



SIMPLYTEST®

800 Hudson Way, Huntsville, AL 35806

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

Testing Performed By Alimetricx - CLIA #: 01D2113023

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

simplytest.com

## FINAL REPORT

### PERIO

Sample Type: Saliva

Reported: 2026-01-16T13:02:21

### 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

Low

Medium

High

#### PURPLE COMPLEX

33.5



Aa

AGGREGATIBACTER

ACTINOMYCETEMCOMITANS

(Medium Range 5-50)

#### RED COMPLEX

879.2



Pg

PORPHYROMONAS GINGIVALIS

(Medium Range 10-100)

58.7



Td

TREPONEMA DENTICOLA

(Medium Range 1-10)

ND



Tf

TANNERELLA FORSYTHIA

(Medium Range 5-50)

#### ORANGE COMPLEX

12.2



Pi

PREVOTELLA INTERMEDIA

(Medium Range 5-50)

13.8



Cr

CAMPYLOBACTER RECTUS

(Medium Range 1-10)

11.0



Fn

FUSOBACTERIUM NUCLEATUM

(Medium Range 100-1000)

375.6



Fa

FUSOBACTERIUM ANIMALIS

(Medium Range 50-500)

#### GREEN COMPLEX

>UML



Ec

EIKENELLA CORRODENS

(Medium Range 5-50)

#### CARIES RISK

191.2



Sm

STREPTOCOCCUS MUTANS

(Medium Range 100-1000)

267.1



Ss

STREPTOCOCCUS SANGUINIS\*

(Medium Range 100-1000)

#### YEAST

ND



Ca

CANDIDA ALBICANS

(Medium Range 1-10)

#### IMPLANT

59.8



Pa

PSEUDOMONAS AERUGINOSA

Medium Range 20-100

#### VIRAL TARGETS

ND



HERPES SIMPLEX VIRUS 1 (HSV-1)

Medium Range 1-100

ND



HERPES SIMPLEX VIRUS 2 (HSV-2)

Medium Range 1-100

70.8



CYTOMEGALOVIRUS

Medium Range 1-100

ND



EPSTEIN BARR VIRUS

Medium Range 1-1000

\*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.



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## 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.



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## 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

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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.

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Need help interpreting results?

<https://providerportal.simplytest.com/guidance/perio/>



SimplyTest® PERIO is a multiplex molecular test for the detection of caries, periodontal, and peri-implant disease associated germs in the mouth. This test was developed and its performance characteristics determined by Alimetrix Corporation. Alimetrix Corporation is a CAP accredited (CAP# 9450297), Clinical Laboratory Improvement Amendments of 1988 (CLIA), 42 U.S.C. §263a, certified high complexity laboratory (CLIA #01D2113023). CLIA recognizes and supports the use of laboratory developed tests as an aid in the diagnosis and management of diseases in human subjects. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). FDA clearance or approval is not required for clinical use of laboratory developed tests.