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Periodontal Disease

It is well known that the risk for developing severe gum disease is influenced by oral hygiene and smoking habits. The risk of developing gum disease is reduced with good oral hygiene habits, regular dental care and by not smoking. In addition to not losing teeth, lack of periodontal disease reduces the risk of major health problems such as heart disease and low birth weight babies (for which gum disease is a risk factor!)

Uncontrollable Risk Factors

PST Genotype
Other Medical Conditions
(especially diabetes)

Controllable Risk Factors

Oral Hygiene (brushing, flossing,
& regular dental visits)
Smoking
Stress

Even when habits are very similar, however, differences are often observed between people.

Periodontal Susceptibility Test (PST)

The PST Genetic Test identifies patients genetically predisposed to severe periodontal disease. Early detection of patients at increased risk facilitates prevention/early intervention efforts. For those patients already affected by periodontal disease, the PST Genetic Test assists the doctor in creating a personalized treatment plan.

The PST Genetic Test detects specific variations in the interleukin-1A and the interleukin-1B genes. The presence of these variations (a PST positive result) increases the risk for periodontal disease 3-7 fold and for tooth loss 3 fold. The combination of a PST positive test result and smoking leads to an even greater likelihood for severe periodontal disease.

Testing for genetic susceptibility is fairly simple. A Q-tip is swabbed on the inside of each cheek for about a minute. From there it is packaged and sent to a laboratory for testing. The laboratory sends results of the test within a week.

Once the result is received, it is evaluated and a treatment plan is formed based on your individual needs. Quite often an accelerated periodontal maintenance program is established.