

**SIMPLY TEST®****FINAL REPORT****PERIO****Sample Type:** Saliva**Reported:** 2026-01-16T13:02:21

800 Hudson Way, Huntsville, AL 35806

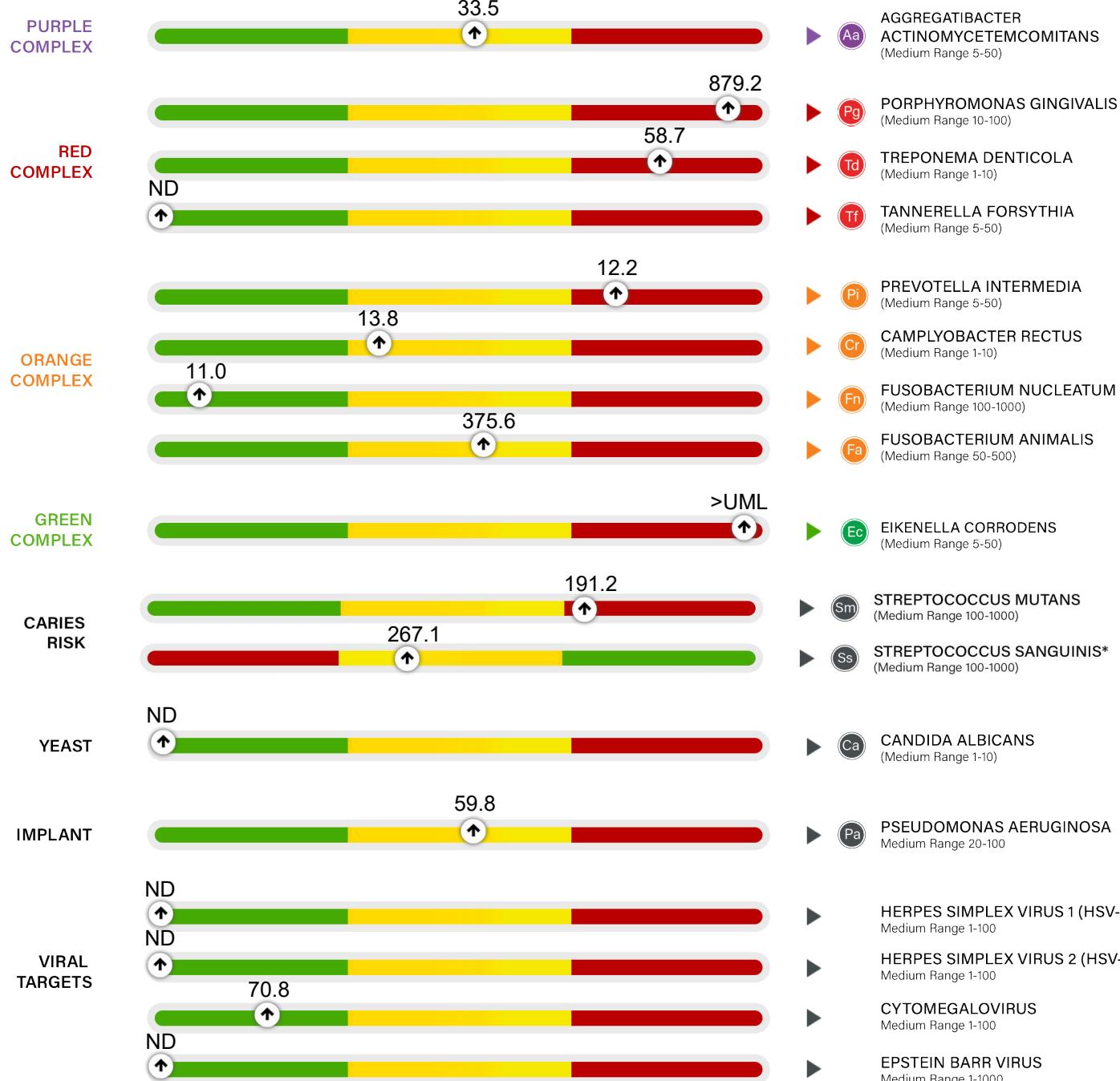
P: 844-443-6663 | F: 256-327-0981

Testing Performed By Alimetrics - CLIA #: 01D2113023

Medical Director: Dr. Richard V. Spera MD, FACP

simplytest.com

PATIENT INFO	SAMPLE INFO	ORDERING PROVIDER
<b>Name:</b> Jane Doe <b>DOB:</b> 06-11-1994 <b>Sex:</b> Female	<b>Specimen #:</b> AF34E887 <b>Collected:</b> 2026-01-13T14:11:22 <b>Received:</b> 2026-01-15T16:11:25	<b>Name:</b> John Smith DDS <b>NPI:</b> 0123456789 <b>Phone:</b> 256-002-8591

**Low****Medium****High**

\*The presence of Streptococcus sanguinis is associated with healthy plaque biofilm. ND = Not Detected UML = Upper Measuring Limit (>9999). Displayed reference ranges are provided for contextual visualization and are not intended to represent diagnostic or treatment thresholds.

Viral levels in saliva do not have established clinical thresholds for distinguishing latent infection, asymptomatic shedding, or active disease. Quantitative values obtained from saliva may not correlate with systemic viral burden, lesion viral load, or clinical disease activity.

**SIMPLY TEST®****FINAL REPORT****PERIO****Sample Type:** Saliva**Reported:** 2026-01-16T13:02:21

800 Hudson Way, Huntsville, AL 35806

P: 844-443-6663 | F: 256-327-0981

Testing Performed By Alimetrics - CLIA #: 01D2113023

Medical Director: Dr. Richard V. Spera MD, FACP

simplytest.com

**PATIENT INFO****Name:** Jane Doe  
**DOB:** 06-11-1994  
**Sex:** Female**SAMPLE INFO****Specimen #:** AF34E887  
**Collected:** 2026-01-13T14:11:22  
**Received:** 2026-01-15T16:11:25**ORDERING PROVIDER****Name:** John Smith DDS  
**NPI:** 0123456789  
**Phone:** 256-002-8591**Understanding Systemic Risk Scores**

- The systemic health report identifies elevated oral pathogen levels that peer-reviewed research associates with systemic health risks
- Your systemic health risk scores (0-100) indicate your relative pathogen burden compared to our reference database of 50,000 patients
- Your health risk scores are not disease predictions, but identify patients at risk for developing systemic diseases associated with high levels of periodontal pathogens
- Work with your dentist to lower oral pathogen levels and reduce the periodontal component of systemic health risk, and with your physician to evaluate your complete systemic health risk profile
- Organisms shown reflect patient's specific profile

**ORAL HEALTH****75** Periodontal Disease Risk (Aa Pg Td Tf Pi Cr Fn Fa Ec)**60** Implant Disease Risk (Pa Pg Td Tf Pi Cr Fn Fa)**55** Caries Risk (Sm Ss)**CARDIOVASCULAR HEALTH****82** Heart Attack Risk (Aa Pg Td Tf Pi Cr Fn Fa Ec)**69** Stroke Risk (Aa Pg Td Tf Pi Cr Fn Fa Ca)**58** Caries Risk (Aa Pg Td Tf Pi Fn)**METABOLIC****65** Diabetes Risk (Aa Pg Td Tf)**44** Liver Disease Risk (Aa Pg Td Tf Fn V)**34** Kidney Disease Risk (Pg Tf Ec)**AUTOIMMUNE & NEUROLOGICAL****59** Alzheimer's Disease Risk (Aa Pg Td Tf Fn)**37** Rheumatoid Arthritis Risk (Aa Pg)**56** Multiple Sclerosis Risk (Pg)**PREGNANCY & CANCER****87** Adverse Pregnancy Outcomes (Aa Pg Td Tf Pi Fn Fa)**73** Cancer Risk (Aa Pg Tf Fn Fa V)

- Colorectal
- Esophageal
- Pancreatic

**LIMITATIONS AND INTERPRETIVE CONSIDERATIONS**

Quantitative microbial results reported herein are analytically validated laboratory measurements. Oral and systemic health risk scores are informational, interpretive tools derived from these measurements using weighting algorithms informed by peer-reviewed scientific literature describing associations between oral microbial burden and health conditions. The risk scores have not been clinically validated, are not diagnostic, do not predict disease onset, progression, or severity, and must be interpreted by a qualified healthcare provider in the context of the patient's clinical presentation, medical history, physical examination, and other relevant diagnostic findings.



SIMPLY TEST®

800 Hudson Way, Huntsville, AL 35806

P: 844-443-6663 | F: 256-327-0981

Testing Performed By Alimetrics - CLIA #: 01D2113023

Medical Director: Dr. Richard V. Spera MD, FACP

[simplytest.com](http://simplytest.com)



## COMMENTS + ACTIONABLE CLINICAL INSIGHTS

If the results indicate the presence of any high (Aa, Pg, Td, Tf) and/or medium (Cr, Fn, Pi) risk organisms, these organisms are strongly associated with chronic periodontitis, are transmissible and associated with tissue inflammation and invasion.

Bacteria associated with periodontal disease are predominantly gram-negative anaerobic bacteria and may include *A. actinomycetemcomitans*, *F. nucleatum*, *P. gingivalis*, *C. rectus*, *Treponema* species. These anaerobic organisms are often found together in polymicrobial biofilms and dental plaque.

Several of these organisms are known to be associated with systemic diseases such as cardiovascular disease, cancer, diabetes, liver disease and stroke. The American Heart Association as well as copious research suggests an association between periodontal disease and atherosclerosis.

Patients should follow treatment and monitoring recommendations provided by their healthcare provider. In addition to monitoring bacterial burden, repeat testing can afford insight on efficacy of treatment.

### REFERENCES

Paul O, Arora P, Mayer M and Chatterjee S (2021) Inflammation in Periodontal Disease: Possible Link to Vascular Disease. *Front. Physiol.* 11:609614.doi: 10.3389/fphys.2020.609614.

Bale BF, Doneen AL, Vigerust DJ. *Postgrad Med J* 2017;93:215–220.

Da Venezia, C.; Hussein, N.; Hernández, M.; Contreras, J.; Morales, A.; Valdés, M.; Rojas, F.; Matamala, L.; Hernández-Ríos, P. Assessment of Cardiovascular Risk in Women with Periodontal Diseases According to C-reactive Protein Levels. *Biomolecules* 2021, 11, 1238.

Yoneda et al. *BMC Gastroenterology* 2012, 12:16 <http://www.biomedcentral.com/1471-230X/12/16>

Porphyromonas gingivalis Alzheimer's disease brains: Evidence for disease causation and treatment with small-molecule inhibitors. *Sci. Adv.* 5, eaau3333(2019).DOI:10.1126/sciadv.aau3333

Need help interpreting results?  
<https://providerportal.simplytest.com/guidance/perio/>

