

**PAMELA DASSENKO  
E. CARRIE RAMIREZ**

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**Dental Health and Well-Being**

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**Dental Health and Well-Being  
SPRING 2016**

**IN THIS ISSUE**

**Welcome from Dr. Ramirez**

**Pass It On OFFER**

**Cavities, Sugars and Acids**

**Before and After**

**A Q & A With Dr. Carrie Ramirez**

**Tooth Be Told OFFER**

Our passion is to not only restore health and function for our patient's mouths, but to restore aesthetics. To that end, we believe in treating each person individually and designing treatment for their specific needs. We provide a comfortable, professional, and caring environment for our patients and staff. From our hygiene department to our reception area, we strive to provide the most up-to-date, state-of-the-art care.

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*Welcome*  
**FROM DR. CARRIE RAMIREZ**

**HAPPY NEW YEAR!** It is a great pleasure to reach out to you all in my new position as owner of the dental practice. It has been a fulfilling journey and a blessing to have spent the past nearly six years with Dr. Pam Dassenko and staff. I am excited to have this opportunity to continue to serve you all in the manner in which you have all become accustomed under Dr. Pam's expert care. Aside from the new signs outside the office, you may have noticed very little change around the office. We are fortunate to have an outstanding staff to keep this well tuned machine running.



I would like to share some exciting plans I have in store for me this year in terms of my continuing education. In my quest to follow in the footsteps of Dr. Dassenko, I have plans to study under Dr. Carl Misch in the realm of implantology. Dr. Misch is the leading educator in dental implants. He has written world-renowned books in the field and is an often-resourced author. It will be a privilege for me to undergo this rigorous training so that I may be well prepared and well trained to offer dental implants as a service alongside Dr. Dassenko. My training at the Spear Center in Scottsdale will also continue which will keep me up-to-date in the dental world.

My new year's wish for you is that of health and contentment in your lives. May we all reach the goals we set for ourselves in 2016!

Warm regards,  
**CARRIE RAMIREZ**



LEFT TO RIGHT: Elizabeth Ray, RDH; Andrea Lopez, RDA; Jamie Russell, Front Office/PR; Britta Swearingen, RDH; Melanie Whitehair, DA/BOA; Dr. Pam Dassenko, DDS; Dr. E. Carrie Ramirez, DDS, Practice Owner; Brittany Soto, RDH; Michele Avrea, RDH; Danielle Miller, DA/BOA; Judy Houser, Office Manager.



**Season Finale and String Celebration**

**SUNDAY, MAY 15, 2016 • 4:00 PM**

**CHRISTOPHER COHAN PERFORMING ARTS CENTER • SAN LUIS OBISPO**

*Don't miss the San Luis Obispo Youth Symphony 2016 Season Finale Concert! Featuring performances by all five ensembles, the Youth Symphony will be joined by String Celebration and Strings in the Schools guests. With over 250 talented young musicians, it will be an enriching and lively afternoon.*

**TICKETS: \$15 ADULTS • \$5 CHILDREN 14 AND UNDER**

**CALL (805) 543-3533 OR VISIT SLOYOUTHSYMPHONY.ORG**

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## CARE ENOUGH TO SHARE

### PASS IT ON!

If you know of a friend or family member who would appreciate quality dental care and excellent customer service, PASS ON THIS NEWSLETTER.

The recipient will receive a comprehensive exam, full mouth x-rays, a personal consultation with Dr. Ramirez or Dr. Dassenko, and a first teeth cleaning for only \$98.00!\*

\*NORMALLY VALUED AT \$360  
MUST BRING OFFER TO APPOINTMENT TO RECEIVE DISCOUNT



FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, CALL 549-8483

## CAVITIES, SUGARS & ACIDS

Have you been surprised to hear that you have a cavity in one or more of your teeth? Surprised because you tend to have a relatively low sugar diet? Many of you are aware that sugars are great disguisers. Simple sugar molecules can hide in longer, more intricate structures and go by other names, such as starches present in breads, etc, which aren't even necessarily sweet.

You have heard about cavities probably since the first candy that entered your mouth. Parents all over the world know that sugars are a cause of decay. Even in the most recent movie rendition of *Charlie and the Chocolate Factory*, which portrays little Willy Wonka's father as a dentist, refers to lollipops as "cavity on a stick". While sugars do play a part in the breakdown of tooth enamel, they are not the sole culprit of the creation of cavities. The true culprit to the demineralization of tooth structure is pH.

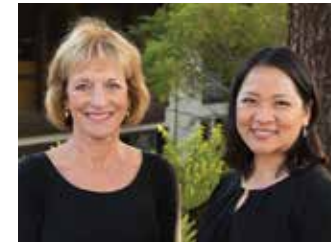
Tooth enamel is susceptible to breakdown in the presence of an acidic environment through a process called erosion. Prolonged exposure to acid is what really does damage to teeth. So where does this acid come from? Acids are created by bacteria already present in our mouths as they process and digest sugars. If this acid produced is not "stirred around" by brushing, flossing, or waterpik action, changes in the enamel can begin to occur in as little as 20 minutes. Acids can also come from our diet. Fruit juices, sodas, coffee, wine, salad dressings all contribute to lowering the pH in our mouths. Acids can also come from our bodies in the form of reflux disease. This occurs when digestive acids somehow make it back into the mouth which produces an acidic wash over our teeth.

With all these potential acid attacks, you may be wondering how you even still have any teeth left? Our natural built-in acid defense lies right where we need it, right in our mouths, our salivary glands. Saliva lends many helpful attributes, one of which is a buffering agent to low pH events. Saliva can buy us more time in between brushings by regulating the acid level in our mouths. Toothpastes also lend to us helpful ions which can help to even re-build demineralized enamel. By making the ions which were lost in the acid bath available to demineralized teeth, the building blocks of fluoride, calcium, and phosphate are ready to remineralize! Now when your hygienist hands you a tube of ClinPro or MI Paste or Fluoridex, you will know exactly what it is for!

## Q & A WITH DR. CARRIE RAMIREZ

**Q: TELL US ABOUT WORKING WITH DR. DASSENKO FOR THE PAST 5 YEARS.**

**A:** I am fortunate to have practiced with Dr. Dassenko the past several years and look forward to many more. I have had an opportunity to get into educational programs that she had herself trained through. She has been a great mentor to me and I am eager to follow in her footsteps and offer many of the same services she offers, with the same high standards.



**Q: WHAT ARE YOU PASSIONATE ABOUT INSIDE AND OUTSIDE OF DENTISTRY?**

**A:** Within dentistry I am passionate about providing the most comprehensive, highest quality dentistry using appropriate techniques and up-to-date materials to provide long lasting, beneficial, and harmonious dentistry for my patients. I think it is necessary to practice dentistry in a caring and friendly manner. I love being able to recreate what has been lost in someone's smile, or what has been longed for.

Outside of dentistry, I am passionate about inspiring my kids and getting them exposed to the arts and providing them central coast experiences. I love to travel and be with my family. Baking also pops up on that list.

**Q: WHAT DIFFERENTIATES YOUR PRACTICE FROM OTHER DENTAL OFFICES?**

**A:** Our practice treats all sorts of mouths. We run the range of maintaining healthy smiles through rigorous and scientifically based periodontal programs, to replacement of old fillings, to

restoring teeth that have worn out. We strive to offer excellent service while delivering excellent care. We know our patients and get to know our new ones. We want you to feel comfortable in the chair so we look for ways to make that happen.

**Q: TELL US ABOUT YOUR THIRST FOR LEARNING AND SELF IMPROVEMENT AND HOW THAT AFFECTS YOUR DENTAL PRACTICE.**

**A:** I get excited about outstanding dentistry. When I see top of the line work on teeth, it motivates me. I am currently expanding my knowledge in whole mouth aesthetics, endodontics, and will be taking additional implant courses this year.

**Q: WHAT'S UP AND COMING IN THE WORLD OF DENTISTRY?**

**A:** Preventative dentistry is still the prevailing theme. The earlier we can treat disease, the more conservative we can remain. The mouth and teeth are attached to a whole being which can send signals through the mouth of internal issues. Working on your oral hygiene and diet can do a lot for your body as a whole.

We love our in-house cad cam unit for creation of new crowns! We have heard over and over again how convenient and easy this machine has made life for many of our patients. They love same day tooth restoration and they love to see the technology working.

**Q: TELL US ABOUT YOUR LIFE OUTSIDE OF DENTISTRY.**

**A:** Being the mom of three, that pretty much sums it up! I am excited to get my kids involved with organizations and groups that will make them critical citizens of the future. They are great students and are involved in sports and youth symphony. I want to inspire them to be independent and successful individuals. I would like to support them in any way I can.

## BEFORE AND AFTER



### FULL MOUTH RESTORATION

The above before and after photos show a severely worn set of teeth which were fully restored by Dr. Pam Dassenko. Note in the before photo that the front teeth have shortened over the years from wear and tear. These teeth are likely to chip and break even more. With a well-trained dentist, broken down teeth can be restored to a beautiful, functional, and harmonious smile!

*Our office is here to help you achieve the smile of your dreams. Whether you need to replace a set of old fillings, or want a full mouth redesign, we can help!*

**SEE MORE BEFORE AND AFTER PHOTOS AT [SLOCOASTDENTIST.COM](http://SLOCOASTDENTIST.COM) IN OUR SMILE GALLERY**

### FILLING REPLACEMENT

The above show the replacement of a leaky metal filling with a tooth-colored filling. Metal fillings that have been in the tooth for a long time can begin to break down and leak. Bacteria can infect the tooth under the filling, causing the tooth to weaken. Tooth-colored fillings can restore and rejuvenate those teeth!

**TOOTH BE TOLD... WE LOVE OUR PATIENTS!**

We want to help get you to your ideal tooth shade in no time flat.

**BRING IN THIS OFFER TO RECEIVE 10% OFF** of your in-office or take-home whitening treatment of choice!

**FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, CALL 549-8483**

OFFER EXPIRES 5/31/2016 - EXCLUDES OPALESCENCE REFILL TUBES