

# INTERVIEW WITH DAWN HAYDEN: Restoring Oral Health One Step at a Time

**F**or many adults, dental care often falls behind the demands of work, family, and everyday life. According to the Centers for Disease Control and Prevention, nearly 40% of adults report not visiting the dentist annually, often due to cost concerns, fear, or lack of insurance. Unfortunately, delaying care can allow small problems to become more serious and painful over time.

For Dawn Hayden, what began as severe tooth pain ultimately became an experience that changed the way she viewed dental care entirely.

**Health and Wellness Magazine:** Dawn, tell us what first brought you to Park Family and Cosmetic Dentistry.



**Dawn Hayden:** I was dealing with severe tooth pain and knew I needed help quickly. I called several dental offices, but most of them told me I would need a consultation first and then wait another week before they could schedule the root canal. When I called Park Family & Cosmetic Dentistry (PFCD), they were incredibly accommodating and got me in the very same day.

**Health and Wellness Magazine:** That must have been a relief.

**Dawn Hayden:** Absolutely. When you're in that kind of pain, waiting days or weeks feels impossible. From the very first visit, I felt confident in both the staff's abilities and their honesty. They took the situation seriously and helped me feel calm right away.

**Health and Wellness Magazine:** You continued treatment with Dr. Macedo after the root canal. What was that process like?

**Dawn Hayden:** After the emergency treatment, I came back for a full evaluation of my dental needs. I explained that I didn't have dental insurance and was very worried about costs. Instead of making me feel embarrassed or pressured, they immediately worked with me to create a treatment plan that fit my budget.

**Health and Wellness Magazine:** Many patients delay treatment because of financial concerns.

**Dawn Hayden:** Exactly, and that was me for a long time. I assumed dental work had to be done all at once or not at all. But they completely changed that perspective for me. Dr. Macedo and the team broke everything

into manageable visits over several months and focused on the most urgent issues first. That made it realistic for me to finally take care of my oral health.

**Health and Wellness Magazine:** Your story is something many parents may relate to.

**Dawn Hayden:** Definitely. Like a lot of moms, I spent years prioritizing my children's dental care over my own. Their appointments always came first, and eventually I just avoided the dentist altogether. The longer you wait, the more overwhelming it feels. But PFCD never made me feel judged for that.

**Health and Wellness Magazine:** How important was consistency during your care?

**Dawn Hayden:** It made a huge difference. I saw the same hygienist, Ayleen, assistant, Stephanie, and Dr. Macedo throughout the process. That consistency helped me feel comfortable and cared for every step of the way. They remembered me, listened to my concerns, and explained everything clearly. I never felt rushed.

**Health and Wellness Magazine:** You also had crowns placed as part of your treatment. How has that improved your oral health?

**Dawn Hayden:** The crowns restored teeth that had become weak and damaged over time. I can chew comfortably again, and I feel much more confident about my smile. More importantly, I finally feel like my oral health is back on track instead of something I'm constantly worried about.

Dental crowns are commonly used to restore teeth that are cracked, weakened, or severely decayed. When combined with preventive oral healthcare and routine cleanings, crowns can help preserve natural teeth and improve long-term dental function. Research published by the American College of Prosthodontists estimates that approximately 2.3 million implant-supported crowns are made annually in the United States, while millions more traditional crowns are placed to restore damaged teeth and improve oral health outcomes.

**Health and Wellness Magazine:** Looking back, what stands out most about your experience?

**Dawn Hayden:** Honestly, the kindness. I never thought I would describe going to the dentist as a pleasant experience, but with Dr. Macedo and her team, it truly was. They worked with me month after month, adjusted the schedule when needed, and helped me approach dental care in a way that felt manageable instead of overwhelming.

**Health and Wellness Magazine:** What would you say to someone who has been avoiding the dentist?

**Dawn Hayden:** Don't wait. I know how easy it is to put yourself last, especially when life gets busy or finances are tight. But finding a dental team that listens and works with you can completely change the experience. Taking that first step was one of the best things I could have done for my health.

Good oral health plays a vital role in overall wellness and has been linked to reduced risk of infection, inflammation, and chronic disease complications. For patients who have delayed treatment due to fear, finances, or uncertainty, developing a personalized treatment plan with a trusted dental provider can make care more achievable and less stressful.



## About Hetienne Macedo, DDS

Dr. Hetienne Macedo is a compassionate dentist who is dedicated to helping patients achieve long-term oral health through personalized care. Known for her calm demeanor and genuine connection with patients, Dr. Macedo combines advanced clinical training with

a patient-centered approach focused on comfort, trust, and lasting results. She enjoys helping patients who may have postponed dental care due to fear, previous experiences, or busy schedules, guiding them through treatment with empathy, education, and realistic solutions. Her goal is not only to restore smiles, but also to help patients regain confidence, function, and quality of life through dentistry delivered with compassion and attention to detail.



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