



Petaluma
DENTAL
Group

Journey to Wellness

Welcome



Welcome to Petaluma Dental Group! As the owner, visionary, and culture keeper it is my sincere pleasure to introduce myself and Petaluma Dental Group. With over three decades of award-winning dental mastery, I am more passionate about dentistry and it's future than ever.

Relationships are very important to us. Most of our patients and team have been with Petaluma Dental Group for decades. We look forward to coming to work, making a difference, seeing our friends and creating a trustworthy, friendly, compassionate atmosphere where we know you by name, share stories and support you with your health goals.

We take great pride in being comprised of exceptionally talented professionals in all facets of dentistry and bringing all the dental specialists to you.

We believe in being proactive and see ourselves as health coaches advocating for you to live your healthiest life through education, informing you of all your options and celebrating your successes.

Wellness care is more proactive versus the traditional medical model which primarily focuses on treating sickness rather than prevention. My vision for medical-dental collaboration has come from decades of seeking wellness care for myself and family.

// Our approach is a bit different from traditional dental practices: being more wellness and prevention focused

With gratitude,
Yolanda Mangrum, DDS, MAGD, LLSR

WELLNESS

This booklet combines education and actionable steps to guide your journey to be more informed and in control of your wellness.

Table of Contents

Introduction _____	1
Our Journey & Why _____	2
Comfort _____	4
Customizing Your Health Journey _____	5
What to Expect _____	6
Technology _____	7
Preparing for Your Visit _____	8
Oral Health Basics _____	10-12
Whole Body Health _____	13-14
Wellness Focus _____	15-16

PDG Introduction

You can have a beautiful smile, healthy teeth and gums, and better overall health with a dentist who's your advocate.



Relax and love your dental team

Petaluma Dental Group is patient-tailored care in a compassionate environment. We focus on being advocates for our patients and act as health coaches. We listen closely to your concerns, preferences, and dental goals, and we use our expertise and knowledge to provide you with excellent quality of work. We do all of this while making you feel as comfortable and cared for as possible, for some this means choosing from our comfort menu and for others this means utilizing our sedation services. **With sedation dentistry, patients can be completely relaxed during treatment, in comfort, without anxiety.**

Petaluma Dental Group is open 6 days per week to support you by appointment or for emergencies. Our entire team is dedicated to doing whatever it takes to triage every urgent/emergency patient on the same day. We will work through lunches and/or stay late to assure our patients needs and esthetics are restored to the best of our abilities.

OUR JOURNEY & WHY:

"LIVE WISELY, LOVE WELL,
AND SERVE GREATLY"



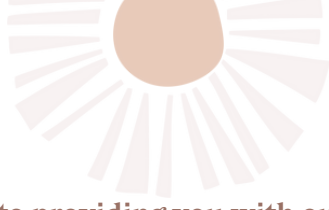
Every day we get the opportunity to live a life of significance. At Petaluma Dental Group (PDG), we strive to leave the world a better place than we found it and inspire others to do the same which is the reason why we actively support philanthropies, local and global.

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 WCOVID 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



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

COMPLETE DENTAL WELLNESS

Our doctors, hygienists, specialists, surgeons, and orthodontists work together to offer superior dental care for any and all dental needs.

OUTSTANDING QUALITY OF WORK

Our extensively trained team of professionals have mastered the knowledge and skills needed to provide care at the highest levels

PATIENT FOCUSED CARE

Your teeth, your health, your preferences, and your goals—it's dental care the way you want it.

SUPPORT TREATMENTS TO MINIMIZE ANXIETY & INCREASE COMFORT

We strive to make you comfortable every step of the way with a wealth of personalized comfort options

GREEN PROMISE

As a Sonoma County Green Business, we are committed to taking care of our environment and taking pride in our community. One of the ways we show our love is through our community garden. Help yourself to some veggies or just take a moment to stop and smell the rosemary.

Relax and love your dentist

COMFORT MENU

For nearly 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 — especially if even thinking about the dentist makes you feel anxious or stressed. We understand and empathize.

That's why you'll love the Petaluma Dental Group team. We love making you 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

Enjoy Yourself!

What is most important to you?

5 STAGES OF CARE

This question is the most valuable question you can ask yourself in goal setting and for us to know as you as your health advocates. If you are like most, you see health as the most important part of your existence. Without good health, our lives can be cut short. Whatever your oral health goals are, we are committed to providing you a comfortable, personalized way to achieve them.

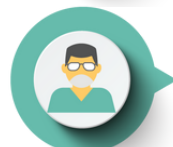
OUR PHILOSOPHY

We never tell you how you “ought” to be. Instead, we help you understand all your choices so you can make an informed decision that works best for YOU.



STAGE ONE: CRISIS CARE

Those who don't have a set dental treatment plan but have a dental emergency, such as pain, swelling, or bleeding that requires urgent help.



STAGE TWO: CORRECTIVE CARE

Desire treatment only when something breaks or becomes uncomfortable, and typically want to correct immediate problems with as little effort and cost as possible, i.e. limited examinations that focus on the specific dental issue at hand.



STAGE THREE: ENHANCED SELF CARE

Seek regular, thorough examinations and are interested in taking an active role in the treatment of present issues and prevention of future risks, though they usually want short-range solutions.



STAGE FOUR: COMPLETE DENTISTRY

Desire a Dental Master Plan that includes a long-term treatment plan to achieve and maintain their highest level of health. They want innovative, long-lasting dental treatments to treat the causes of dental disease, not just its effects.



STAGE FIVE: LOOK YOUR BEST

They also care about developing a Dental Master Plan for optimum health but are primarily interested in making sure their smile looks as fantastic as possible; thus, they desire cutting-edge cosmetic treatments.

The Level of oral care I feel comfortable with today is:

What to expect

Our prevention approach

SIMPLE PREVENTION CARE CAN SAVE YOUR HEALTH

Our goal is to be proactive vs reactive to provide you with best minimal care. Examinations are provided twice yearly with necessary x-rays and if you have periodontal disease, you will additionally see our periodontist once per year.

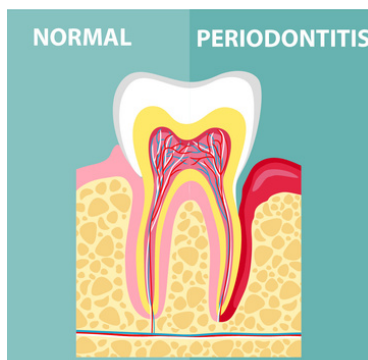
WHAT IS IT THAT WE CAN SEE CHANGE FROM ONE VISIT TO THE NEXT?

- TOOTH DECAY
- PERIODONTAL DISEASE
- ORAL CANCER
- ORAL SIGNS OF TOTAL HEALTH ISSUES SUCH AS :
SLEEP APNEA, LEUKEMIA,
DIABETES, ATHEROSCLEROSIS,
(a precursor to strokes) and more.



Many things can change from one visit to the next and we will be looking beyond teeth and gums. The mouth is the window of your total health and in our evaluation, we are highly in tuned to your health, so we ask that you share any changes in your medical history. **Ideally, we eliminate the need for treatment or have early detection.** For instance, many medications change saliva flow which will greatly increase tooth decay.

Our comprehensive examination will begin with evaluation of your Airway, Oral Cancer Screening, Tooth Wear, Tooth Alignment, TMJ and thoroughly evaluate Teeth and Gum health including gum recession and bone loss. How teeth touch when chewing and make contact is a huge difference on how teeth/restorations wear or fracture.



CHRONIC INFECTION IN THE MOUTH FROM PERIODONTAL DISEASE HAS DIRECT CONSEQUENCES TO THE ENTIRE BODY

Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth and causes inflammation throughout the body. Sadly, periodontal disease affects 47.2% of the US adult population according to the CDC, which is why at PDG **all adults will be recommended to see our hygienists every 3-4 months to remove tartar.**

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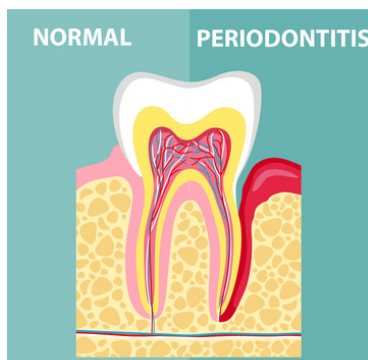
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State-of-the-art TECHNOLOGY

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

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

Getting Mouthy

QUESTIONS TO ASK YOUR DENTIST

WHEN IT COMES TO YOUR HEALTH,
THIS IS A GOOD TIME TO ASK QUESTIONS

- ☐ **How do my oral health habits** -- how often I brush and floss - affect the rest of my body, in addition to my gums and teeth?
- ☐ **What are signs to watch out for** in my mouth that might indicate a problem in my body?
- ☐ **Have you seen any warning signs** of a possible serious condition that I should relay to my doctor?
- ☐ **Should I change my toothpaste**; I floss more often? I use a fluoride rinse? I use any additional tools?
- ☐ **Should I have a genetic test** to determine my susceptibility to periodontal disease?
- ☐ **If I have gum disease**, should I have a blood test (C-Reactive Protein or Hemoglobin A1C) to see if there may be a connection to my systemic health?
- ☐ **Do you have recommendations** for my diet?
- ☐ **Can you help me quit smoking**?
- ☐ **What is the expected prognosis** for how long my dentistry will last?
- ☐ **Can you help me create a health plan** so that I can keep my teeth for life?
- ☐ **Is there an alternative treatment** that I should consider as well?

How to prepare for a dental visit-

Come with your “mouth at rest” and:

01

Get a good night's sleep and avoid beverages with caffeine or sugar on the day of your visit

02

Make sure you know not only the start time but also the estimated end time. If your dental visit coincides with your mealtime, bring a healthy snack

03

Bring a list of current medications and vitamins (name and dosage)

04

Jot down questions and bring them with you.

the distance between

dreams

and

REALITY

is called

ACTION

/anonym

ORAL HEALTH BASICS

YOUR GATEWAY TO WELLNESS: Balanced Mouth & Body

WHY WE ASK THAT YOU COME TO YOUR APPOINTMENT WITH YOUR "MOUTH-AT-REST"

(which means not eating, drinking, or brushing one hour prior so we can do saliva pH testing)

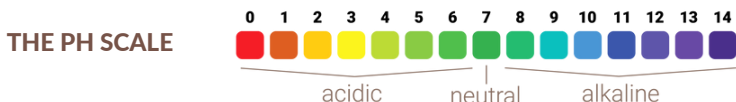


The mouth is the entry point for your digestive system. Sugar isn't the only cause of cavities - prolonged acidic and acid producing bacteria are the real culprits. We offer Saliva pH & bacteria testing for our patients, which will not only show if your pH is harming your oral health, but also your overall health.

By getting an accurate Saliva pH and bacteria reading, we'll be able to tell if your teeth are at risk for cavities. The higher the saliva acidity the more you are at risk for cavities.

Why does it matter?

Knowledge and prevention of acidic overload is critical to our health and well-being. Cancer, fibroids and cysts all thrive in an acidic environment. Acid causes inflammation to run rampant which can cause every imaginable disease and disorder and untold pain. With inflammation we see inflammatory bowel disease, Crohn's Disease, allergies, arthritis, cardiovascular disease, asthma, chronic fatigue, fibromyalgia, etc. The list goes on and on. The cascading effect of acidosis and inflammation in the mouth results in over growth of disease causing bacteria, gum disease, loss of teeth, and tooth decay.



What can I do about it?

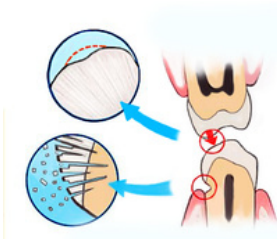
There are some very simple things any of us can do to prevent acidosis and its life-impairing effects. **The first is to become aware of the problem.** To help you identify the problem your Petaluma Dental Group dentist monitors your pH levels. **The second approach is to adjust your eating habits and lifestyle** to line up with a more neutral pH. To help you manage this element of your health and wellness, your dentist may recommend you see a nutrition and wellness coach **The third step you can take is to use protective measures such as fluoride and xylitol**, found in many chewing gums, mints, and toothpastes .

ALIGNMENT

Aligned Teeth with a Balanced Bite Don't Wear

WHY CROOKED, MISALIGNED TEETH ARE A PROBLEM

Teeth that are not aligned properly in your mouth create what dentists call malocclusion. Left untreated malocclusion can cause periodontal disease and create abnormal amounts of stress on teeth and jaws which leads to premature wear and even TMJ pain.



TOOTH ABFRACTION

Poorly aligned teeth can also create unnatural stresses and pressure on teeth and jaws. Teeth that are subject to excessive pressures can develop chipping and notches at the gum line called abfractions. Premature wear can lead to poor root support, recession, bone loss, loose teeth and eventually, tooth loss.



NORMAL BITE



DEEP BITE

Over-erupted lower front teeth that can damage the palate.



EXCESSIVE SPACING

Food lodges between teeth, risk of sore tender gums.



CROWDING

Excessive build up of tartar and plaque which harbors harmful bacteria that cause tooth decay and gum disease.



CROSSBITE

Premature tooth wear and risk of chipping teeth. Abfraction which is small notching in the tooth at the gumline.

**Aligning your teeth
can make a
significant
difference to having
a healthy mouth
and KEEPING
YOUR TEETH FOR
A LIFETIME!**

ORAL HEALTH BASICS

AIRWAY

SNORING AND SLEEP APNEA CAN BE LIFE-THREATENING

The effects of snoring and sleep apnea can be life-threatening, so much so that the American Dental Association outlines the role of dentists to include a patients risk for Sleep Related Breathing Disorders.

Whether snoring (partial airway closure) or sleep apnea (full airway obstruction), airway constriction of any kind can shorten your life.



Your dentist will be
checking your
airway during your
exams and
share treatment
options for healthy
sleep like
NIGHTLASE

SNORE LAB APP
SELF-CHECK DIAGNOSTIC
SCREENING TEST -
you can do at home (and it's FREE)

SNORE LAB measures the
intensity of your snoring through
your phone's microphone. While
you sleep it is recording and when
you wake, you will be able to see
your results.

WHOLE BODY HEALTH

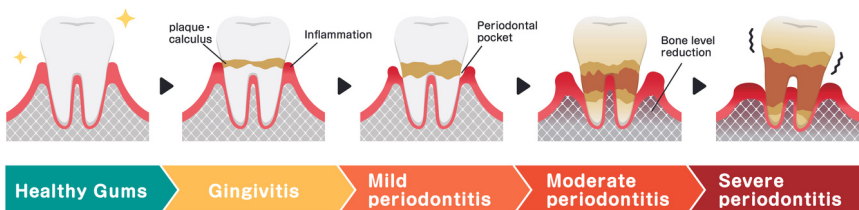
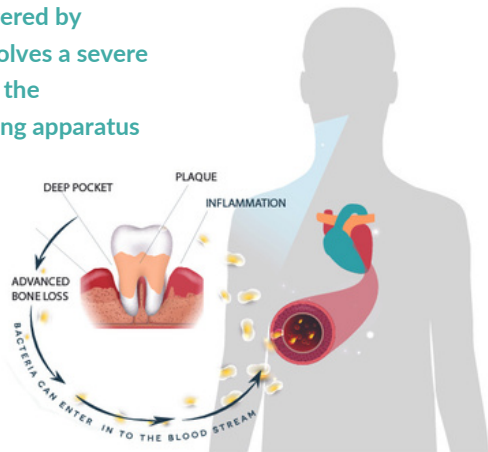
PERIODONTAL DISEASE

THE QUIET, PAINLESS ATTACK of SYSTEMIC CHRONIC INFLAMMATION

Your oral health is intimately tied to
your whole-body health, which is
why it's so important to take care of
your mouth

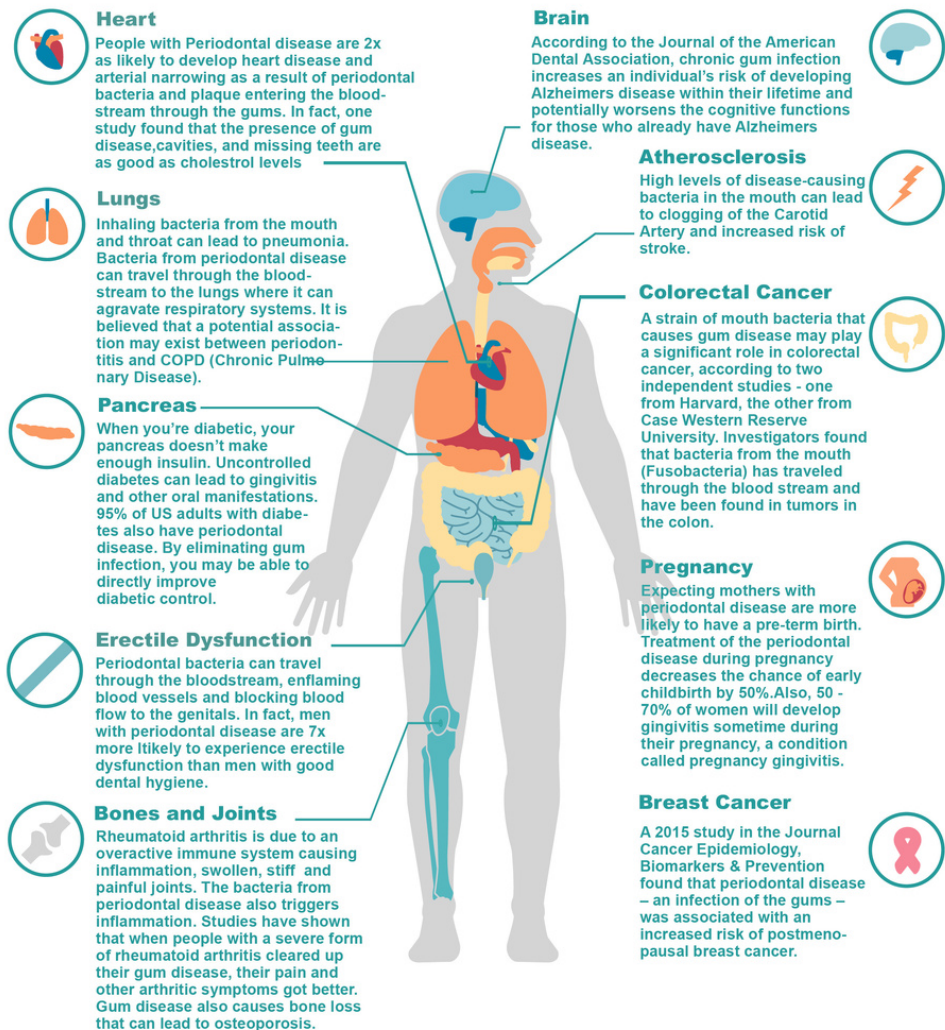
Your oral health is a window into your whole body health. Periodontal disease is a chronic inflammatory disease that is triggered by bacterial microorganisms and involves a severe chronic inflammation that causes the destruction of the tooth-supporting apparatus and can lead to tooth loss.

Periodontal disease can also lead to other health problems. With chronic inflammation our body continues sending inflammatory agents, even when there is no outside danger, stressing our immune systems and creating disease



Increased Inflammation Can Lead to Disease

Periodontal disease increases inflammation which increases the risk of disease. It is characterized by the simultaneous destruction and repair of the tissue from the inflammatory process. Atherosclerosis induced conditions such as coronary heart disease, stroke, complications of diabetes, adverse pregnancy outcomes and respiratory diseases are caused by imbalance and inflammation.



WELLNESS FOCUS

Stress

STRESS, EMOTIONS & INFLAMMATION

WHEN STRESSFUL SITUATIONS CONTINUE OVER TIME DISEASE PREVAILS

The powerful effects that stress and emotions have on one's well-being and health are well documented. As oral health care providers, we personally witness the destructive effects that stress and emotions have on health.

After all, for many people the thought of having to go to the dentist is quite a stressful experience. We have had the pleasure of supporting thousands of people through this and serve them with compassionate care.

More than ever, people have been sharing their experience of stress effect with thinning hair, adult acne, digestive issues and much more.

What happens when we experience stress? When stressed, our body releases cortisol from the hypothalamus. Cortisol is also known as “the stress hormone” that triggers the “fight or flight” response. It is true that stress stimulates the immune system, which can be a plus for immediate situations. Over time, cortisol weakens your immune system and reduces your body's response to foreign invaders. When under chronic stress, we are more susceptible to viral illnesses as well as other infections. All systems of the body are affected by cortisol and most noteworthy now, are the effects on our immune system.

Emotions & Fear

OUR EMOTIONS ARE KEY TO LIVING A HEALTHY LIFE

The pandemic has awakened us all to the key importance of a strong immune system -- however, not all realize how our emotions are key to living a healthy life. Fear is one of the biggest emotions with which people wrestle and is often compounded by worrying about what “might be.”

The crazy thing is we can stop fear and can control emotions instantly.

What we feel, or rather, believe about things, is up to us. It's all about how we choose to see situations and what words we use to describe them. Perspective is key to either reacting negatively to situations or saying they are a challenge and can be conquered; it really is up to us.

So what can we do?

HOW TO HANDLE STRESS & EMOTIONS

TAKE A DEEP BREATH The simple act of changing your focus and taking a deep breath can lower your cortisol levels and your blood pressure, which in turn reduces anxiety. This is why meditation is so powerful. But you don't have to wait for a dedicated time or situation to arise to get these effects. **It's easy; take a deep breath and pause before responding to that stressful situation.** Deep breathing exercises involve breathing in slowly and then making your exhalation longer than your inhalation. A good rule of thumb is four-in-eight-out.

EMOTIONAL CONTROL is within your power and key to living a healthy life, so don't give away your power. Think before you get upset. **Ask yourself, "Is this worth my energy and health?" It probably is not.** Incorporating positive self-talk will quickly shift your mindset and energy.

DIET AND EXERCISE Now more than ever it's critical to reduce inflammation with diet and exercise. Both movement and an anti-inflammatory diet are key for stress reduction.

ACTIVATE THE PARASYMPATHETIC NERVOUS SYSTEM People can learn to trigger their parasympathetic nervous system to immediately reduce their sense of anxiety and stress and produce a calm and relaxed feeling in the mind and body. **The vagus nerve is the longest and most complex nerve in your body. It is a major facilitator of what's known as the mind-body connection.** If you experience jaw pain, you should know about its link to emotions and stress. Poor vagal tone is linked to things like clenching and grinding.

OPTIMIZING VAGUS NERVE HEALTH AND FUNCTION can make you healthier, happier, and better able to handle stress. Here are just two, of many ways to increase your vagal tone:

Continuous deep breathing exercises, even just two minutes of using the longer exhalation breathing pattern, was found to engage the vagus nerve and bring calm.

Singing and humming. The vibration of our vocal cords stimulates the vagus nerve, relaxing the body.

OM chanting has been used for centuries and reduces the activity of brain's fear center, the amygdala creating a sense of peace.





MANGRUM - WALSH
CENTER FOR WELLNESS

PETALUMA DENTAL GROUP

[PETALUMADENTAL.COM](https://petalumadental.com)

SMILE MORE ORTHODONTICS

[SMILEMOREPETALUMA.COM](https://smilemorepetaluma.com)

LUMINARY EDUCATION CENTER

[LUMINARYEDUCATION.COM](https://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.

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