



**Leaders Leading Leaders'**  
*Journey to Wellness*

# Welcome



As owner, visionary, and culture keeper, it is my pleasure to welcome you to Petaluma Dental Group. With over three decades of award-winning dental mastery, I am more passionate about dentistry — and its future — than ever.

Relationships are the foundation of our practice. Many patients and team members have been with PDG for decades. We come to work each day to make a difference, greet familiar faces, and create a compassionate atmosphere where patients are known, stories are shared, and health goals are supported.

“A thriving culture creates thriving providers —  
and thriving providers create thriving patients.”

### **Leaders Leading Leaders**

At PDG, we've built more than a practice — we've built a culture that makes dentistry joyful again. Collaboration replaces competition, trust guides every interaction, and both patients and providers feel genuinely cared for.

Here, dentists thrive because they're never alone. Surrounded by colleagues who share your values, you can focus on delivering exceptional care while knowing your own well-being matters. Our philosophy of patients first, team second, self last fosters a peaceful, uplifting environment that removes the stress and isolation many practice owners face.

Joining PDG means stepping into a community where growth is constant, wins are celebrated, and purpose drives every day. Our team includes talented professionals and specialists working together so patients receive seamless, comprehensive care.

### **Our Promise**

We see ourselves as health coaches, helping patients live their healthiest lives through education, proactive prevention, and celebrating their successes. Dentistry here goes beyond teeth and gums — it's about whole-hearted care that connects oral health to total wellness.

Our vision for medical-dental collaboration is realized through our partnership with Allume Med Spa, offering whole-body regenerative and life-extension services right on our campus.

**With gratitude,  
Yolanda Mangrum, DDS, MAGD, LLSR**



# WELLNESS & WHOLE HEARTED DENTISTRY

Building Relationships That Last a Lifetime

## Table of Contents

|                                         |   |
|-----------------------------------------|---|
| Introduction                            | 1 |
| Culture                                 | 2 |
| Our Journey & Why                       | 3 |
| Treatment Philosophy That Sets Us Apart | 4 |
| Technology                              | 5 |
| Comfort Menu                            | 6 |
| Wellness Way of Life                    | 7 |
| Living a Healthy Life                   | 8 |

# PDG Introduction

Our patients receive more than a beautiful smile, healthy teeth and gums – they gain better overall health with a dentist who serves as their lifelong advocate.



## Relax and love your dental team

### Patient-Tailored Care in a Compassionate Environment

At Petaluma Dental Group, every patient experience is customized. We see ourselves not only as your dental providers, but as your advocates and health coaches – guiding you toward optimal oral health and overall wellness.

We take time to listen to your concerns, preferences, and goals, then use our expertise to deliver exceptional quality care. Comfort is a priority, whether that means choosing from our comfort menu or relaxing under all-level sedation dentistry for a completely anxiety-free experience.

We are open six days a week to ensure we're here when you need us – whether for a planned visit or an urgent concern. Our team is committed to same-day triage for every urgent need or emergency patient, working through lunch or staying late if necessary, so your health, comfort, and confidence are restored as quickly as possible.

# HAPPY PEOPLE AS PARTNERS CULTURE

LEADERS LEADING LEADERS



At Petaluma Dental Group, we've created the kind of work environment practice owners dream about — one where you can focus on dentistry, surrounded by happy, supportive colleagues who share your values. Our culture is rooted in putting patients first, team second, and self last, fostering a spirit of collaboration rather than competition. We thrive on direct, transparent communication, embrace constant and never-ending improvement (CANI), and see every patient as a whole person, not just a set of teeth. Here, a “can-do” mindset replaces negativity, and we celebrate wins big and small — all while keeping joy and connection at the heart of our work. It's dentistry in a peaceful, uplifting environment where you and your patients can truly thrive.



**"A thriving culture  
creates thriving  
providers – and  
thriving providers  
create thriving  
patients."**



Our practice environment meets core human needs — connection, purpose, growth, and well-being. When teams feel supported and valued, stress drops, collaboration grows, and joy returns to the workday. This wellness-centered approach sustains providers and elevates the quality, consistency, and compassion patients experience.

# OUR JOURNEY & WHY:

"LIVE WISELY, LOVE WELL,  
AND SERVE GREATLY"



Every day, we get the opportunity to live a life of significance. At Petaluma Dental Group (PDG), we strive to leave the world a better place than we found it and inspire others to do the same, which is the reason why we actively support local and global philanthropies.

It is important to share our story of WHY. We want to leave a positive impact on those who come through our doors as well as the wider community and the world. It has been a dream of Dr. Mangrum's to be able to teach her kids and dental team about living a life of purpose and to be able to show them what it's like to give back to those in need.

Locally, for example, we have provided community COVID testing, Fire Victim Relief, "Freedom Day" for Veterans and for kids, "Give Kids a Smile" and "Super Kids Day" services. Globally, Petaluma Dental Group financially supports Haiti Dental, DDS4Kids, Ecuadent & Una Vida.

Additionally, Dr Mangrum and her entire family have also been able to pursue the calling of giving back with organizations like Missions of Mercy (a domestic philanthropic dental association), as well as international missions, where her entire family went to serve in places like Jamacia, Costa Rica, Haiti, and Vietnam.

**SERVICE**  
in our community & abroad



# Treatment Philosophy Setting Us Apart

**We're committed to providing patients with outstanding care and patient-tailored support, which is why we happily offer.**

## **COLLABORATIVE, MULTI-SPECIALTY CARE**

Our in-house team includes general dentists, specialists, and highly trained auxiliaries who collaborate daily — ensuring patients get the best expertise without the inconvenience of multiple offices.

## **ADVANCED TECHNOLOGY FOR BETTER OUTCOMES**

Technology for faster, safer, and more precise care. CEREC, CBCT 3D imaging and dental lasers improve accuracy, speed healing, and deliver better results with greater comfort.

## **PROACTIVE PREVENTION**

Early detection is key. We provide oral cancer screenings, saliva pH testing, airway evaluations, and complete periodontal care to catch issues before they escalate.

## **SUPPORT TREATMENTS TO MINIMIZE ANXIETY**

Patient comfort is a priority. We offer a wide range of personalized comfort options — from relaxation amenities to all levels of sedation — ensuring every patient feels at ease through every step of treatment.

## **WHOLE-HEARTED DENTISTRY**

Our philosophy is simple: treat every patient like family. We never compromise on materials, technology, or safety. We recommend only what we'd choose for our own loved ones, and celebrate every milestone — from weddings and graduations to restored smiles and improved health, we build confidence.

# State-of-the-art TECHNOLOGY

Our commitment to constant innovation and evolution - using state-of-the-art techniques and technologies so we can be the best providers of your care.

## CEREC SAME DAY CROWNS

CEREC technology allows for same-day crowns, which is more convenient and reduces bacterial contaminants. Additionally, using CEREC technology, we can produce higher quality and longer lasting crowns, bridges and implant restorations and in less time.

## ITERO SCANNING

Digital Impression with Itero scanning means more precise records and no messy impression material.

## LASER DENTISTRY

Laser dentistry aids in faster healing, minimizes bacterial infections, uses less anesthetic, causes less bleeding and damage to surrounding gum tissue. Stimulates collagen production and reduces snoring which supports airway function & treats sleep apnea.

## OZONE

Not only does ozone kill all the bad bacteria, fungi, viruses, and protozoans, it also removes their breakdown products as well as other necrotic debris. The applications are endless in infection control including reducing tooth decay and gum disease.

## PLATELET RICH FIBRIN PRF

PRF is made from centrifuging your blood to be a natural provisional 3-dimensional matrix made of fibrin, white blood cells and growth factors that accelerates wound healing. PRF contains a number of growth factors to reach supra-physiological doses that assist in tissue regeneration. It significantly decreases the rate of infection up to 10-fold, especially following molar extractions and prior/during implant placement. Patients report less pain, swelling and use of analgesics following regeneration with PRF.

## INTRAORAL CAMERAS

Intraoral Cameras allow us, and you, to see a magnified image of your mouth which is critical to diagnosis.

## CONE BEAM CAT SCAN

Allows for 3-dimensional precise measurements of bone and has ability to image soft tissue at the same time.

## DIGITAL DENTAL X-RAYS

Reduces the amount of radiation exposure up to 80% compared to traditional film.

# Relax and love your dentist

## COMFORT MENU

For over 50 years, our full-service team has been committed to helping our patients achieve their dental health goals with compassionate, patient-tailored care. Making your teeth a priority isn't as easy as it sounds for patients — especially if even thinking about the dentist makes them feel anxious or stressed. We understand and empathize.

That's why you'll love the Petaluma Dental Group team. We love making patients feel as comfortable as possible. We listen to understand and have a menu of comforting items, such as:

Warming Blankets

Aromatherapy

Music & Headsets

All levels of Sedation

Comfy Pillows

Hot Towels

Massage Chairs

Chapstick

Private Treatment  
Rooms

Highest Level of  
Infection Control

Personalized entertainment including Netflix

# Patients Enjoy Themselves!

# WELLNESS FOCUS *as a way of life* WE WALK OUR TALK

## THE CULTURAL WORKSPACE SUPPORTS HEALTHY LIVING

At Petaluma Dental Group, we walk our talk. As a Blue Zone Certified workplace, we intentionally design our culture to support healthy living, stress resilience, and purpose — for both our team and our patients.



### Our wellness-driven environment includes:

- An on-site organic community garden for fresh, nutrient-rich food.
- Workspaces that encourage tranquility, movement, mindfulness, and connection throughout the day.
- Whole-body health screenings, including INBody and meaningful conversations that connect oral health to overall wellness.
- A commitment to environmental health as a Sonoma County Green Business.



## EMOTIONS ARE KEY TO LIVING A HEALTHY LIFE

# *So what can we do?*

## HOW WE HANDLE STRESS & EMOTIONS

At PDG, we know that emotional fitness is just as important as clinical skill — for both our patients and our team. We invest in our team's personal development, communication skills, and stress-resilience training, so we can show up at our best every day. We also understand the toll that the daily "we hate the dentist" sentiment can take, which is why we've built a culture of mutual support, mindfulness, and emotional wellness.

We see firsthand the powerful effects that stress and emotions have on total health — and we address them head-on. For many, visiting the dentist is stressful. We've guided thousands of patients through that anxiety with compassionate care, calming amenities, and personalized stress-reduction techniques.

Chronic stress impacts every system in the body, weakening immunity and making people more vulnerable to illness. That's why we use simple, proven tools for emotional regulation — from guided breathing and vagal toning to reframing challenges as opportunities. By helping patients shift perspective and restore calm, we support not just their oral health, but their whole-body well-being.

**When your work environment works for you, your dental care works for patients. In our group practice, you're never alone — shared resources, teamwork, and support mean better care for patients and a healthier work-life balance for you.**

For us, dentistry is more than treating teeth — it's caring for the mind, body, and spirit of our patients and our team, so everyone in the PDG family can truly thrive.

**"Thriving teams create lasting smiles — for patients and providers alike."**





**MANGRUM - WALSH**  
**CENTER FOR WELLNESS**

**PETALUMA DENTAL GROUP**

[PETALUMADENTAL.COM](http://PETALUMADENTAL.COM)

**SMILE MORE ORTHODONTICS**

[SMILEMOREPETALUMA.COM](http://SMILEMOREPETALUMA.COM)

**ALLUME MEDSPA**

[ALLUMEMEDSPA.COM](http://ALLUMEMEDSPA.COM)

**LUMINARY EDUCATION CENTER**

[LUMINARYEDUCATION.COM](http://LUMINARYEDUCATION.COM)

Mangrum-Walsh Wellness Center is focused on education and services that extend life with regenerative technologies and supports individual's mental, physical, and emotional/spiritual health.

1301 Southpoint Blvd Petaluma, CA 94954