



# Treatment Considerations for HR5® Test Results

## 1st Consideration: Contraindications

- ☐ Scaling and root planing resistant bacteria: Aa, Pg, Tf
- ☐ Peroxide & oxygenation resistant\* bacteria in combination: Tf, Pg with Fn
- ☐ Products -reduce nitric oxide, gluten enzymes & bacteria, increase BP

## 2nd considerations: Systemic evaluations

- ☐ Genetic testing: Host susceptibility
  - ☐ Haptoglobin 2: leaky junctions, gluten intolerance
  - ☐ MTHFR: methylation B vitamins
  - ☐ APOE: nutritional considerations
  - ☐ 9P21: heart attack gene
  - ☐ Kif6: Statin therapy benefit
  - ☐ 4q25: Afib risk
  - ☐ Lp(a) cholesterol risk
- ☐ Inflammatory panel:
  - ☐ MPO: above 470 recommend cone beam for silent abscesses
  - ☐ Pla2: above 75 recommend correlation to periodontal treatment
  - ☐ ADMA: above 100 consider sleep test for sleep disorder breathing
  - ☐ C-reactive protein (CRP): above 1 mg/L indicates increased risk
- ☐ CIMT: Aa, Pg, Td, Tf, Fn: bacterial accumulation in arterial plaque
- ☐ Insulin resistance: A1C, diabetes risk

## 4th considerations: Chemical biofilm reduction

- ☐ Systemic antibiotics: See Antibiotic Guide (8-10 days)
  - ☐ Amoxicillin 500mg TID: Aa      ☐ Metronidazole 500mg BID: Pg, Tf, Td, Fn
  - ☐ Moxifloxacin 400mg QD: Aa, Pg, Tf, Td, Fn
  - ☐ Amoxicillin 500mg TID & Metronidazole 500mg BID: Aa, Pg, Tf, Td, Fn
- \*Medically high risk, history of antibiotic use
  - ☐ Combination: Amoxicillin & Metronidazole or Tinidazole: Aa, Pg, Tf, Td, Fn
- ☐ Molecular Iodine: Aa, Pg, Tf, Fn
- ☐ PerioRestore / Perio Protect: \*Tray delivery system: dependent on product in tray
- ☐ Carifree, Closys, OraCare, OTC, chlorates, chlorides, CPC\*: Pg, Td, Fn
- ☐ Chlorhexidine\*: Aa, Pg, Td
- ☐ Betadine: Povidone-iodine\*: Aa, Pg, Td
- ☐ Zinc: Fn
- ☐ Xylitol: Spry, Epic, StellaLife, Carifree: Pg & low Fn

## 5th consideration: Healing tissues

- ☐ StellaLife: Homeopathic: Aa, Pg, Fn
- ☐ PerioSciences: Natural: dependent on product
- ☐ Periostat: Collagenase inhibitor

## 6th consideration: Repopulation with Probiotics both for oral & GI biofilm

- ☐ Oral:
  - ☐ ProBiora Pro: Oralis, Uberis, Rattus: Aa, Pg, Td
  - ☐ Burst, Pro-dental, Pharmaden, etc.: BLIS M18 / K12: Fn
- ☐ GI:
  - ☐ Ortho Molecular, BioGaia, Hyperbiotics, etc
  - ☐ Glutamine, sodium butyrate, arabinogalactan, skull root, etc

## 7th consideration: Bone replacement & stimulate growth /repair junctions

- ☐ Peptides: epitagon & thymulin / BPC157 & KVP anti-inflammatory
- ☐ Surgery / bone graft
- ☐ Vibramycin drops in tray delivery

## Dental Treatment considerations: Biofilm reduction

- ☐ Air-Flow - general biofilm disruption
- ☐ 5 tip (ultrasonic or piezo) - Fn & general disruption
- ☐ Lasers / Photodynamic- Aa, Pg, Tf
- ☐ Ozone\*: Aa, Pg, Tf, Td, Fn
- ☐ Local antibiotics:
  - ☐ Arestin: Minocycline: Pg, Tf, Td
  - ☐ Atridox: Doxycycline: Pg, Fn