

## Background

**Age:** 61

**Sex:** Female

**Medical History:** high blood pressure, type 2 diabetes, arthritis, high cholesterol

**Current Medications:** Ozempic, Valsartan, Metformin, multivitamins

**Dental History:** history of periodontal disease, crowns, root canals, and fillings

**Current Home Care:**

- Brushing 2x/day
- Occasional flossing
- Listerine mouthwash

## Clinical Assessment

**Date of Visit:** February 2024

**Primary Concern:** Keeping all of her teeth, and ensuring her oral health does not negatively affect her systemic health.

**Periodontal Assessment:**

- Active Stage II, Grade B periodontal disease
- Generalized 4-5mm pockets with heavy bleeding

**Radiographs:**

- FMX showed multiple active carious lesions

## Baseline - Initial Bristle Salivary Test Results

A total of **87** bacterial and fungal species detected

### Oral Health Insights

i Average

SCORE

Beneficial Bacteria

**5.8/10**

! High Risk

SCORE

Gum Inflammation

**8.8/10**

! High Risk

SCORE

Tooth Decay

**9.6/10**

### Additional Health & Wellness Insights

! Needs Improvement

SCORE

Halitosis (Bad Breath)

**8.3/10**

! Needs Improvement

SCORE

Gut Impact

**8.6/10**

i Average

SCORE

Nitric Oxide

**3.7/10**

✓ Normal Range

Diversity

Key Microbes Detected

|                         |     |
|-------------------------|-----|
| Fusobacterium nucleatum | 98% |
| Parvimonas micra        | 81% |
| Tannerella forsythia    | 55% |

Not Detected

**Periodontal pathogens:** A. actinomycetemcomitans (Aa), C. rectus (Cr), E. corrodens (Ec), P. gingivalis (Pg), P. intermedia (Pi), T. denticola (Td)

**Cariogenic pathogens:** S. mutans (Sm)



Patient’s high-risk Bristle results were **driven by other disease-associated bacteria**, despite the **absence of well-known pathogenic species** like P. gingivalis and S. mutans.

Summary of Initial Assessment & Test Results

At the initial visit, the patient presented with **active periodontal disease** and **active carious lesions**. Her **Bristle salivary test results closely aligned with the clinical findings**, confirming the presence of elevated levels of pathogenic and cariogenic bacteria.

Upon reviewing her Bristle test report, the **patient gained a deeper understanding of the oral-systemic connection** — specifically how improving her oral health could positively impact her **diabetes, hypertension, high cholesterol, and arthritis**.

Given her **family history of Alzheimer’s disease**, she expressed **strong motivation to address and reduce the bacterial species** linked to cognitive decline.

Treatment Plan

Comprehensive Periodontal Therapy

All four quadrants treated using a combination of **air polishing, ultrasonic and hand instrumentation, diode laser therapy**, and irrigation with **CariFree treatment rinse**

Restorative Care

**5 crowns** and **3 direct fillings** to address active decay

Periodontal Maintenance

Completed **6 weeks after initial therapy**, demonstrating significant improvement in tissue health and inflammation control.

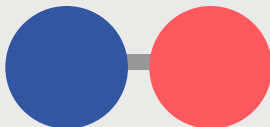
Patient has since **remained on 3-month recare interval** for continued monitoring and prevention

FEB 2024

JUN 2024

SEP 2024

TREATMENT COMPLETED



Initial Clinical Exam and  
Baseline Bristle Test (#1)

Periodontal  
Maintenance Appt.

Post-Treatment  
Bristle Test (#2)

Before & After: Where the Patient Started and Where She is Now

INITIAL / BASELINE

POST-TREATMENT

Bristle Salivary  
Test Results

 Average

SCORE

Beneficial Bacteria

5.8/10

 Optimal

SCORE

Beneficial Bacteria

8.5/10

 High Risk

SCORE

Gum Inflammation

8.8/10

 Optimal

SCORE

Gum Inflammation

1.7/10

 High Risk

SCORE

Tooth Decay

9.6/10

 Optimal

SCORE

Tooth Decay

0.1/10

Periodontal  
Status

Active generalized Stage II, Grade B  
Generalized 4-5mm pockets  
Heavy bleeding on probing

Well-controlled and stable  
Stable 2-3mm pockets  
No bleeding on probing

Caries /  
Restoration

Multiple active carious lesions

5 crowns and 3 fillings completed

Home Care

- Poor Consistency
- Brushing: 2x/day
  - Flossing: occasional
  - Mouthwash: Listerine daily

- Comprehensive & High Compliance
- Brushing: 2x/day
  - Waterpik: 2x/day (with 1:3 dilution of hydrogen peroxide and water)
  - String Flossing: CocoFloss daily
  - Mouthwash: CloSys rinse 2x/day
  - Soft-Picks: for interproximal cleaning
  - Spry Mints: 3-5x/day
  - Bristle Oral Probiotics: 2x/day

Impact of Bristle Salivary Testing

 Treatment Acceptance

 Deeper Patient Understanding

 Improved Health Outcomes

## Improvement in Overall Health

Since completing her oral rehabilitation and maintaining a high level of home care, **the patient reports notable improvements in overall health**, including:

- ✓ Reduced need for blood pressure and cholesterol medications
- ✓ Lower A1C levels, indicating improved glycemic control
- ✓ Enhanced energy and overall well-being

The **patient expressed deep gratitude for the integrative approach to care**, acknowledging that her **medical and dental health are both the best they have been in years**. She remains motivated and engaged in her ongoing oral-systemic wellness journey.

## Concluding Remarks

Following the review of salivary test results and personalized coaching, the patient **significantly improved her home care routine**, demonstrating excellent compliance and engagement.

She was **motivated to complete all recommended treatments**, including comprehensive periodontal therapy and restorative care.

The combined clinical and salivary test findings guided a comprehensive, evidence-based treatment plan — resulting in **improved oral health awareness, stronger patient commitment, and proactive management of her oral disease and systemic risk factors**.



**Author Background:** Stacey Espe is a Registered Dental Hygienist with over 20 years of clinical experience and a certification as an Oral-Systemic Specialist. She practices at La Costa Dental Excellence in Carlsbad, California.



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