SIMPLY PERIO ™

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

DISEASE RISK FACTORS

- **Alzheimer Disease** (Fn) (Cr) (Pg)
- **Cardiovascular Disease** (Aa) (Tf) (Td) (Pg) (Fn) (Pi) (Cr)
- **Stroke** (Aa) (Tf) (Td) (Pg) (Fn) (Pi) (Cr)
- **Diabetes** (Aa) (Tf) (Td) (Pg) (Fn)
- **Cancer** (Aa) (Tf) (Td) (Pg) (Fn)
  (Pancreas, Esophagus, Breast, Colon, Lungs, Head & Neck)
- **Rheumatoid Arthritis** (Pg) (Fn)
- **Adverse Pregnancy Outcomes** (Aa) (Tf) (Pg) (Fn)
- **Inflammatory Bowel Disease** (Aa) (Tf) (Td) (Pg) (Fn) (Pi)
- **Fatty Liver Disease** (Aa) (Tf) (Td) (Pg) (Fn) (Pi)

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. 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
HAVE SOME FORM 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

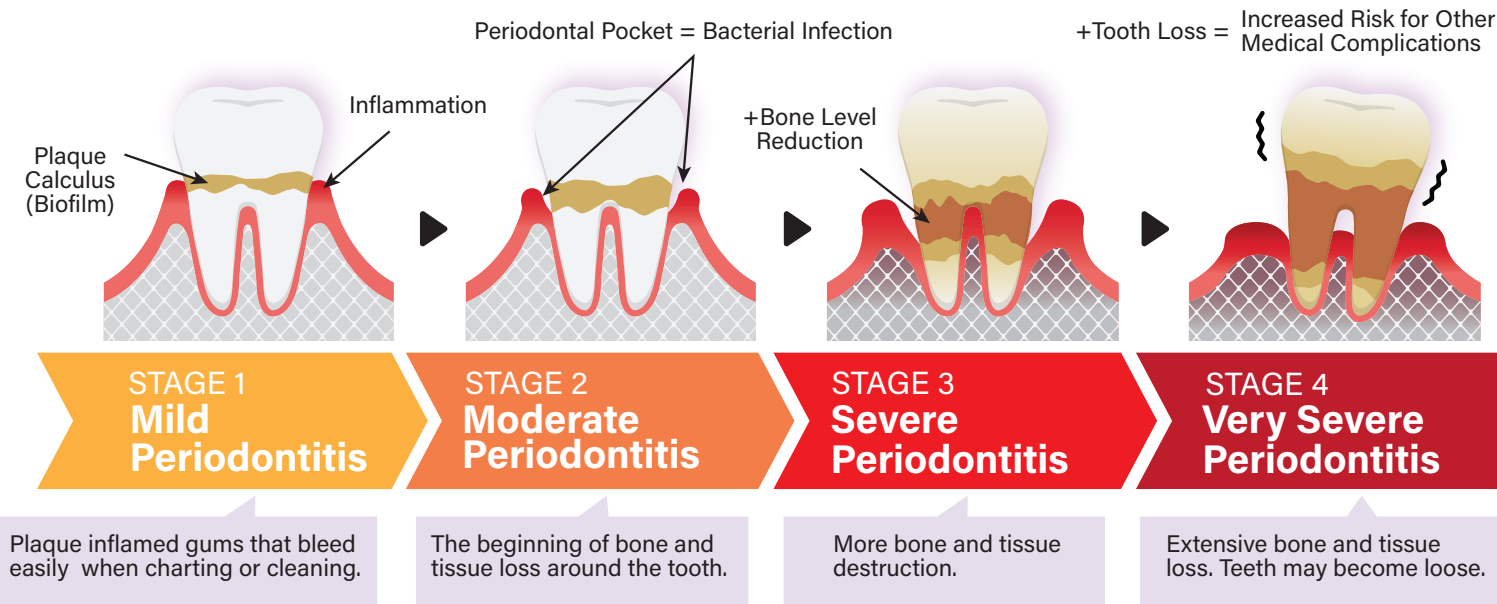up to **50%** **HEART ATTACKS & STROKES ARE** triggered by oral bacteria [1,2,3]

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.

Periodontal Pocket = Bacterial Infection

+Tooth Loss = Increased Risk for Other Medical Complications

Inflammation

Plaque Calculus (Biofilm)

+Bone Level Reduction

STAGE 1 **Mild Periodontitis**	STAGE 2 **Moderate Periodontitis**	STAGE 3 **Severe Periodontitis**	STAGE 4 **Very Severe Periodontitis**
Plaque inflamed gums that bleed easily when charting or cleaning.	The beginning of bone and tissue loss around the tooth.	More bone and tissue destruction.	Extensive bone and tissue loss. Teeth may become loose.

HOW TO TEST?

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.

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.

PERIO screening test to include Candida Albicans in oral cavity known to accelerate oral disease growth and progression.

CAP ACCREDITED COLLEGE of AMERICAN PATHOLOGISTS

Testing Performed By Alimetrix
CLIA #: 01D2113023

EASILY **TEST TODAY**

SIMPLY PERIO™ Report

SPECTRUM **SIMPLY TEST**™

800 Hudson Way, Huntsville, AL 35806
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Testing Performed By Alimetrix - CLIA #: 01D2113023
Medical Director: Dr. Richard V. Spera MD, FACP
simply**test**.com

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

PATIENT INFO
DOB: 09/20/1980 (40 yrs)
Gender: Female
ID#: 951750
Location: Test Site A

SAMPLE INFO
Specimen#: 5555550005
Accession#:777000-12345
Collected: 03/15/2023
Received: 03/20/2023 09:57

ORDERING PROVIDER
Glenn Close MD
8977 Lone Peak Parkway
Draper, UT 84020
800-555-5555

LOW	Moderate	High	NON-VIRAL TARGETS (In Range Results)

Complex	Value	Code	Target
PURPLE COMPLEX	5.4x10⁴	Aa	AGGREGATIBACTER ACTINOMYCETEMCOMITANS
RED COMPLEX	4.3x10⁴ / 2.3x10⁴ / 3.3x10⁴	Pg / Tf / Td	PORPHYROMONAS GINGIVALIS / TANNERELLA FORSYTHIA / TREPONEMA DENTICOLA
ORANGE COMPLEX	5.6x10⁴ / 2.0x10⁴ / 4.8x10⁴ / 3.3x10⁴	Pi / Cr / Fn / Fa	PREVOTELLA INTERMEDIA / CAMPYLOBACTER RECTUS / FUSOBACTERIUM NUCLEATUM / FUSOBACTERIUM ANIMALIS
CARIES RISK	2.3x10⁴ / 3.1x10⁴	Sm / Ss	STREPTOCOCCUS MUTANS / STREPTOCOCCUS SANGUINIS
YEAST	3.9x10⁴	Ca	CANDIDA ALBICANS

DETECTED	NOT DETECTED	RE-TEST RECOMMENDED	VIRAL TARGETS PREMIUM ADDITIONS
	✓		HERPES SIMPLEX VIRUS 1 (HSV-1)
	✓		HERPES SIMPLEX VIRUS 2 (HSV-2)
	✓		CYTOMEGALOVIRUS
	✓		EPSTEIN BARR VIRUS

COMMENTS + ACTIONABLE CLINICAL INSIGHTS

[Lab supervisor/manager comment field]

SimplyTest for PERIO is a multiplex molecular test for the detection of periodontal disease (PD) associated germs in the mouth. . This test was developed and its performance characteristics determined by Alimetrix Corporation. Alimetrix Corporation is a CAP accredited, Clinical Laboratory Improvement Amendments of 1988 (CLIA), 42 U.S.C. §263a, certified high-complexity laboratory. CLIA recognizes and supports the use of laboratory developed tests for diagnosis and management of diseases in human subjects.

SPIT TO HERE

Source Infographic: The American Academy for Oral Systemic Health (AAOSHI)
[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