bristle **Charles Warden**

Report date: 27 Oct 2022

Bristle identifies and quantifies the bacteria in your saliva related to oral health and disease. Your overall scores are based on which bacteria were present in your sample and their association with each condition.
As these bacteria increase in abundance - due to things like poor oral hygiene, a high-sugar diet, or medical risk factors - they produce harmful byproducts leading to oral disease. Click on the light blue bar below each score to see the individual bacteria you have and how they contribute to your score!

Commensals

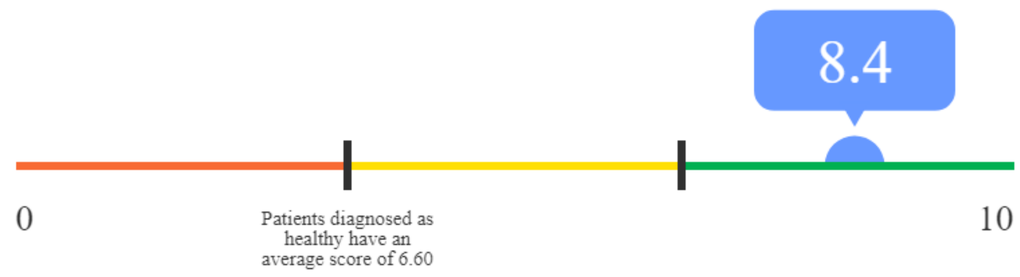
Your test shows a high abundance of beneficial bacteria (probiotics). Many bacteria in the oral microbiome are responsible for maintaining homeostasis, helping to preserve the balance between beneficial and pathogenic microbes. The exact functions of many of these microbes are still unclear, but some have been identified as part of the core oral microbiome, which are present nearly universally across people without oral disease.

Commensals

Score: 8.4/10

High

Your abundance of microbes related to good oral health



See the specific bacteria you have related to good oral health

Rothia aeria	9.9
Streptococcus cristatus	9.8
Streptococcus mitis	9.8
Streptococcus infantis	9.1
Neisseria subflava	8.1
Streptococcus sanguinis	8
Prevotella salivae	5.3
Veillonella atypica	4.6
Neisseria flavescens	4.4
Rothia mucilaginosa	3.5
Neisseria mucosa	2.9
Streptococcus parasanguinis	2.8
Streptococcus gordonii	2.7
Prevotella pallens	2.3
Streptococcus salivarius	1.9
Haemophilus parainfluenzae	1.4
Haemophilus haemolyticus	1.3
Capnocytophaga granulosa	0

Tooth Decay

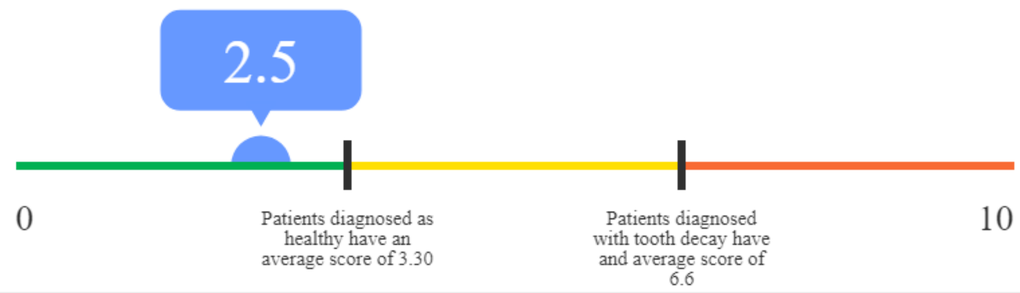
Your test shows a low abundance of cavities-causing bacteria. These bacteria produce acid that can erode the protective outer layer of your teeth called “enamel”. Once the enamel is gone, the bacteria will continue to erode your teeth which can lead to visible decay and severe pain. Taking preventive measures now can help you avoid the need for procedures like cavity fillings and root canals later!

Tooth Decay

Score: 2.5/10

Low

Your abundance of microbes related to tooth decay compared against patients diagnosed with tooth decay.



See the specific bacteria you have related to tooth decay

Prevotella denticola	2.8	⌄
Leptotrichia wadei	2	⌄
Bifidobacterium dentium	0	⌄
Lactobacillus crispatus	0	⌄
Lactobacillus fermentum	0	⌄
Lactobacillus gasseri	0	⌄
Lactobacillus oris	0	⌄
Lactobacillus plantarum	0	⌄
Lactobacillus rhamnosus	0	⌄
Lactobacillus ultunensis	0	⌄
Parascardovia denticolens	0	⌄
Propionibacterium acidifaciens	0	⌄
Scardovia wiggsiae	0	⌄
Streptococcus mutans	0	⌄
Streptococcus sobrinus	0	⌄

Gum Inflammation

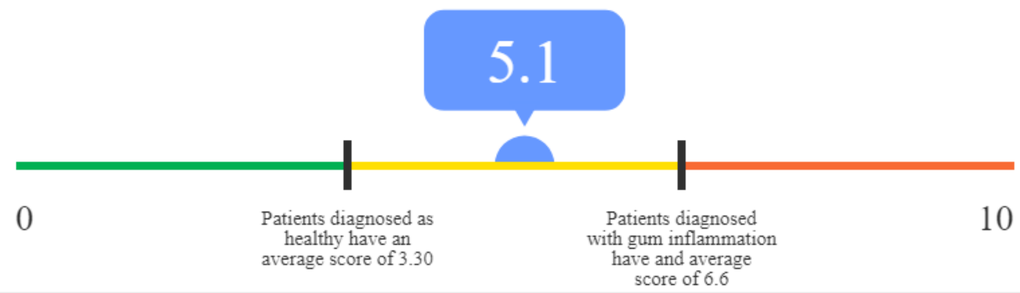
Your test shows an average abundance of gum disease-causing bacteria. These bacteria live between your tooth and gum line, leading to a severe infection and chronic inflammatory immune response resulting in loss of gum tissue and bone.

Gum Inflammation

Score: 5.1/10

Moderate

Your abundance of microbes related to gum inflammation compared against patients diagnosed with gum inflammation.



See the specific bacteria you have related to gum inflammation

Porphyromonas endodontalis	8.4
Parvimonas micra	7
Fusobacterium nucleatum	4.3
Aggregatibacter actinomycetemcomitans	0
Campylobacter gracilis	0
Eubacterium brachy	0
Eubacterium nodatum	0
Filifactor alocis	0
Peptostreptococcus stomatis	0
Porphyromonas gingivalis	0
Prevotella intermedia	0
Serratia marcescens	0
Streptococcus constellatus	0
Tannerella forsythia	0
Treponema denticola	0
Treponema putidum	0
Treponema socranskii	0

bristle **Charles Warden**

Report date: 27 Oct 2022

Halitosis

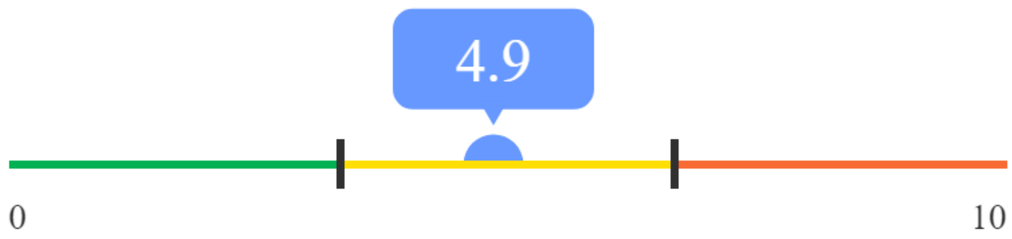
Your results show a moderate abundance of bacteria related to halitosis. Certain microbes in our mouths produce chemicals called volatile sulfur compounds (VSCs), which manifest as bad breath! About 90% of bad breath cases originate from these microbes, and many of these microbes are the same ones that cause gum disease. Chronic halitosis can be an early sign of periodontal disease, so addressing it now can help prevent more serious issues later.

Halitosis

Score: 4.9/10

Moderate

Your abundance of microbes related to halitosis



See the specific bacteria you have related to halitosis

Granulicatella adiacens	9.7
Porphyromonas endodontalis	8.4
Solobacterium moorei	6.8
Fusobacterium nucleatum	4.3
Prevotella nigrescens	4
Eikenella corrodens	3.2
Prevotella denticola	2.8
Leptotrichia wadei	2
Granulicatella elegans	1.9
Atopobium parvulum	0.7
Dialister invisus	0
Dialister micraerophilus	0
Enterobacter aerogenes	0
Enterobacter cloacae	0
Eubacterium brachy	0
Eubacterium nodatum	0
Klebsiella oxytoca	0
Klebsiella pneumoniae	0
Peptostreptococcus stomatis	0
Porphyromonas gingivalis	0
Prevotella intermedia	0
Selenomonas artemidis	0
Selenomonas flueggei	0
Selenomonas noxia	0
Serratia marcescens	0
Tannerella forsythia	0

Gut Inflammation

The oral and gut microbiome are the two largest microbial habitats in the human body and are physically and chemically connected through the GI tract. Every day, you swallow foods, drinks, saliva (about 3 cups on average!) that can transport millions of microbes to your gut.

Normally, most of the bacteria you swallow won't colonize the gut due to chemical processes that occur during digestion. However, certain oral bacteria - including *P. gingivalis* and *F. nucleatum* - are resistant to acid and can lead to gut inflammation which is associated with conditions including IBS, IBD, and Crohn's disease

Gut Inflammation

Score: 2.3/10

Low

Your abundance of microbes related to gut inflammation compared against patients diagnosed with gut inflammation.

See the specific bacteria you have related to gut inflammation.

Fusobacterium nucleatum	4.3	⌄
Campylobacter concisus	4	⌄
Aggregatibacter actinomycetemcomitans	0	⌄
Campylobacter rectus	0	⌄
Campylobacter showae	0	⌄
Enterobacter cloacae	0	⌄
Escherichia coli	0	⌄
Klebsiella oxytoca	0	⌄
Klebsiella pneumoniae	0	⌄
Klebsiella sp	0	⌄
Porphyromonas gingivalis	0	⌄

Diversity

Your diversity is low, but within acceptable range.

Diversity
Score: 1.5/10
Low

Here are the dominant microbes from the 83 different microbes we detected in your oral microbiome

Streptococcus oligofermentans	9.9
Rothia aeria	9.9
Streptococcus cristatus	9.8
Streptococcus mitis	9.8
Rothia dentocariosa	9.8

Recommendations

Based on your results, we recommend considering the following ingredients for your oral care routine to help improve your oral health and reduce your risk of disease.

Avoid foods high in sulfur

HELPS WITH

BAD BREATH

Learn more

Eat foods high in nitrate

HELPS WITH

BAD BREATH

GUM INFLAMMATION

Learn more

Eat yogurt and other fermented foods

HELPS WITH

BAD BREATH

Learn more

Add foods or supplements high in Omega-3

HELPS WITH

BAD BREATH

GUM INFLAMMATION

Learn more

Tongue scrape 2x per day

HELPS WITH

BAD BREATH

Learn more

Take S. Salivarius K12 Probiotics 1x per night for 8 weeks at the end of your hygiene routine

HELPS WITH

BAD BREATH

GUM INFLAMMATION

Learn more

Take S. Salivarius M18 Probiotics 1x per night for 8 weeks at the end of your hygiene routine

HELPS WITH

GUM INFLAMMATION

Learn more

Take L. Reuteri Probiotics 1x per night for 8 weeks at the end of your hygiene routine

HELPS WITH

TOOTH DECAY

GUM INFLAMMATION

BAD BREATH

Learn more

Consider using toothpaste with Hydroxyapatite

HELPS WITH

TOOTH DECAY

Learn more

Use brush heads with soft or extra-soft bristles

HELPS WITH

TOOTH DECAY

BAD BREATH

GUM INFLAMMATION

Learn more

If you aren't already, consider using an electric toothbrush

HELPS WITH

BENEFICIAL BACTERIA

BAD BREATH

Learn more

Consider waterflossing

HELPS WITH

BAD BREATH

GUM INFLAMMATION

Learn more