



# 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.

- Many healthcare providers can miss the critical link between oral health and a patient's dramatic increase in major disease risk.
- Biofilm often contain harmful bacteria including Fusobacterium, Streptococcus, Prevotella, Porphyromonas, & Actinomyces.
- 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.
- Testing drives clinical insights for an informed hand off and medical diagnosis opportunity.
- Provides yearly oral cancer screening opportunity.
- 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 effects 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]

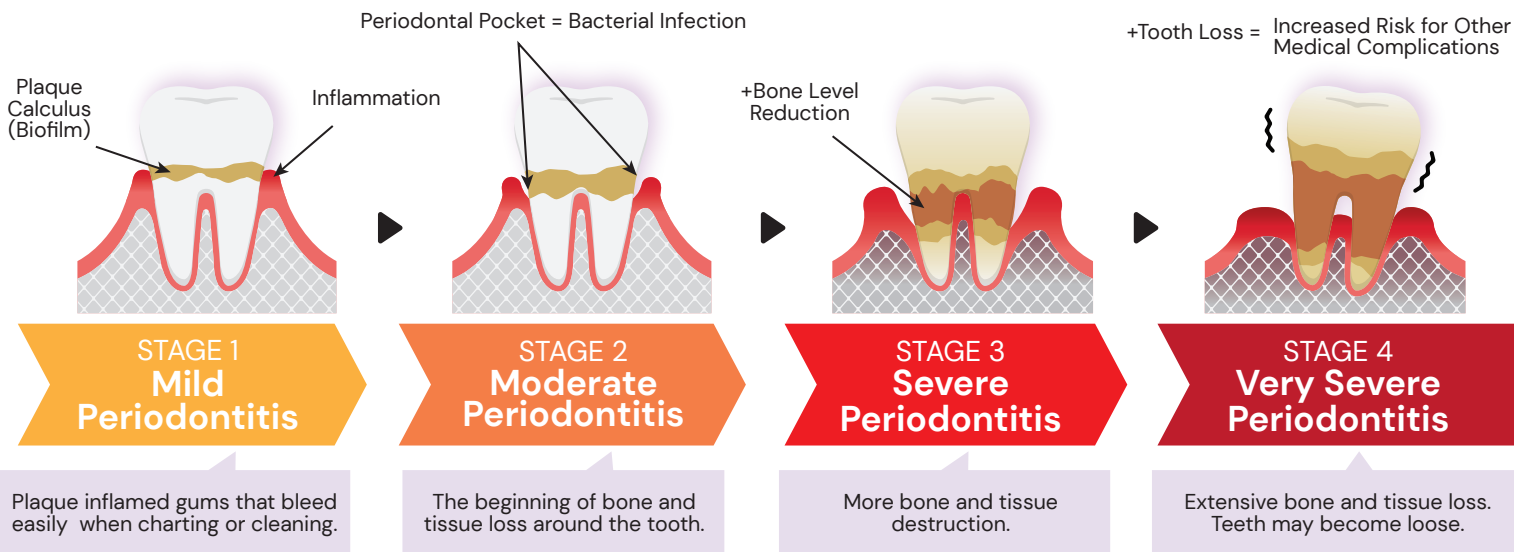
up to 50%

### GREATER RISK OF CANCER with gum disease [4]



# 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.



**SPECTRUM SIMPLY TEST™**

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Testing Performed By Alimetric - CLIA #: 01D2113023  
Medical Director: Dr. Richard V. Spera MD, FACP  
simplytest.com |

FINAL REPORT		PATIENT INFO		SAMPLE INFO		ORDERING PROVIDER	
<b>PREMIUM</b> Sample Type: Saliva Reported: 03/20/2023 14:31 All values are reported in genomic copies/mL.		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.*

<p><b>PURPLE COMPLEX</b></p> <p>43</p>	<p><b>AGGREGATIBACTER ACTINOMYCETEMCOMITANS</b> (Therapeutic Range 1-50)</p>
<p><b>RED COMPLEX</b></p> <p>65</p> <p>18</p> <p>3.5</p>	<p><b>Porphyromonas gingivalis</b> (Therapeutic Range 10-100)</p> <p><b>Tannerella forsythia</b> (Therapeutic Range 5-50)</p> <p><b>Treponema denticola</b> (Therapeutic Range 1-10)</p>
<p><b>ORANGE COMPLEX</b></p> <p>45</p> <p>2.3</p> <p>375</p> <p>225</p>	<p><b>Prevotella intermedia</b> (Therapeutic Range 5-50)</p> <p><b>Campylobacter rectus</b> (Therapeutic Range 1-10)</p> <p><b>Fusobacterium nucleatum</b> (Therapeutic Range 50-500)</p> <p><b>Fusobacterium animalis</b> (Therapeutic Range 50-500)</p>
<p><b>GREEN COMPLEX</b></p> <p>28</p> <p>235</p>	<p><b>Eikenella corrodens</b> (Therapeutic Range 10-100)</p> <p><b>Streptococcus mutans</b> (Therapeutic Range 100-1000)</p>
<p><b>CARIES RISK</b></p> <p>300</p>	<p><b>Streptococcus sanguinis*</b> (Therapeutic Range 100-1000)</p>
<p><b>YEAST</b></p> <p>7.3</p>	<p><b>Candida albicans</b> (Therapeutic Range 1-10)</p>

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

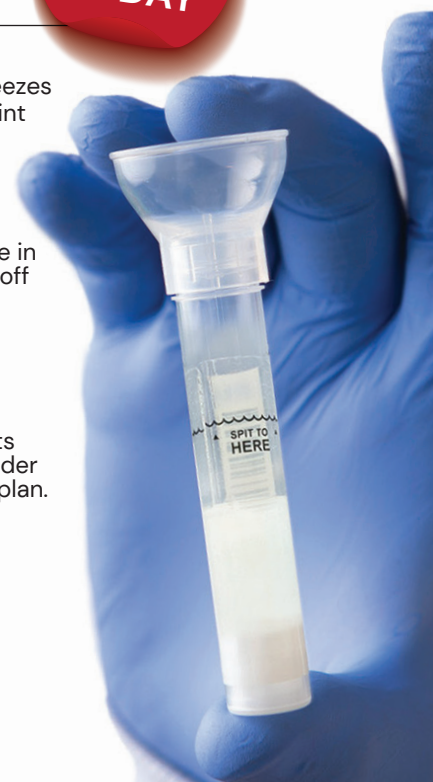
POSITIVE	NEGATIVE	ATTENTION	PREMIUM VIRAL TARGETS
✓	✓		HERPES SIMPLEX VIRUS 1 (HSV-1)
✓	✓		HERPES SIMPLEX VIRUS 2 (HSV-2)
✓	✓		CYTOMEGALOVIRUS
✓	✓		EPSTEIN BARR VIRUS

# 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.



When found in oral cavity, Candida Albicans is known to accelerate oral disease growth and progression.



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 MQ, 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] Karpinski T. M. (2019). Role of Oral Microbiota in Cancer Development. *Microorganisms*, 7(1), 20. https://doi.org/10.3390/microorganisms7010020

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