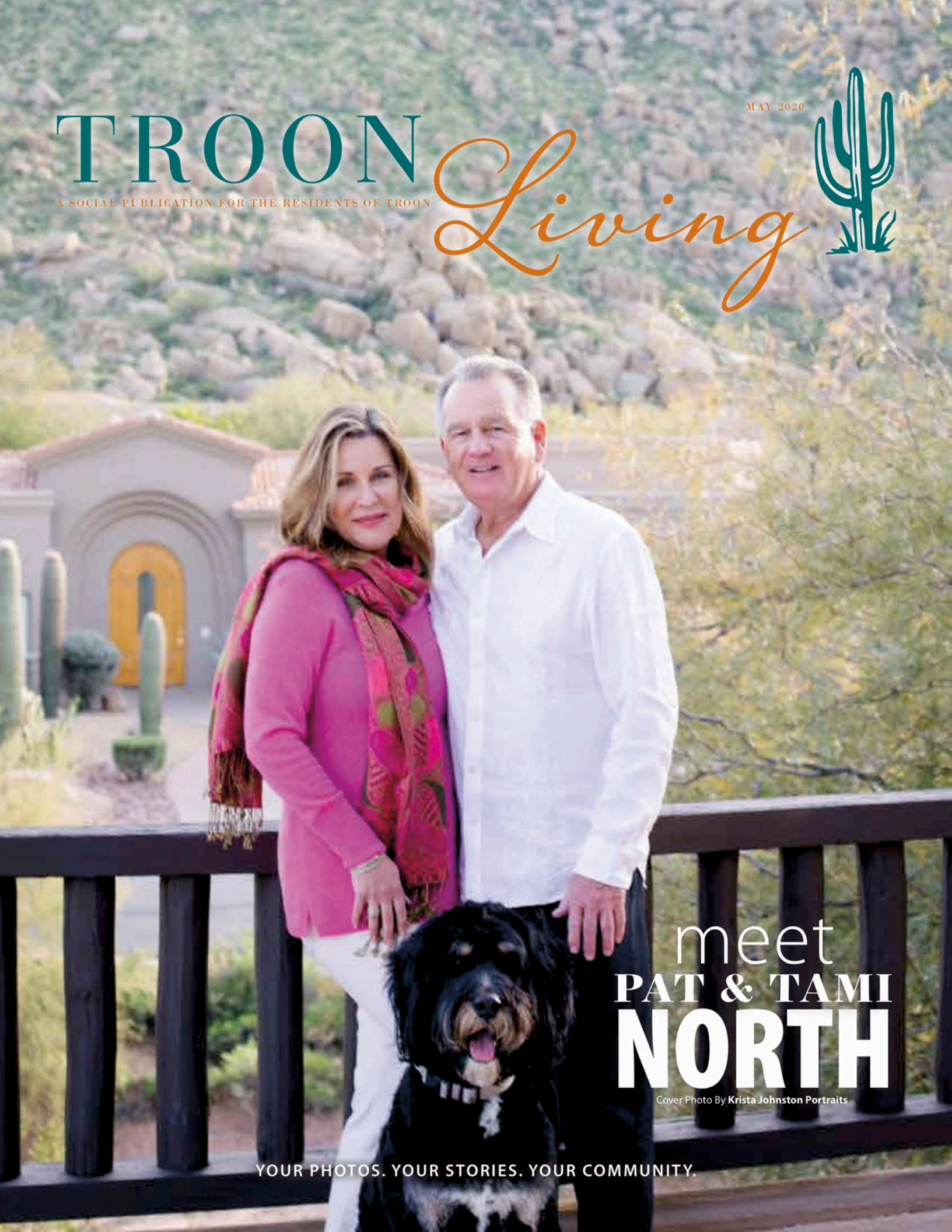


TROON

A SOCIAL PUBLICATION FOR THE RESIDENTS OF TROON

MAY 2020

Living



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SUPER MOM!

This Mother's Day *Troon Living* Honors an Amazing Mother in our Community

Dr. Sara Vizcarra, our neighborhood dentist and owner of Pinnacle Peak Family Dentistry, has got the hardest job in the world—being a mom! This Super Mom has been seamlessly managing her growing dental practice while also raising her son, Luis, as a single mother, and finding balance along the way.

Her Background

Dr. Sara was born and raised in El Salvador but attended undergrad and dental school in LA. She moved to Arizona in 2005 and has called it home ever since. She opened her practice in Troon in 2006, which offers general, family and cosmetic dentistry and TMJ solutions.

Dr. Sara has truly lived the professional single mom life. Her son, Luis, is 9 years old and by all measures a wonderful kid. In order to have that happy family and work balance, Dr. Sara says she and Luis get up early, with most days starting at 4:30 in the



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morning! Her key to productivity is to be efficient with her time and to stay organized, which allows her to get a lot done in her day. Dr. Sara also focuses on good quality sleep and keeping her energy up with healthy eating habits, exercise and a positive attitude. Dr. Sara says with those three ingredients, everyone can have a great recipe.



How She Stays Balanced

After a full day of seeing patients in her practice, Dr. Sara's work continues. In the afternoons she picks up Luis at 4 p.m. to go home and do homework. Luis is in 3rd grade and goes to a charter public school with a very strong academic program. She says she feels like she is going through 3rd grade again, too! They recently did five pages of fractions together, and his schoolwork keeps her busy and sharp. After homework, they cook dinner, clean up a bit, and then it's time to get ready for bed. Dr. Sara says when her kiddo is in bed for the night, she puts herself to bed too. Eight hours is key for this Super Mom, and she says if she only gets six hours, it



shows. Dr. Sara calls it sleep hygiene. “When I talk to patients about sleep, I say you have to have a routine like when you were a baby,” she said.

Dr. Sara has a whole sleep routine, including a sleep mask, earplugs to tune out, a humidifier with essential oils, a pitch-black room and comfortable bedding. “It’s an honor to treat my pa-



tients, and I need to be at my 100%,” she said. “I need to be up, refreshed, and alert.” That also means no TV or tablets at night. This sleep routine is essential for getting the deep restful sleep she needs to perform her best.

Though she takes her and Luis’ daily life very seriously, it’s not all work and no play! At home, they have

fun with pool parties, enjoy having good friends around, and take fun vacations together.

Her Why

“I love being a Mom,” Dr. Sara said. “He is the best thing that has ever happened to me.” She believes that having a passion for what you do in every aspect of life can transform you into the best person you can be. For her, sticking to routines helps both she and Luis to be effective and efficient. She aims to give her all both as a parent and when helping her patients. “When I work on a patient, those are my teeth. I do the best I can.” For the TMJ and Sleep solution side of her practice, she finds the results the most rewarding. “Patients come back and all of a sudden, they look like they are five to 10 years younger.” Dr. Sara treats medical conditions that sometimes have affected a patient’s entire life and after treatment, they return a year later and hug and thank her for what she’s done. “I find my job so rewarding. My patients are the most wonderful in the world.”



Pinnacle Peak Family Dentistry is located in Troon at 10465 E Pinnacle Peak Pkwy #101, off of N. Alma School Pkwy. They can be reached at **(480) 473-8920**.

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