

TROON *Living*


FEBRUARY 2019

A SOCIAL PUBLICATION FOR THE RESIDENTS OF TROON

**MEET
*Ron &
Christine*
SPITLER!**



YOUR PHOTOS. YOUR STORIES. YOUR COMMUNITY.



*“Everything good begins
with a smile...”*

SARA VIZCARRA

DDS, DABCDSM, DABCP

Diplomate of American Board of Craniofacial Pain

*Diplomate of American Board of Craniofacial and
Dental Sleep Medicine*

& Associates

Cosmetic Crowns and Veneers

Periodontics

Implants

Invisalign

Here at Pinnacle Peak Family Dentistry, we offer the highest quality dental health care that Arizona can provide, all in a warm and comfortable environment. When you visit our office, located in beautiful North Scottsdale, your smile and overall health are our top priority



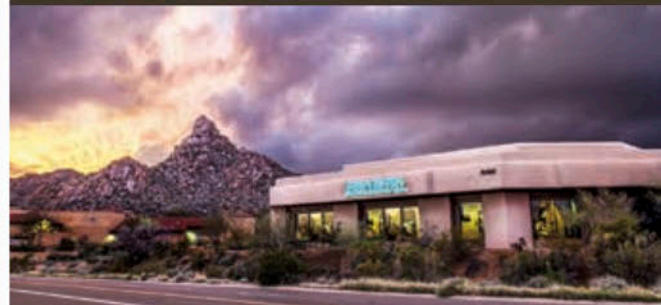
PINNACLE PEAK
Family Dentistry

VOTED

“BEST DENTIST IN
NORTH SCOTTSDALE”

BY NORTH SCOTTSDALE LIFESTYLE MAGAZINE

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PINNACLE PEAK Family Dentistry

Taking dentistry to the next level

The base of Pinnacle Peak Mountain is where Sara Vizcarra, DDS, decided to create her forever home. Embracing the beauty of the mountain and natural desert aesthetic, she became the owner of the prestigious Pinnacle Peak Family Dentistry — a 1,000-square-foot space — in March 2006.

In her practice, she pushed beyond the boundaries of “mouth-focused dentistry” and began giving naturopathic care for her patients. This emphasized patient encouragement for preventative care and healing through the use of therapeutic practices that would help achieve optimal health.

Commonly known to her patients and dental family as Dr. Sara, she began to pour countless hours into helping her community gain the health standards she felt everyone deserves. Sharing the desire of optimal health with her patients, the demand for an appointment with Dr. Sara grew exponentially; after only five years of ownership, she expanded the dental office for the first time since it opened in 1998.

It was refreshing for so many avid health seekers to have a provider talk to them about therapies that went past “drilling and filling,” which was typical of most dental offices. Dr. Sara was able to gain the trust of her patients and discuss with them the need for overall better habits for their health and wellbeing. She takes the time to discuss changing bad habits into better, health-focused routines. This even includes discussing healthy bedtime hygiene habits to help patients get more restful sleep. She continues to keep her practice at the cutting edge of dental technology to make sure her patients have the best diagnostics available. This includes 3-D digital imaging, digital impressions for services like crown and Invisalign® and so much more.

As Pinnacle Peak Family Dentistry continues to grow, so have the needs of our patients. Periodontist Neil Zachs, DMD, MS, joined in 2016 to help the patients of Pinnacle Peak Family Dentistry in all their needs relating to the world of implants, gum grafting, bone grafting and more. Alongside Dr. Sara and Dr. Zachs, Dr. Christine Tran was brought on as the associate dentist to help the patients within the practice obtain optimal health.



Dr. Neil Zachs

The learning never ends

Dr. Sara frequently touches on how important healthy nutrition, as well as regular exercise, is for the body. She educates her patients on how healthy foods can help with inflammation by healing the body from the inside out. When care needs go beyond the dental practice, she makes sure to work with the top local referring doctors such as neurologists, ENTs and sleep physicians.

Even at the beginning of her career as a dentist, Dr. Sara always aimed to support her patients through the most complex of dental needs, including esthetic and full-mouth rehabilitation cases. The more difficult a patient's case, the more she wanted to improve her knowledge to continually help and understand their needs.

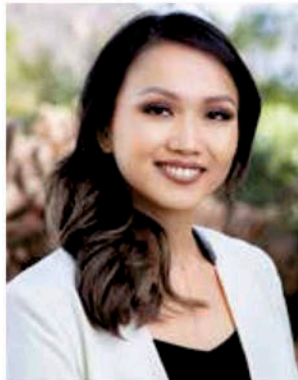
Through this continual thirst for understanding complex cases, she invested time and money into attending continuing education courses to improve her skills. These courses helped her to gain thousands of hours in training with the nation's top dental and specialty providers, paving her way to providing advanced services.

While completing these courses, one thing stood out to Dr. Sara the most: head and neck pain associated with teeth grinding and snoring. As a new mom, she found her then-12-month-old son was grinding his teeth. The information she learned during these advanced courses allowed her to better understand that teeth grinding is not a normal trait. No matter the age or lifestyle of a person, teeth grinding is a sign of something much bigger.

Not only did Dr. Sara notice teeth grinding in her son, but she, too, suffered from pain. She experienced temporal headaches, neck pain, temporomandibular joint disorder and insomnia. The continuing education courses allowed her to better understand her condition as well as her patients' conditions. She learned that her sleep cycle and pain were very much connected. Through all these discoveries, Dr. Sara was determined to help her patients sleep better and feel better.



Dr. Sara Vizcarra



Dr. Christine Tran

Dentists can help with sleep problems

Although not well known, sleep problems and disorders, such as obstructive sleep apnea, can be treated with a dentist. Although treatable, sleep apnea often goes undiagnosed, which can be detrimental to your health.

Because visiting your dentist at least twice a year is recommended, dentists are in a unique position to help screen and make necessary referrals for treatment of sleep breathing disorders. Furthermore, dentists help manage and treat patients with such disorders by fabricating and administering oral sleep appliances.

Identifying a connection between sleep apnea and tooth grinding

Most doctors and dentists have often viewed teeth grinding as a bit of a

mystery. The final verdict is often that grinding is caused by stressful events; however, more recent studies have found that teeth grinding can be a response mechanism to a more serious condition such as obstructive sleep apnea.

After continual research, Dr. Sara found a much higher relation between teeth grinding and sleep breathing disorders. When a person stops breathing in their sleep, teeth grinding can be the body's response to repositioning the jaw in a way to help open the airway. If the patient is not able to create the space needed for air to come through, the body will make a sound that many find unbearable; most people know of this as snoring. Snoring is the most likely outcome of the body trying to force air through a semi-collapsed airway. And although snoring may seem normal, it is not. It is the body's way of indicating that a type of suffocation is taking place.

Dr. Sara is the perfect provider to help educate patients on these seemingly common ailments that cause more problems than just a disgruntled bed partner. In addition to her dental practice, she began offering treatment for teeth grinding, headaches, neck pain, snoring and sleep apnea at AZ Sleep and TMJ Solutions, her beautiful new office.

At AZ Sleep & TMJ solutions in North Scottsdale, Dr. Sara continues to expand her knowledge by attending lectures and seminars to ensure the best possible care for her patients. She also lectures to other providers in the community to help bring further awareness of the signs and symptoms that are often overlooked.

By adding these personal touches for her dental patients at both Pinnacle Peak Family Dentistry and AZ Sleep & TMJ Solutions, Dr. Sara continues to set herself apart from the typical dental practitioner.



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