

Dashboard

Hi Rafael 🖐️ your results are ready!

TUE 05TH DEC 2023

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.



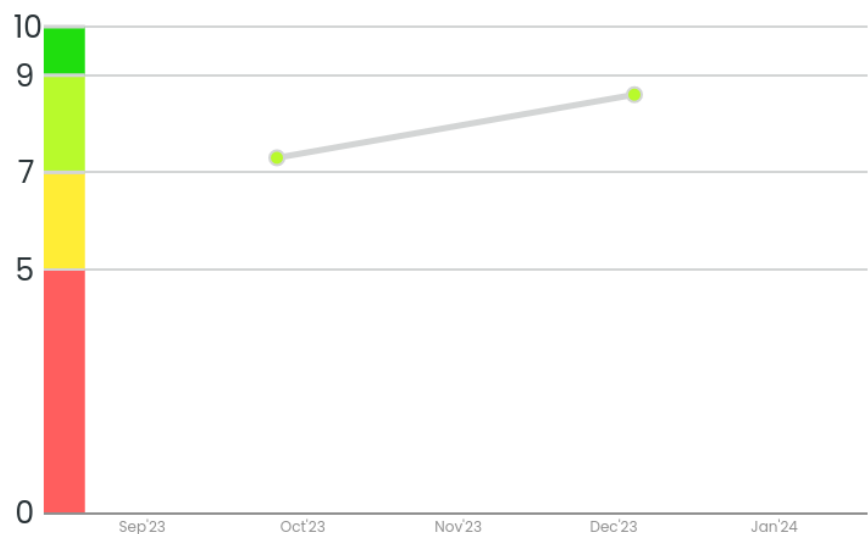
Overall health

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 ↑ 1.2



Gum Health

GOOD 8.9 ↑ 1.3



Bacterial Harmony

GOOD 8.5 ↑ 1.1



Systemic Health

GOOD 8.7 ↑ 1.8



[More details](#) ↗

Biomarkers ⓘ

Chemokines

HEALTHY



MMPs

HEALTHY



Adipokines

HEALTHY



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

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](#) ↗

