



## 4 Simple Steps (and less than 5 minutes)



1. Swish 3ml of purified water for 10 to 12 seconds, then spit into a cup.



3. Sample is analyzed by the SillHa System.



2. Your sample is placed onto a test strip.



4. **mySaliva** is your personalized report showing 7 oral health indicators to discuss with your care team.

## Create A Healthy Oral Hygiene Home

- Brush as recommended by your care team.
- Ask your care team for a recommendation on mouth rinses that are good for your child and family.
- Avoid sipping on fruit juices all day.
- Reduce the amount and frequency of foods high in carbohydrates by limiting highly processed and sugary snacks.
- Schedule regular dental hygiene visits for the whole family.

### Reference

<sup>1</sup> AAOSH Responds to JADA Editorial that Claims Promoting Oral-Systemic Connection is 'Premature and Misleading.' Russo J et al.

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# SillHa

Oral Wellness System

## WHY SAY "YES" TO SALIVA ANALYSIS FOR YOUR CHILD?



**7** INDICATORS OF ORAL HEALTH

**1** SCREENING

**5** MINUTES

# LOGO



# A Healthy Mouth Contributes to A Healthy Lifestyle

Your child's oral health is deeply connected to their overall wellness for a lifetime. That is why prevention and early detection of cavities and the early stages of gum disease, and other conditions is so important.

## Why analyze saliva?

Saliva has a lot to show us about oral health and can be easily collected without pain. A saliva sample gives more information than previously known. It can indicate to your dental care team the risk for cavities and early gum disease in your child. By seeing changes in the oral environment, we can work collectively with you to help change course to more complete oral and overall health.

These 7 indicators provide a new picture of oral health related to caries, gum disease, and oral cleanliness:



- Cariogenic bacteria
- Acidity
- Buffer capacity
- Blood
- Leukocyte
- Protein
- Ammonia

## How do we get a saliva sample from your child?

It is a simple process of 'swish and spit.' Your child swishes purified water for 10-12 seconds and spits it into a cup. Simple.

## Why should I do this?

The **mySaliva** report you take home gives a picture of your child's oral environment and recommendations you can do to improve problem areas. It allows you to be involved in your child's oral health and wellbeing.

## Why can't you tell me what is happening with a normal exam?

Saliva gives us information that can't be seen. It is analyzed by a medical device to indicate the general health of teeth and gums. Paired with your clinical evaluation and health history, saliva analysis gives your dentist a detailed picture of your oral health so they can create a personalized treatment plan.

## Understanding Your Results ...

This new information on the **mySaliva** report can indicate to your dental care team if you are at an increased risk to develop cavities and gum disease. Using the report as a guide, you and your dental care team can discuss how to improve oral health through better hygiene practices, along with products and treatments that best fit your needs.

### 1 See the Big Picture

The top chart shows your overall oral health results for today and progress over time. Using 2 or 3 results reports, you can see which areas are progressing and which areas need improvement.

### 2 Categorizing Risk

For each of the 7 indicators, **mySaliva** report displays your result as low, moderate, or high. In areas where you are higher, you are more vulnerable to develop undesirable oral conditions.

### 3 Customized Reports

The Potential Causes and Recommendation fields are customized just for you by your oral health team to give you a personalized report to put you on a path for success.

