained the lead author of the study, which was presented in April at the Experimental Biology meeting in San Diego.

Researchers monitored brain waves of volunteers as they watched videos that were spiritual, distressing or humorous. The funny stuff produced the highest levels of gamma waves.

The gamma state is associated with feelings of mental clarity and an enhanced ability to experience integrative thoughts. It also helps individuals feel more focused, the researchers said.

So telling a good joke at the office can increase your focus and that of your co-workers, as well as promoting camaraderie.

At home, you could do you more good to watch a funny video or comedy than to see a deep mystery or a shooter show.

INSURANCE: USE IT BEFORE YOU LOSE IT!

The end of the year, as you know, is fast approaching. And, 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. Many times, 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, depending of course on your insurance.

If you have questions about how much actual coverage remains on your insurance benefits, please call so that we can check for you. At this time, we can schedule you in at the earliest available appointment to ensure you take full advantage of all the insurance benefits you pay for!

TRIPLE STRAWBERRY NO-DRIP POPS



Let the kids help make this strawberry frozen treat. It's a cool way to chill out, minus the drip. And it's freezer-ready in 10 minutes!

WHAT YOU'LL NEED

- 2 cups boiling water
- 1 pkg. (3 oz.) Strawberry Flavor Gelatin
- 18 fresh strawberries, stemmed
- Strawberries 16 oz
- 2/3 cup (filled to 2-qt. line) Strawberry Flavor Sugar-Sweetened Drink Mix, or any red flavor

MAKE IT

Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Cut strawberries in half. Mash berries and drink mix in large bowl with fork. Stir in gelatin.

Pour into 8 (5-oz.) paper cups.

Cover cups with foil; insert wooden pop stick into center of each for handle. Freeze 2 hours or until firm.

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: 973-453-2810 • 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.

© 2016 All Rights Reserved. • News From The Office™ • ISSN 2154-4182