



4 Simple Steps (and less than 5 minutes)



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



Sample is analyzed by the SillHa System.



Your sample is placed onto a test strip.



You receive a personal report on your 7 oral health indicators to discuss with your care team.

Practice Healthy Oral Hygiene at Home

- Brush and floss every day. Consider using a fluoride toothpaste.
- Use antibacterial or pH neutral mouthwash.
- Drink water frequently throughout the day.
- Reduce the amount and frequency of foods high in carbohydrates by limiting highly processed and sugary snacks.
- Don't smoke, vape, or chew tobacco.
- Schedule regular dental hygiene visits.

Reference

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

arkray USA, INC.⁺

Minneapolis, MN 55439 • 844.559.0842 • arkrayusa.com/oral-wellness

©ARKRAY USA, Inc.
All rights reserved.
SH-1458-v1 Rev. 03/21

SillHa

Oral Wellness System

WHY SAY "YES" TO A SALIVA SCREENING?



7 INDICATORS OF ORAL HEALTH

1 SCREENING

5 MINUTES

A Healthy Mouth Contributes to A Healthy Lifestyle

Your oral health is deeply connected to your overall wellness. That's why early detection and treatment of cavities and the early stages of gum disease, called gingivitis, is so important.

The Good News

Saliva has a lot to say about your oral health, and now your dental care team has a new method to find out what it says.

Speaking of Early Detection ...

Gingivitis can lead to a more severe gum disease called periodontitis. Periodontal disease puts you at a significantly higher risk for other serious conditions, including Alzheimer's disease, cardiovascular diseases, stroke, preterm births, diabetes, cancers, rheumatoid arthritis, and a host of other inflammatory conditions.¹



SillHa
Oral Wellness System

- 7** INDICATORS OF ORAL HEALTH
- 1** SCREENING
- 5** MINUTES

Understanding Your Results ...

This new information helps you and your dental care team decide if you are at an increased risk to develop cavities and gum disease. And if you are at an increased risk, your dental care team can prescribe products and treatments to improve your oral wellness.

1 See the Big Picture

The radar chart at the top provides a visual of your overall oral health. In the center of the chart, the purple line with 7 points represents your oral health indicators. The closer the points are to the center, the lower your risk for cavities and gum diseases. Conversely, if your points extend farther from the center, you are at a higher risk for developing these conditions.

2 Compare Your Score

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 developing undesirable oral conditions.

3 Track Your Progress

Your care team can compare your test results and track your progress and improvements over time showing you how your home care efforts between visits and treatments are paying off!



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

