

ORAL RISK

Register before Sending

Welcome

On behalf of AI Genetics, we want you to know that we are thrilled to be a part of this journey with you.

Just like you, we understand the value in more open, more productive conversations when it comes to your health.

And that is why we want to help you understand your DNA and the story hidden within it. You deserve to feel more in tune with what your body needs and feel like you're on the same page with your healthcare providers.

We believe that applied knowledge is power. We hope that with the deep insights you'll gain from this test, you'll be empowered to make better decisions and proactively carve out a different path.

More than just a test, this is the key to understanding and unlocking your potential.

Gain insight. Take action.

This is where it all begins for you.
Excited?

Because we are.

ORAL RISK

www.oralrisk.ca

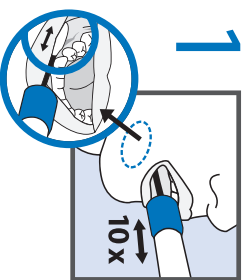
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See reverse for English instructions.

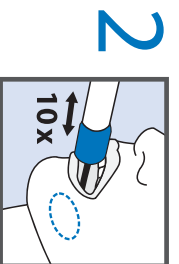
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ORAL RISK

Instructions d'écouvillon



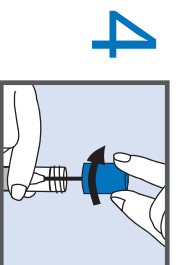
1 Ouvrir le paquet et enlever le dispositif de prélèvement sans toucher le bout en éponge. Introduire l'éponge le plus loin possible dans la bouche sans créer de gêne et frotter le long des gencives inférieures (voir l'image en gros plan) en procédant d'avant en arrière. Frotter délicatement les gencives 10 fois. Si possible, éviter de frotter les dents.



2 Répéter doucement le mouvement de frottement du côté opposé de la bouche le long des gencives inférieures 10 fois de plus.



3 Tenir le tube à la verticale pour empêcher le déversement du liquide stabilisateur qu'il contient. Dévisser le bouchon bleu du tube de prélèvement sans toucher l'éponge.



4 Retourner le bouchon, insérer l'éponge dans le tube et fermer hermétiquement le bouchon.



5 Retourner le tube bouché et le secouer 15 fois vigoureusement.

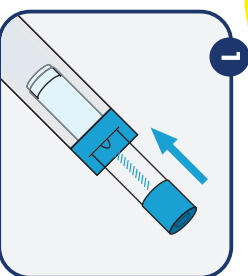
Instructions de prélèvement de l'échantillon

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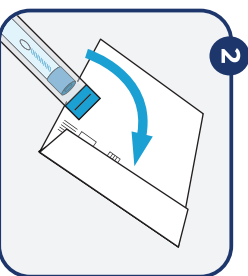
See reverse for English instructions.

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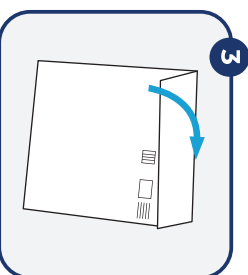
Inscrivez-vous avant d'envoyer



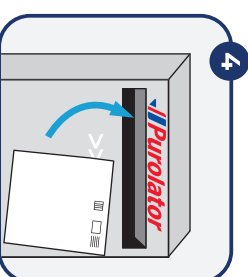
1 **Tube de collecte**
Placer l'échantillon prélevé dans le tube de bio-échantillon fourni et sceller.



2 **Placer dans l'enveloppe**
Placer le tube contenant l'échantillon dans l'enveloppe de retour fournie.



3 **Sceller l'enveloppe**
Sceller fermement l'enveloppe le long de la bande adhésive.



4 **Enveloppe de Retour**
Déposez à un emplacement Purotator.

Dental Education Sheet

Genetic testing information

Genetic testing is the process of analyzing specific genetic markers that have been shown to be associated with the risk of developing periodontal disease or tooth decay. A polygenic risk score is a mathematical model that combines the information about these markers to determine if someone may have an average, higher or lower baseline risk of developing one of these conditions.

Genetic testing cannot tell you if you currently have periodontal disease or tooth decay and it cannot predict for certain whether you will or will not develop these over your lifetime. Regardless of the results of genetic testing, it is important to see your dentist or hygienist regularly and practice good oral hygiene to reduce your risk of developing these conditions.

Definitions

Periodontal Disease

Periodontal disease is more commonly known as gum disease. It can range in severity from gingivitis (swollen and red gums that have a tendency to bleed) to periodontitis, which is a chronic gum inflammation that can lead to tooth loss. Periodontal disease is very common, with 50-70% of people developing some degree of periodontal disease by the age of 65. However, severe periodontal disease is less common and affect 1-3% of the population.

Tooth Decay

Dental caries, commonly referred to as cavities, result from destruction of the tooth's enamel. Tooth decay can be caused by the acid produced by the normal bacteria in our mouths that is responsible for breaking down food. The acid can cause the tooth enamel to erode, creating a hole (cavity) in the tooth. If cavities are not treated with fillings, they can become infected and if they are severe enough, can cause tooth loss.

Dental Education Sheet

Epidemiology

What causes periodontal disease and tooth decay? Many factors contribute to a person's risk to develop periodontal disease and/or tooth decay. These include age, diet, oral hygiene, smoking, ethnicity, diabetes, and genetics. There is evidence to suggest that specific genetic markers are associated with a person's risk to develop periodontal disease and/or tooth decay. Some of these markers are associated with a higher risk and others with a lower risk.

Benefits

The results of this testing may provide you with information about your risk of developing periodontal disease and tooth decay. You can use this information to work with your dentist or dental hygienist to develop a more personalized oral care plan.

Risk

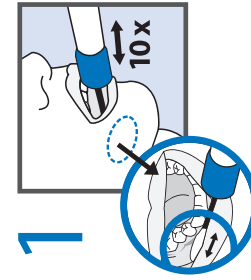
There are no physical risks of injury for providing a sample for genetic testing. With respect to data and information, AI Genetics has taken measures it deems appropriate to ensure the privacy and confidentiality of all information that is collected. Your information will be kept strictly confidential and will only be shared with authorized personnel or parties which the company considers relevant to complete the current study or any future studies. The company is taking the added measure of anonymizing the data so that it cannot be traced or linked back to you by any third party that may be involved in the study.

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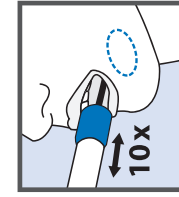
^ Voir les instructions en français au verso. ^

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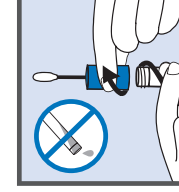
Swab Instructions



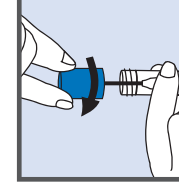
Open package and remove collector without touching sponge tip. Place sponge as far back in the mouth as comfortable and rub along the lower gums (see close-up image) in a back and forth motion. Gently rub the gums 10 times, if possible, avoiding rubbing the teeth.



Gently repeat rubbing motion on the opposite side of the mouth along the lower gums for an additional 10 times.



Hold the tube upright to prevent the stabilizing liquid inside the tube from spilling. Unscrew the blue cap from the collection tube without touching the sponge.



Turn the cap upside down, insert the sponge into the tube and close cap tightly.

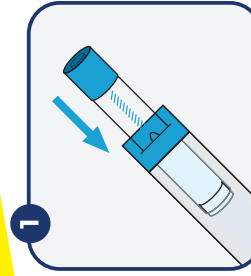


Invert the capped tube and shake vigorously 15 times.

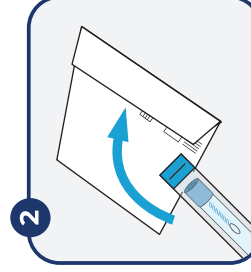
Instructions for sample collection

^ Voir les instructions en français au verso. ^

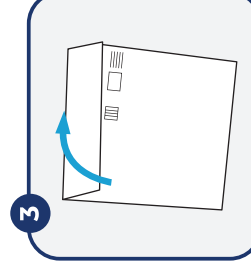
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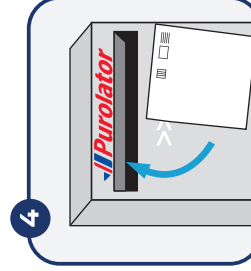
Seal In Tube
Place the collected sample into the bio-specimen tube provided and seal.



Place in Envelope
Place the sample into the provided return envelope.



Seal Envelope
Seal the envelope tightly along the adhesive strip.



Return Envelope
Drop off at a Purolator location.