SIMPLYTEST®

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

ORAL-SYSTEMIC
Sample Type: Saliva
Reported: 2026-02-04T15:54

PATIENT INFO	SAMPLE INFO	ORDERING PROVIDER
Name: John Doe	Specimen #: TEST0130202601	Name: John Smith DDS
DOB: 01/01/1999	Collected: 2026-01-30T22:25	NPI: 0123456789
Sex: M	Received: 2026-02-03T09:34	Phone: 844-443-6663

Low | Medium | High

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

PURPLE COMPLEX	ND	Aa	AGGREGATIBACTER ACTINOMYCETEMCOMITANS (Medium Range 0.25-50)
RED COMPLEX	ND	Pg	PORPHYROMONAS GINGIVALIS (Medium Range 0.25-100)
	ND	Td	TREPONEMA DENTICOLA (Medium Range 1-10)
	520.0	Tf	TANNERELLA FORSYTHIA (Medium Range 5-50)
ORANGE COMPLEX	ND	Pi	PREVOTELLA INTERMEDIA (Medium Range 5-50)
	ND	Cr	CAMPLYOBACTER RECTUS (Medium Range 1-10)
	1268	Fn	FUSOBACTERIUM NUCLEATUM (Medium Range 100-1000)
	ND	Fa	FUSOBACTERIUM ANIMALIS (Medium Range 50-500)
GREEN COMPLEX	1555	Ec	EIKENELLA CORRODENS (Medium Range 5-50)
CARIES RISK	216.4	Sm	STREPTOCOCCUS MUTANS (Medium Range 100-1000)
	5905	Ss	STREPTOCOCCUS SANGUINIS* (Medium Range 100-1000)
YEAST	ND	Ca	CANDIDA ALBICANS (Medium Range 1-10)
IMPLANT	ND	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
	ND		CYTOMEGALOVIRUS Medium Range 1-1000
	97.35		EPSTEIN BARR VIRUS Medium Range 1-100

*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

- This report identifies patient-specific oral pathogens that peer-reviewed studies associate with systemic health risks
- Health risk scores (0–100) reflect relative oral pathogen burden compared to our reference population
- Risk scores are not diagnostic or predictive of disease, but indicate increased risk associated with elevated periodontal pathogens
- Results should be interpreted by a qualified healthcare provider in the context of the patient's overall clinical and systemic health profile

ORAL HEALTH RISKS

40	Periodontal Disease Risk	Aa Pg Td Tf Pi Cr Fn Fa Ec
36	Implant Disease Risk	Pa Pg Td Tf Pi Cr Fn Fa
15	Caries Risk	Sm Ss

CARDIOVASCULAR HEALTH RISKS

38	Heart Attack Risk	Aa Pg Td Tf Pi Cr Fn Fa Ec
36	Stroke Risk	Aa Pg Td Tf Pi Cr Fn Fa Ca
52	High Blood Pressure Risk	Aa Pg Td Tf Pi Fn

METABOLIC HEALTH RISKS

36	Diabetes Risk	Aa Pg Td Tf
45	Liver Disease Risk	Aa Pg Td Tf Fn V
70	Kidney Disease Risk	Pg Tf Ec

AUTOIMMUNE & NEUROLOGICAL HEALTH RISKS

42	Alzheimer's Disease Risk	Aa Pg Td Tf Fn
0	Rheumatoid Arthritis Risk	Aa Pg
0	Multiple Sclerosis Risk	Pg

PREGNANCY & CANCER HEALTH RISKS

37	Adverse Pregnancy Outcomes	Aa Pg Td Tf Pi Fn Fa
56	Cancer Risk • Colorectal • Esophageal • Pancreatic	Aa Pg Tf Fn Fa V

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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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.