

# Dashboard

## Hi Rafael 🖐️ your results are ready!

TUE 05TH DEC 2023



### IMPORTANT

These results only reflect your survey answers. For more in depth insights you will need to take our oral health test.

# Oral Health Report

Strong oral health plays a vital role in maintaining general health. We've now analysed your data and have generated the following report and action plan.



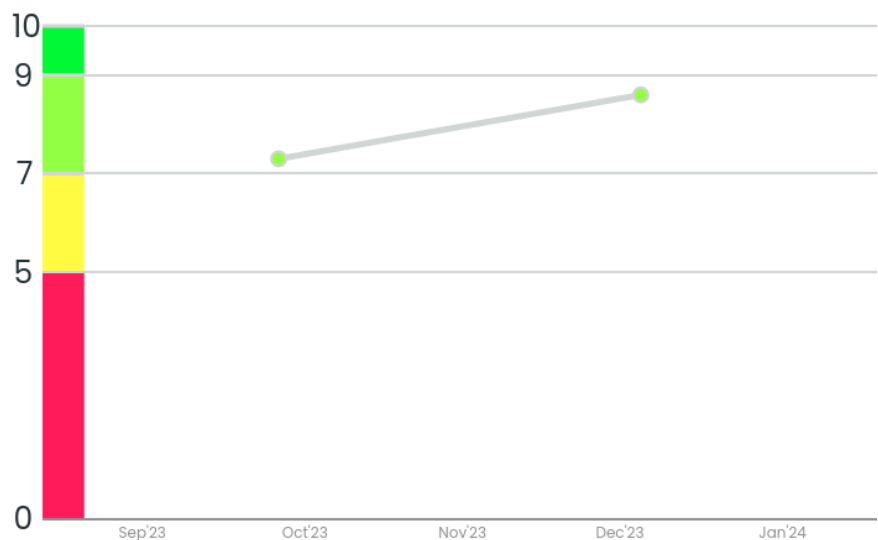
## Overall health

Based on your panel indicators we can generate your overall health score and map it over time.

### Absolute ⓘ



### Historical ⓘ





# Health indicators

The health of your mouth and it's current impact can be assessed by looking at the following four panels.

## Panels ⓘ

Cavity Resistance

GOOD 8.4



Gum Health

GOOD 8.9



Bacterial Harmony

GOOD 8.5



Systemic Health

GOOD 8.7



[More details](#) ↗

## Biomarkers ⓘ

Chemokines

HEALTHY



MMPs

OPTIMAL



adipokines

OPTIMAL



IL-s

HEALTHY



[More details](#) ↗



# Recommendations

Based on our analysis of your saliva samples and questionnaire answers we recommend the following changes across your oral care, diet, and lifestyle in order to optimise your health.

## Habits ⓘ

### Maintaining existing restorations: Using specialised tools

If you have existing restorations in your mouth you may need additional support with keeping these areas clean using interdental brushes or interspace brushes. Ensure you are following advice from your hygienist/ dentist to protect the rest of your teeth and keep your restorations healthy to prevent getting tooth decay again.

Lifestyle

### Addressing Teeth Grinding: Professional Assistance Needed

Teeth grinding can be related to stress, anxiety, sleep issues, and other lifestyle choices. It can lead to broken teeth, headaches, and pain in your jaw, face, neck or shoulder. Please discuss your teeth-grinding/clenching habit. They can assess this problem and help you.

Oral Health

### Brushing Success: Change Toothbrush Every 2-3 Months

Great work with your brushing frequency! Remember to change your brush head/toothbrush every 2-3 months.

Oral Health

### Regular Dental Visits: Maintain Oral Health

Regular dental visits can keep your mouth healthy! Try to contact your dentist to check when you should return.

Oral Health

### Regular Dental Visits: Maintain Oral Health

Well done on keeping your professional cleaning sessions in check! Regular dental cleaning helps to maintain a healthy mouth.

Oral Health

### Maintaining Gum Health: Simple Preventive Steps

Healthy gums should be pink and firm. If your gums are red, swollen, or tender, or if they bleed when you brush it could be a sign of gum disease or other gum problems. To prevent this, try cleaning between your teeth and below the gumline before brushing. Use an interdental brush or floss if there's not enough space. When brushing, focus on your gum line using a small toothbrush with soft bristles. These easy steps can help reduce your chances of developing gum disease. Don't forget to see your dentist or hygienist for a professional evaluation.

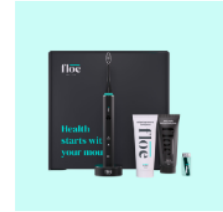
Oral Health

[More details](#) ↗

## Products ⓘ

### Electric box

Rechargeable dual program electric toothbrush, USB-C charger, dawn and dusk toothpastes, bamboo-charcoal floss.



[Product page](#) →

### Interspace brush

Wisdom Interspace is designed to remove plaque from the more difficult to reach areas between the teeth and along the gum margin. It is also effective at cleaning around crowns, bridgework and orthodontic appliances.



[Product page](#) ↗

[More details](#) ↗



DR. KHAD SHAH

# You're taking back control of your health!

If you have any specific questions for your dentist,  
get in contact below.

[Get in touch](#)