SIMPLY PERIO ™

Most patients won't recognize they have some form of Gum Disease.

DISEASE RISKS CONNECTED TO ORAL BACTERIA

- Alzheimer Disease (Aa) (Pg) (Tf) (Td) (Fn)
- Heart Disease/Attack (Aa) (Pg) (Tf) (Td) (Fn) (Pi) (Ec) (Ss)
- Stroke (Ss)
- Diabetes (Pg) (Tf) (Td)
- Cancer (Aa) (Pg) (Tf) (Fn)
- Kidney Disease (Pg) (Tf) (Td)
- Rheumatoid Arthritis (Aa) (Pg)
- Adverse Pregnancy Outcomes (Aa) (Pg) (Tf) (Td) (Fn) (Ec)
- High Blood Pressure (Aa) (Pg) (Tf) (Td) (Fn) (Ec)
- Inflammatory Bowel Disease (Pg) (Fn)
- Fatty Liver Disease (Aa) (Pg) (Tf) (Td) (Fn)
- Multiple Sclerosis (Pg)

WHY TEST?

In some it may be easy to spot, however, in the vast majority there may be dangerous and damaging periodontal disease pathogens hiding that can't be identified by a perio probe or a visual exam.

Testing delivers evidence of the presence of damaging levels of periodontal bacteria and drives more patients into the necessary periodontal therapy and better home care regimens they need. **In addition, education from testing provides more dedicated patients signing up and committed to in-office oral healthcare regimens.**

1. Many healthcare providers can miss the critical link between oral health and a patient's dramatic increase in major disease risk.
2. Biofilm often contain harmful bacteria including Fusobacterium, Streptococcus, Prevotella, Porphyromonas, & Actinomyces.
3. Noninvasive testing drives early detection, effective treatment, & disease monitoring & prevention as well as the data to support the need for positive & ongoing oral health maintenance.
4. Testing drives clinical insights for an informed hand off and medical diagnosis opportunity.
5. Provides yearly oral cancer screening opportunity.
6. Empowers holistic patient understanding and offers true life-saving treatment adding practice value, driving patient loyalty, & delivering the highest level of patient care.

80%
of adults over 35
SHOW EVIDENCE OF GUM DISEASE

Gone unchecked, pathogens and their toxins can easily move through the bloodstream with far reaching and catastrophic affects on items like the heart, arteries and central nervous system.

95%
OF THOSE WITH DIABETES
also have gum disease lowering glycemic control

70%
MORE LIKELY TO DEVELOP ALZHEIMER'S
if suffering more than 10 years from gum disease

up to 50%
HEART ATTACKS & STROKES ARE
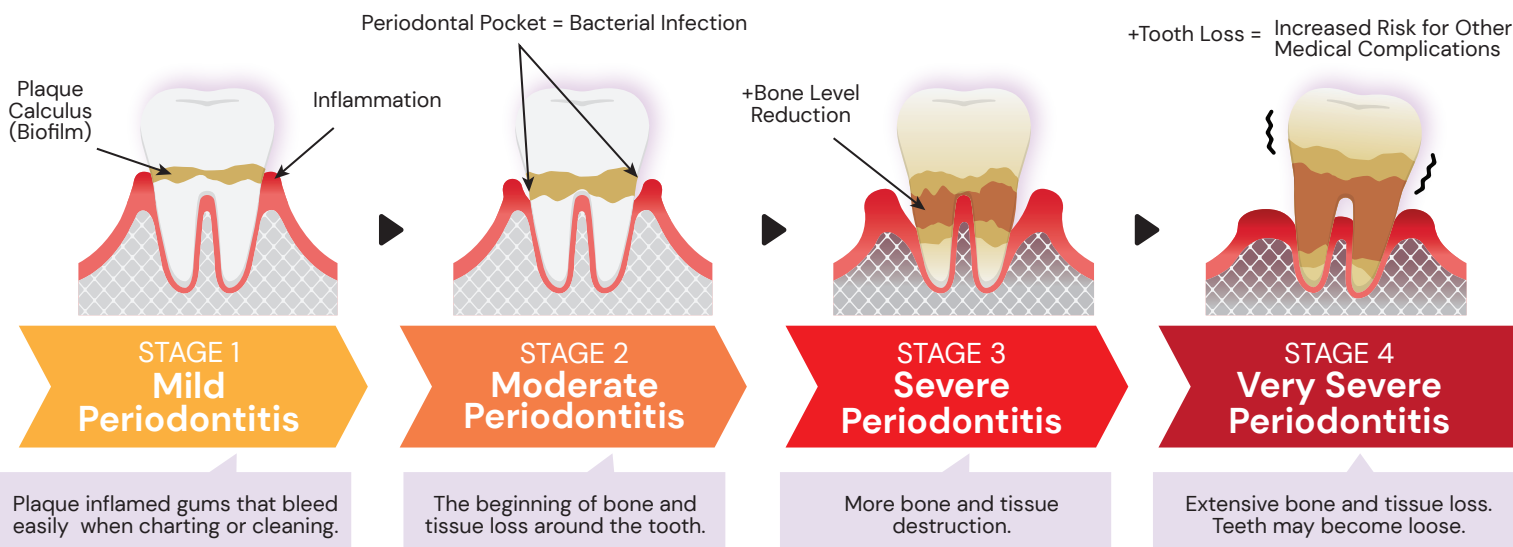triggered by oral bacteria [1,2,3]

up to 50%
GREATER RISK OF CANCER
with gum disease [4]

SPECTRUM SIMPLY TEST ™

WHO TO TEST?

1. **Test everyone!** Periodontal disease is the most undiagnosed & untreated disease with the highest impact to so many bodily systems and functions.
2. Patients with bleeding (Gingivitis) while charting or cleaning and those with mild, moderate, or severe Periodontitis.
3. Those patients with unexplained inflammatory biomarkers such as hsCRP.
4. All patients pre and post restorative care procedures (braces, extraction, root canals, implants).
5. Those currently pregnant or actively pursuing pregnancy.
6. All patients at current risk of any systemic health disease.

Plaque Calculus (Biofilm)

Inflammation

Periodontal Pocket = Bacterial Infection

+Bone Level Reduction

+Tooth Loss = Increased Risk for Other Medical Complications

STAGE 1
Mild Periodontitis
Plaque inflamed gums that bleed easily when charting or cleaning.

STAGE 2
Moderate Periodontitis
The beginning of bone and tissue loss around the tooth.

STAGE 3
Severe Periodontitis
More bone and tissue destruction.

STAGE 4
Very Severe Periodontitis
Extensive bone and tissue loss. Teeth may become loose.

SIMPLY PERIO ™

SPECTRUM SIMPLY TEST ™

800 Hudson Way, Huntsville, AL 35806
P: 844-443-6663 | F: 256-327-0981
Testing Performed By Alimetrix – CLIA #: 01D2113023
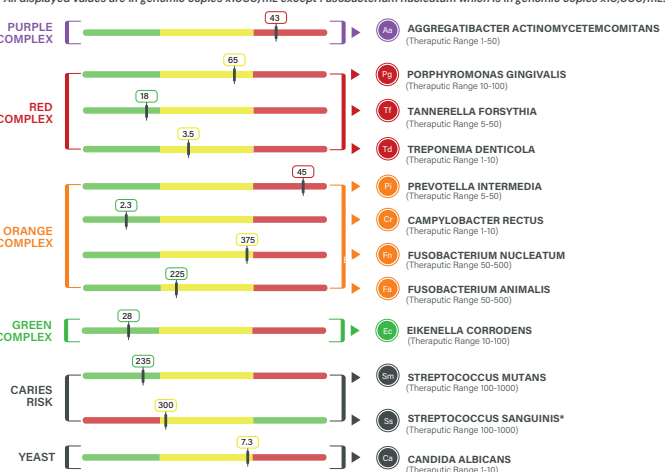Medical Director: Dr. Richard V. Spera MD, FACP

simplytest.com |

FINAL REPORT
PREMIUM
Sample Type: Saliva
Reported: 03/20/2023 14:31
All values are reported in genomic copies/mL.

PATIENT INFO	SAMPLE INFO	ORDERING PROVIDER
DOB: 09/20/1980 (40 yrs) Gender: Female ID#: 951750 Location: Test Site A	Specimen#: 5555550005 Accession#:777000-12345 Collected: 03/15/2023 Received: 03/20/2023 09:57	Glenn Close MD 8977 Lone Peak Parkway Draper, UT 84020 800-555-5555

| LOW | MEDIUM | HIGH | NON-VIRAL TARGETS (In Range Results) |

All displayed values are in genomic copies x1000/mL except Fusobacterium nucleatum which is in genomic copies x10,000/mL.

PURPLE COMPLEX
- 43 — Aa **AGGREGATIBACTER ACTINOMYCETEMCOMITANS** (Therapeutic Range 1-50)

RED COMPLEX
- 65 — Pg **PORPHYROMONAS GINGIVALIS** (Therapeutic Range 10-100)
- 18 — Tf **TANNERELLA FORSYTHIA** (Therapeutic Range 5-50)
- 3.5 — Td **TREPONEMA DENTICOLA** (Therapeutic Range 1-10)

ORANGE COMPLEX
- 45 — Pi **PREVOTELLA INTERMEDIA** (Therapeutic Range 5-50)
- 2.3 — Cr **CAMPYLOBACTER RECTUS** (Therapeutic Range 1-10)
- 375 — Fn **FUSOBACTERIUM NUCLEATUM** (Therapeutic Range 50-500)
- 225 — Fa **FUSOBACTERIUM ANIMALIS** (Therapeutic Range 50-500)

GREEN COMPLEX
- 28 — Ec **EIKENELLA CORRODENS** (Therapeutic Range 10-100)

CARIES RISK
- 235 — Sm **STREPTOCOCCUS MUTANS** (Therapeutic Range 100-1000)
- 300 — Ss **STREPTOCOCCUS SANGUINIS*** (Therapeutic Range 100-1000)

YEAST
- 7.3 — Ca **CANDIDA ALBICANS** (Therapeutic Range 1-10)

The presence of Streptococcus Sanguinis is associated with healthy plaque biofilm.

POSITIVE	NEGATIVE	ATTENTION	PREMIUM VIRAL TARGETS
	✓		HERPES SIMPLEX VIRUS 1 (HSV-1)
	✓		HERPES SIMPLEX VIRUS 2 (HSV-2)
	✓		CYTOMEGALOVIRUS
	✓		EPSTEIN BARR VIRUS

SimplyTest for PERIO is a multiplex molecular test for the detection of... characteristics determined by Alimetrix Corporation. Alimetrix Corpora... certified high-complexity laboratory. CLIA recognizes and supports th...
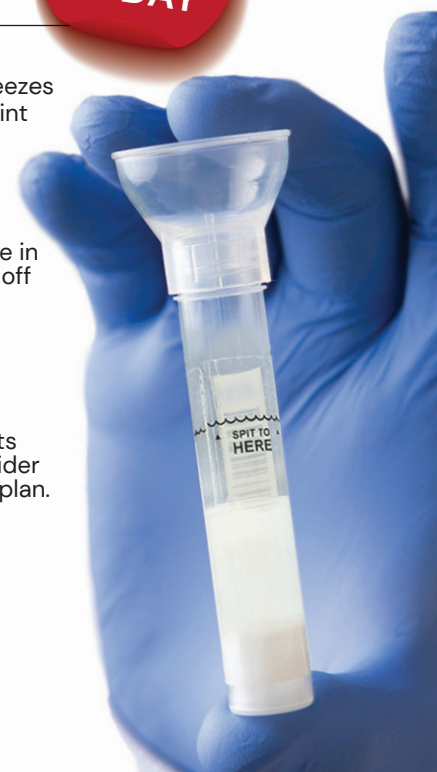
When found in oral cavity, Candida Albicans is known to accelerate oral disease growth and progression.

HOW TO TEST?

EASILY TEST TODAY

Only noninvasive saliva collection with patented preservation solution that freezes oral bloom pathogen activity at the point of collection for the most accurate patient-specific disease state understanding.

1. Collect 1 mL of patient saliva, place in postage paid box, & send sample off to the lab.
2. Review results in 24-48 hours on secure HIPAA compliant portal including option to share with patients.
3. Evaluate actionable clinical insights and determine next steps or provider hand-off collaborative treatment plan.
4. Retest to monitor successful outcomes.

SPIT TO HERE

CAP ACCREDITED
COLLEGE of AMERICAN PATHOLOGISTS

Source Infographic: The American Academy for Oral Systemic Health (AAOSH)
[1] Pessi T, Karhunen V, Karjalainen PP, et al. Bacterial signatures in thrombosis aspirates of patients with myocardial infarction. Circulation. 2013;127(11):1219-1228. doi:10.1161/CIRCULATIONAHA.112.001254
[2] Freire MO, Van Dyke TE. The mechanisms behind oral-systemic interactions. In: Glick M, ed. The Oral-Systemic Health Connection: A Guide to Patient Care. Chicago, IL: Quintessence; 2014:Chapter 5, 103-119.
[3] Leishman SJ, Do HL, Ford PJ. Cardiovascular disease and the role of oral bacteria. J Oral Microbiol. 2010; 2. doi: 10.3402/jom.v2i0.5781.
[4] Karpiński T. M. (2019). Role of Oral Microbiota in Cancer Development. Microorganisms, 7(1), 20. https://doi.org/10.3390/microorganisms7010020

Testing Performed By Alimetrix
CLIA #: 01D2113023