



my.periodontal-health.com

periodontal stability

achievable & maintainable

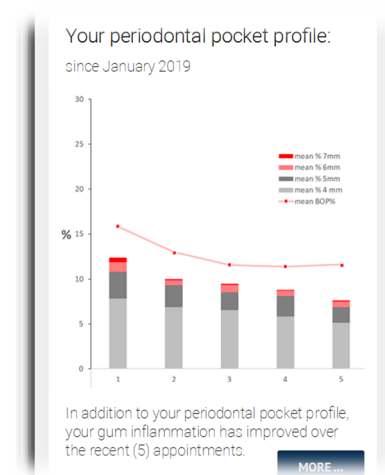
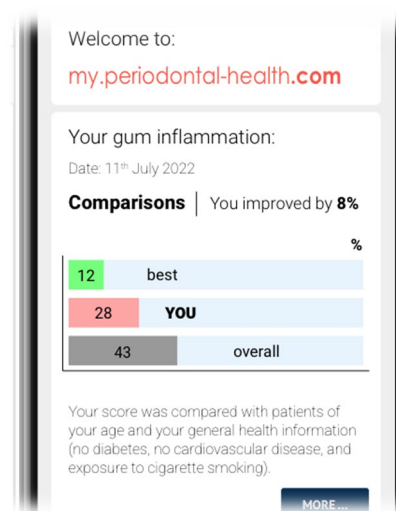
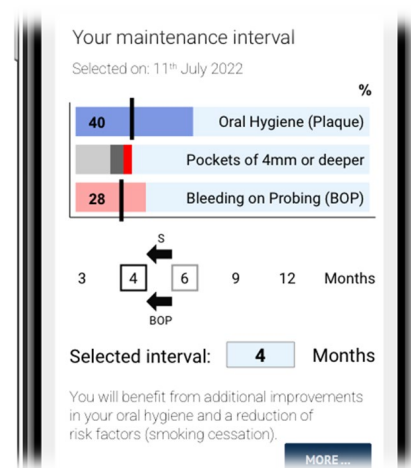
The present innovation my.periodontal-health.com aims to support periodontal patients in achieving and maintaining periodontal stability during supportive periodontal care (SPC).

building on existing online tools



The web-based innovation builds on the existing multilingual patient information website www.periodontal-health.com and the existing online tools available for clinicals at www.perio-tools.com.

establishing personalized periodontal care



The innovation empowers personalized periodontal care and allows clinicians and their patients to transfer clinical data from the perio-tools to my.periodontal-health.com.



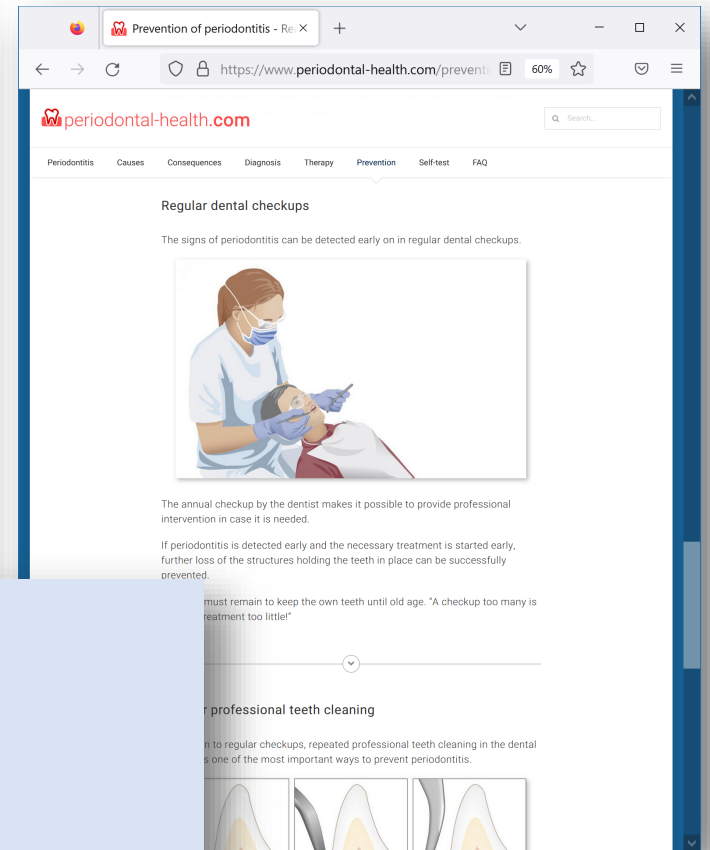
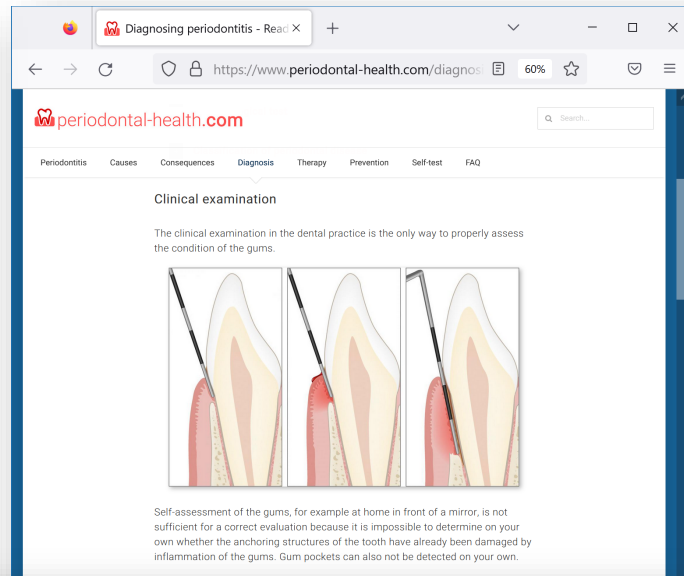
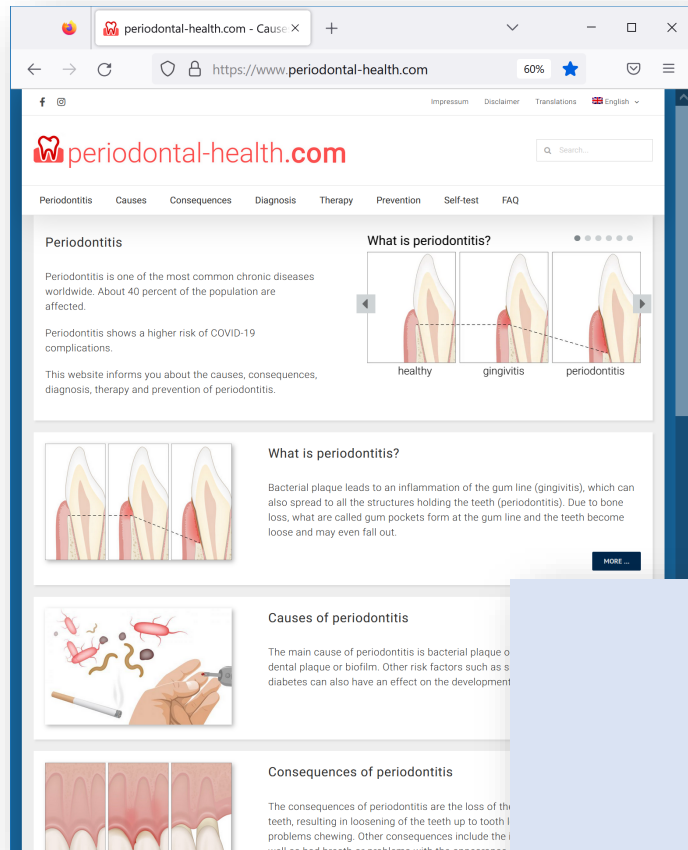
The screenshot shows the homepage of the website. At the top, there is a navigation menu with links for Parodontitis, Ursachen, Folgen, Diagnose, Therapie, Vorbeugung, Selbsttest, and Fragen (FAQ). Below the menu, there is a search bar and a main heading 'Parodontitis'. The content area is divided into several sections: 'Diagnose' with three sub-images labeled 'Screening', 'Taschenmessung', and 'Röntgenbild'; 'Was ist Parodontitis?' with a diagram of a tooth showing inflammation; 'Ursachen der Parodontitis' with an illustration of bacteria and a hand holding a toothbrush; and 'Folgen der Parodontitis' with a diagram of a tooth showing bone loss. Each section has a 'MEHR ...' button.

The screenshot shows the 'Ursachen der Parodontitis' page. The main heading is 'Zahnstein'. Below it, there is a paragraph explaining that Zahnstein is a calcified bacterial plaque that can form above and below the gum line. A diagram shows a tooth with 'Zahnstein' and 'Plaque' labels. Below the diagram, there is a paragraph explaining that bacterial plaque can calcify (mineralize) and that all tooth surfaces can be affected. Another paragraph states that the rough surface of the stone attracts more bacteria. A section titled 'Rauchen' explains that smoking reduces the resistance of the gum tissue.

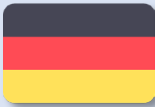
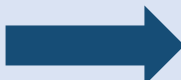

The screenshot shows the 'Ursachen der Parodontitis' page with a sidebar on the right. The sidebar contains a search bar and a list of navigation links: Parodontitis, Ursachen, Folgen, Diagnose, Therapie, Vorbeugung, Selbsttest, and Fragen (FAQ). Below the sidebar, there is a section for 'Weitere Informationen' with a list of PDF and PPT files: 'Was ist Parodontitis.pdf', 'Ursachen.pdf', 'Folgen.pdf', 'Diagnose.pdf', 'Therapie.pdf', and 'Vorbeugung.pdf'. At the bottom of the page, there is a footer with 'WWW.PARODONT.CH', 'TRANSLATIONS', 'IMPRESSUM', 'DISCLAIMER', 'DATENSCHUTZ', and 'SUCHEN'.

since **EFP** Gum Health Day 2019

www.periodontal-health.com in 2019



Translation

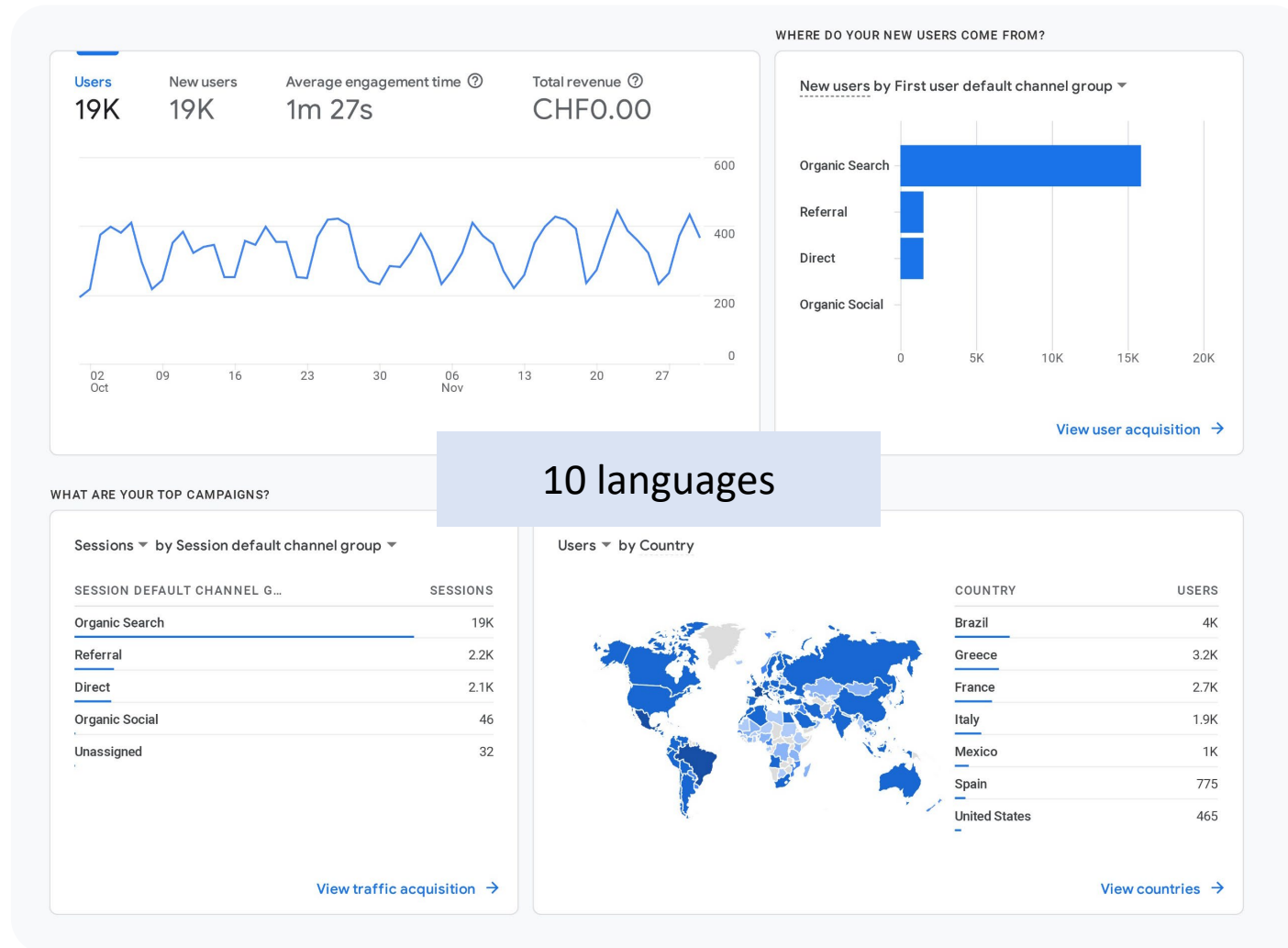
supported by an **EFP** grant of 2,000 EUR in 2019

www.periodontal-health.com in 2023

The image displays ten screenshots of the website www.periodontal-health.com in various languages, arranged around a central text box that says "10 languages". Each screenshot shows the website's interface with text in a different language and a diagram of a tooth illustrating the progression of periodontitis from a healthy state to gingivitis and finally to periodontitis. The languages and their corresponding flags are:

- Ukrainian (Ukrainian flag)
- Swiss German (Swiss flag)
- Portuguese (Brazilian flag)
- Italian (Italian flag)
- Hungarian (Hungarian flag)
- Spanish (Spanish flag)
- British English (United Kingdom flag)
- Greek (Greek flag)
- German (German flag)
- French (French flag)

Google Analytics (periodontal-health.com)



Traffic (Nov. & Dec. 2022)

- 19,000 users in 2 months
- towards 500 users/day

Users

- mostly via Google search

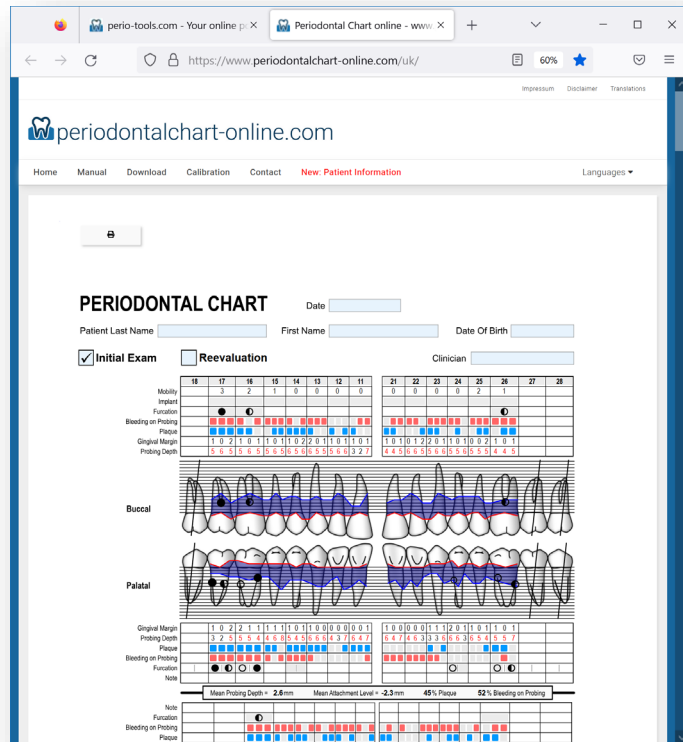
Countries

- visitors from almost all countries around the world

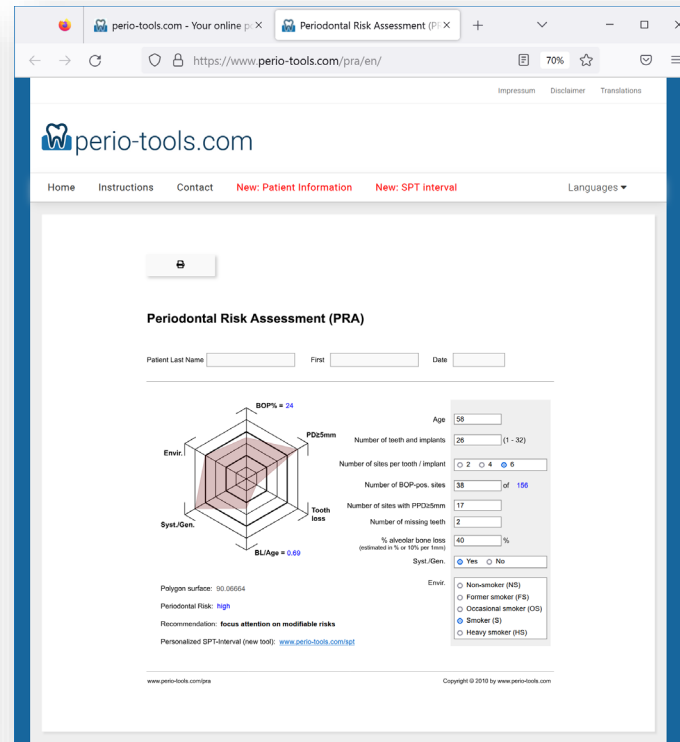


perio-tools.com

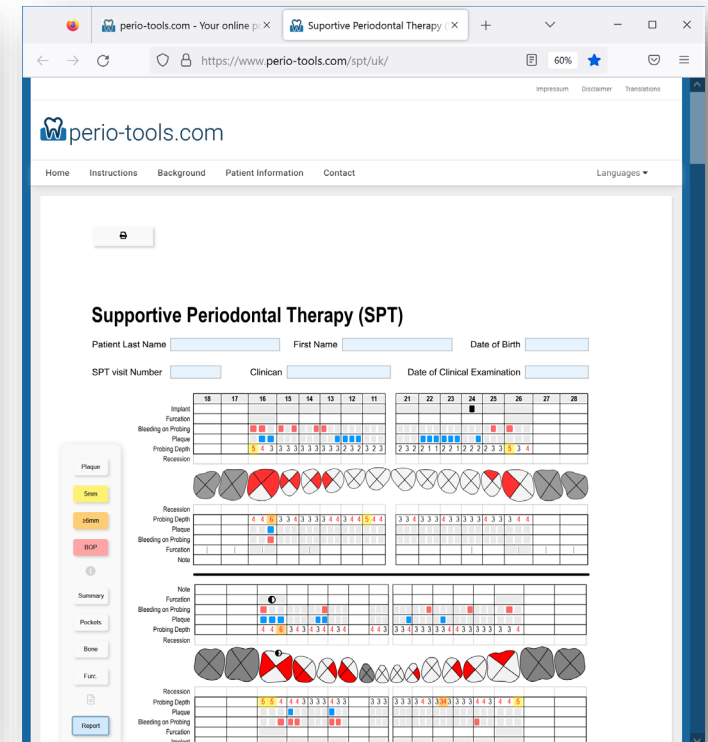
Most popular perio tools in 2023



Periodontal Chart

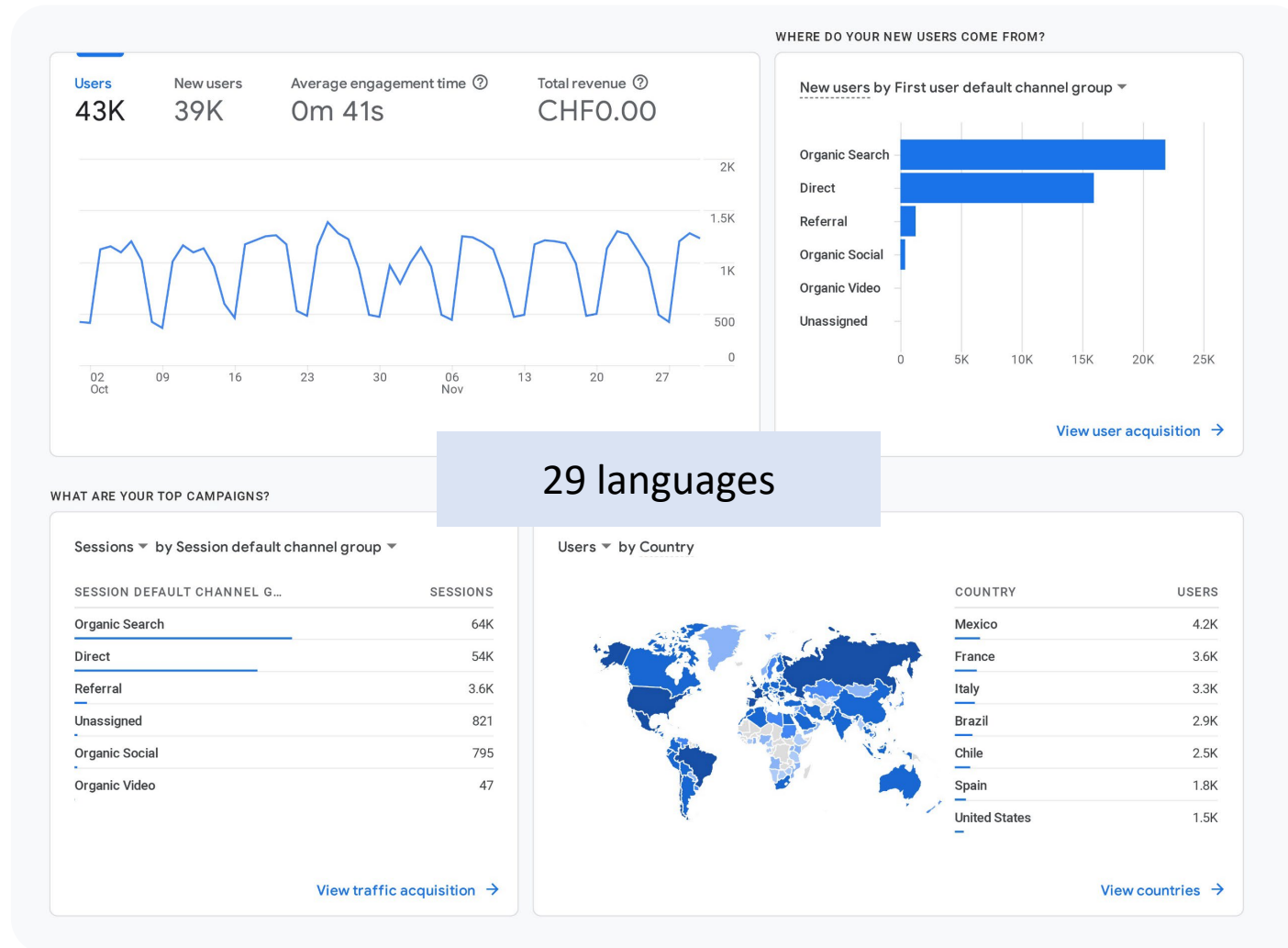


Periodontal Risk Assessment



SPT Interval

Google Analytics (periodontalchart-online.com)



Traffic (Nov. & Dec. 2022)

- 43,000 users in 2 months
- towards 1500 users/day

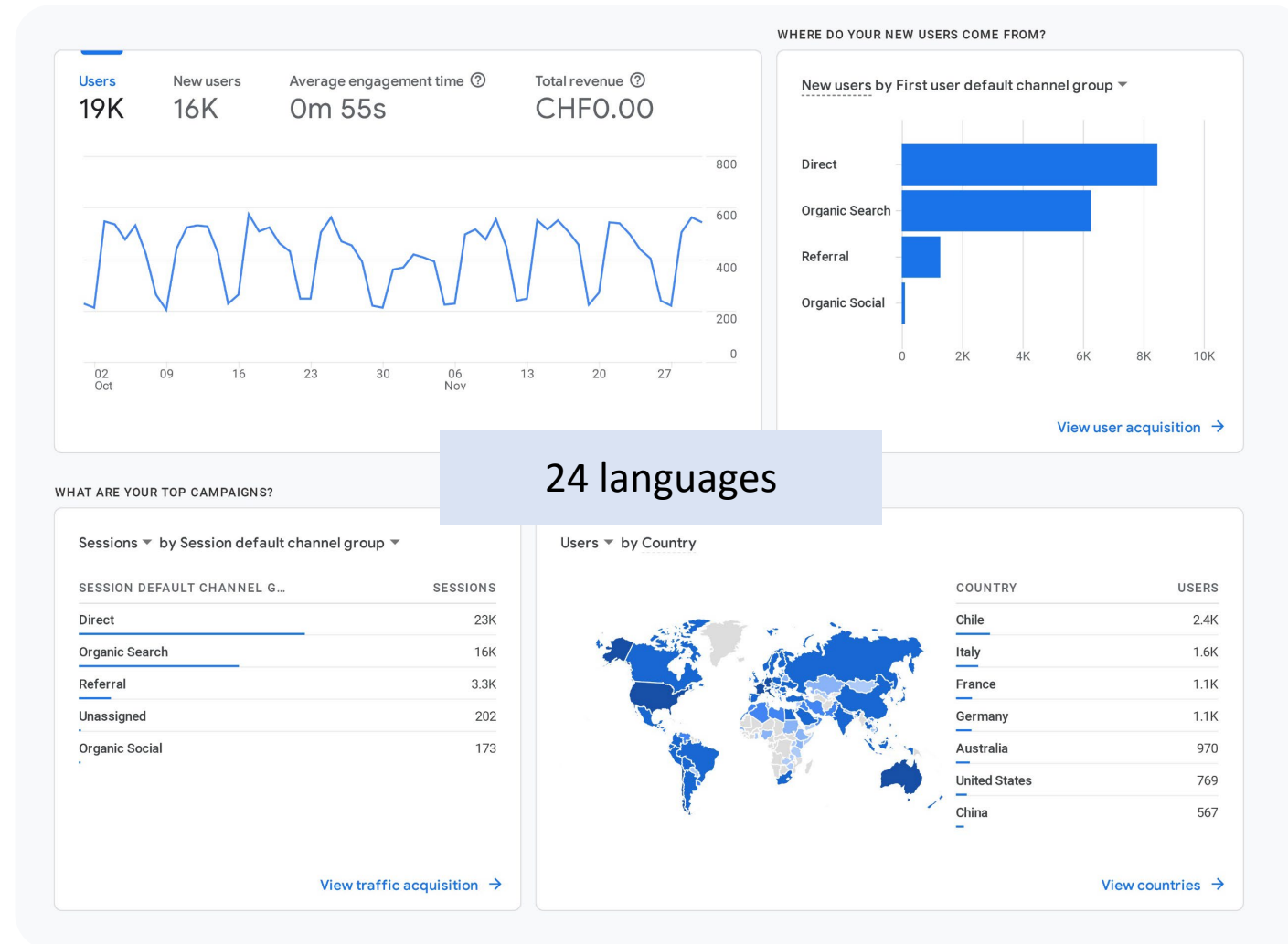
Users

- via Google search and direct links

Countries

- visitors from almost all countries around the world

Google Analytics (perio-tools.com)



Traffic (Nov. & Dec. 2022)

- 19,000 users in 2 months
- towards 600 users/day

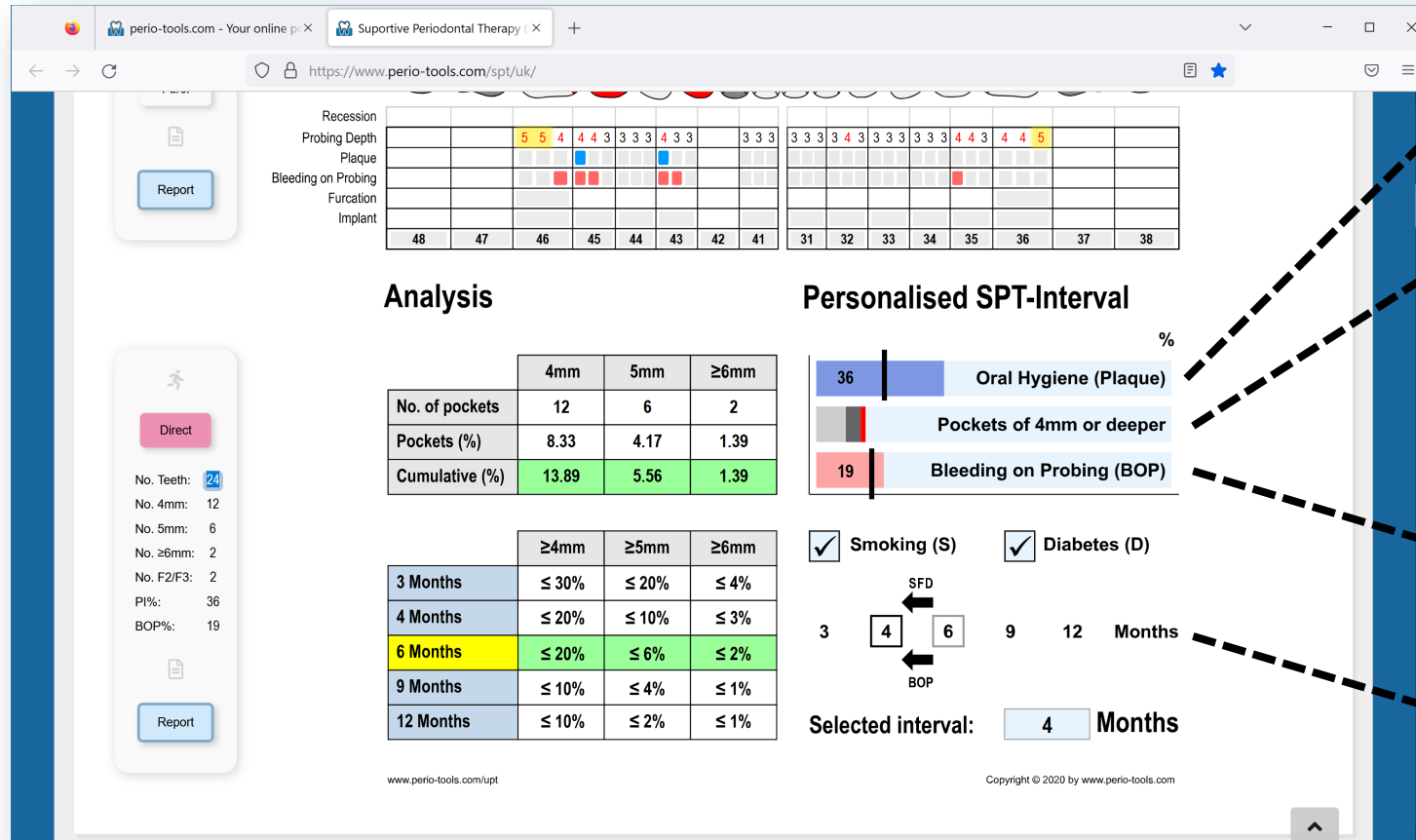
Users

- via Google search and direct links

Countries

- visitors from almost all countries around the world

Personalized SPT Interval & Report



% Plaque-Index

Residual PPDs ≥4mm

- light & dark grey: 4 & 5mm
- dark red: ≥6mm

% Bleeding on Probing

Suggested Interval

- number of months

Personalized SPT Interval & Report

Supportive Periodontal Therapy (SPT)

Analysis

	4mm	5mm	≥6mm
No. of pockets	12	6	2
Pockets (%)	8.33	4.17	1.39
Cumulative (%)	13.89	5.56	1.39

Personalised SPT-Interval

	≥4mm	≥5mm	≥6mm
3 Months	≤ 30%	≤ 20%	≤ 4%
4 Months	≤ 20%	≤ 10%	≤ 3%
6 Months	≤ 20%	≤ 6%	≤ 2%
9 Months	≤ 10%	≤ 4%	≤ 1%
12 Months	≤ 10%	≤ 2%	≤ 1%

Selected interval: **4 Months**

Personalized Report

The personalised report can be opened on mobile devices using the following QR code

Selected interval: **4 Months**

Supportive Periodontal Therapy (SPT)

Following gum treatment, professional long-term care is provided as part of supportive periodontal therapy (SPT). The frequency of these follow-up appointments to stabilise the treatment results depends on the quality of oral hygiene, the residual inflamed gum pockets and any risk factors that may be present.

Personalised report to determine the SPT interval

After your examination an interval of **4 months** can be recommended. This recommendation is based on several findings, which are summarised in this figure and explained in more detail in the following text.

	4mm	5mm	from 6mm
Oral Hygiene (Plaque)	36		
Pockets of 4mm or deeper			
Bleeding on Probing (BOP)			19

Selected interval: **4 Months**

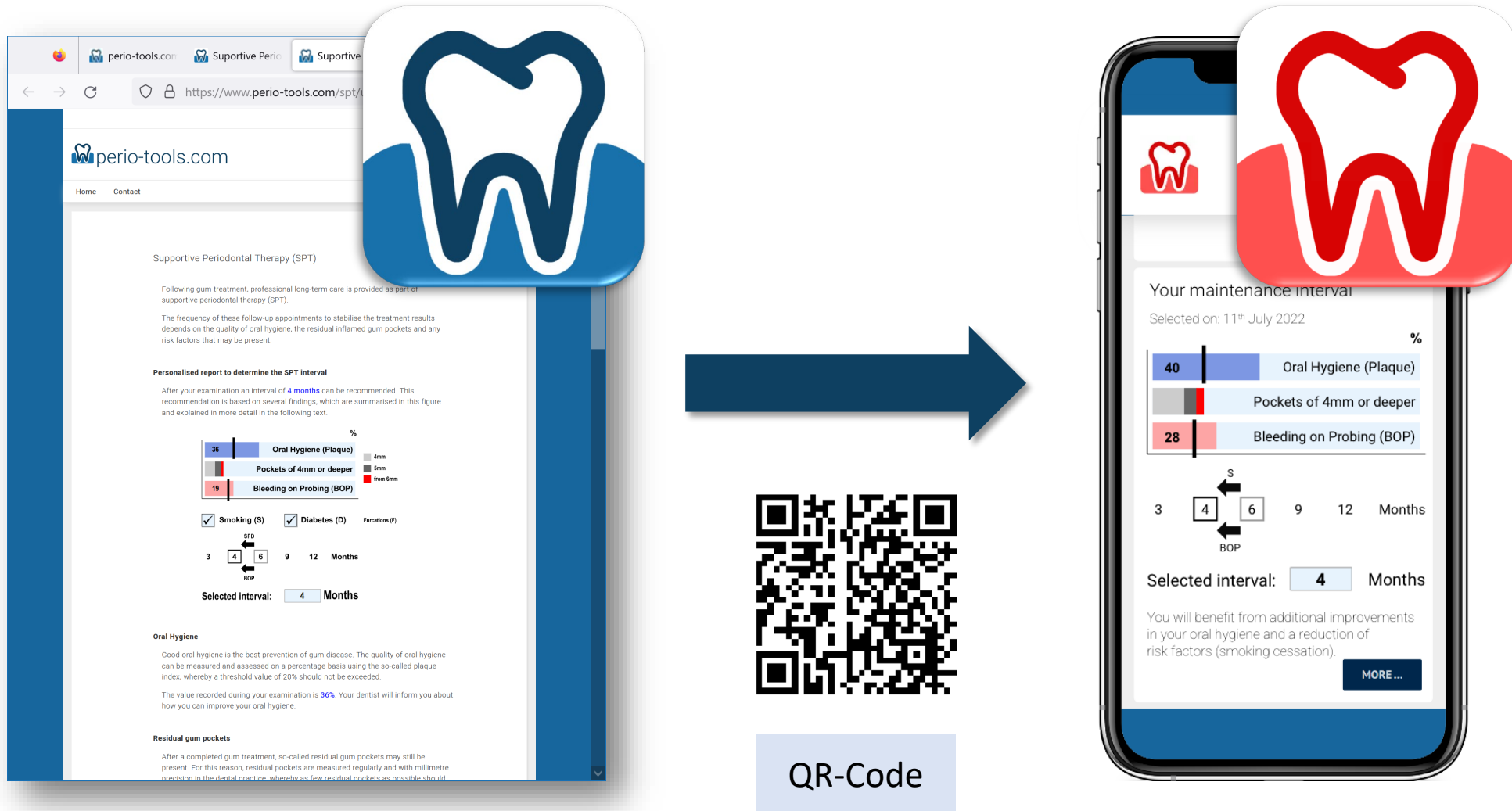
Oral Hygiene

Good oral hygiene is the best prevention of gum disease. The quality of oral hygiene can be measured and assessed on a percentage basis using the so-called plaque index, whereby a threshold value of 20% should not be exceeded. The value recorded during your examination is 36%. Your dentist will inform you about how you can improve your oral hygiene.

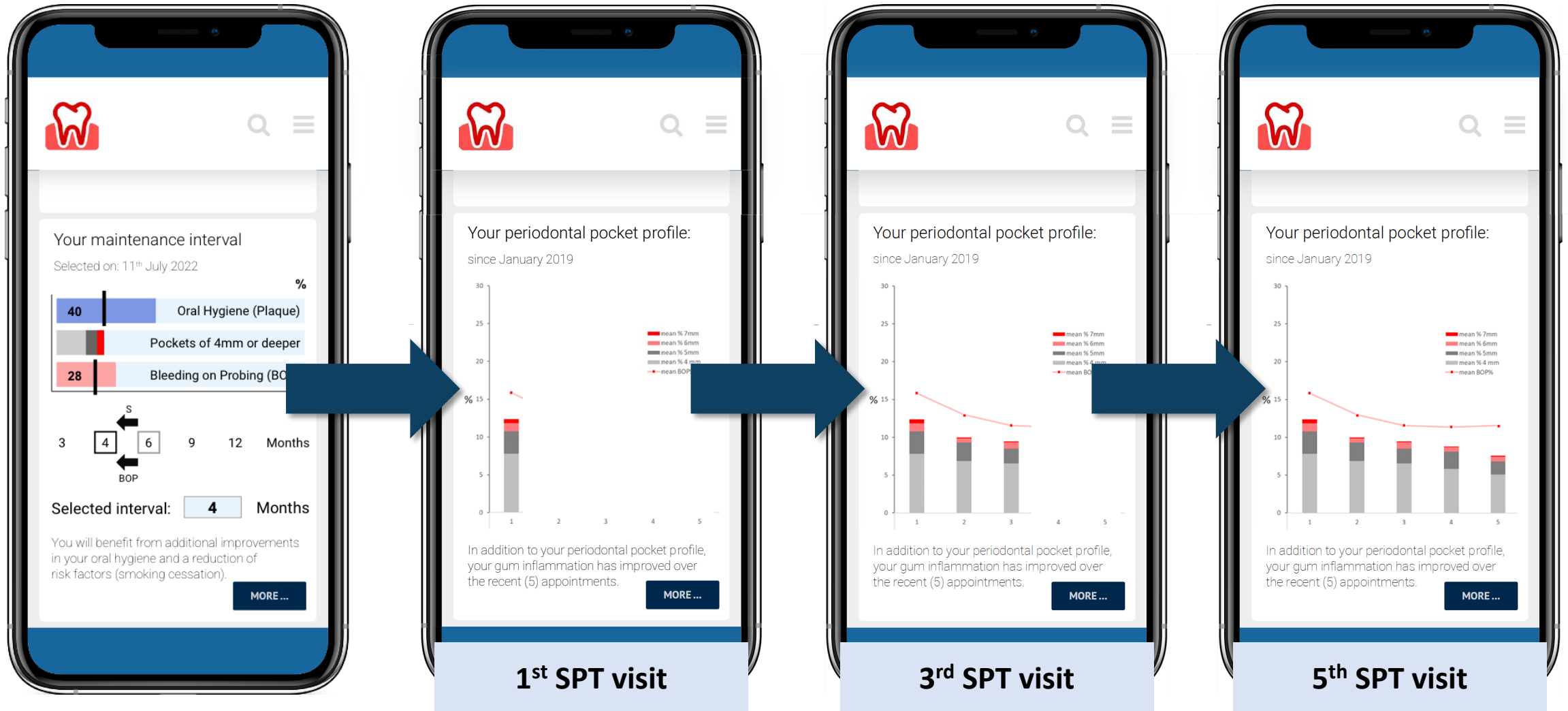
Residual gum pockets

After a completed gum treatment, so-called residual gum pockets may still be present. For this reason, residual pockets are measured regularly and with millimetre precision in the dental practice, whereby as few residual pockets as possible should

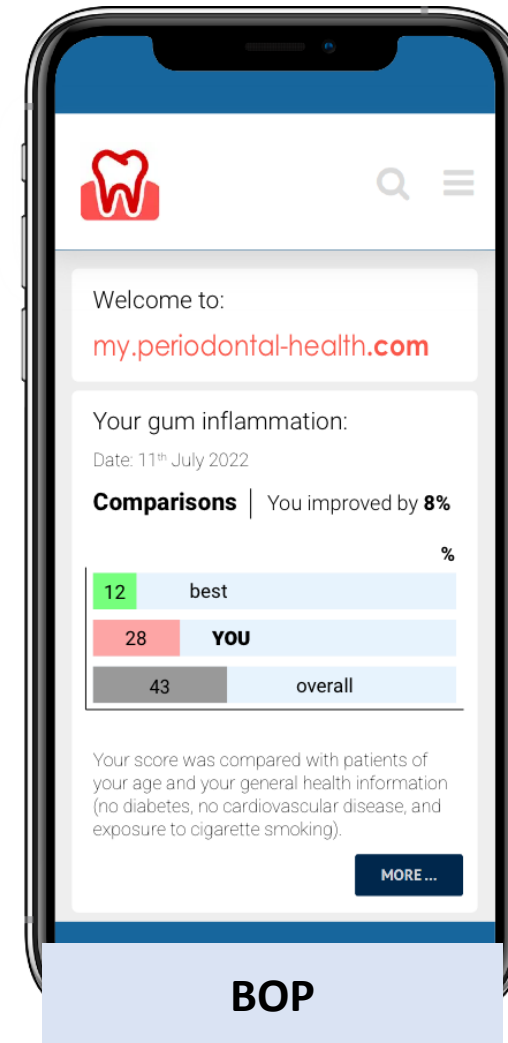
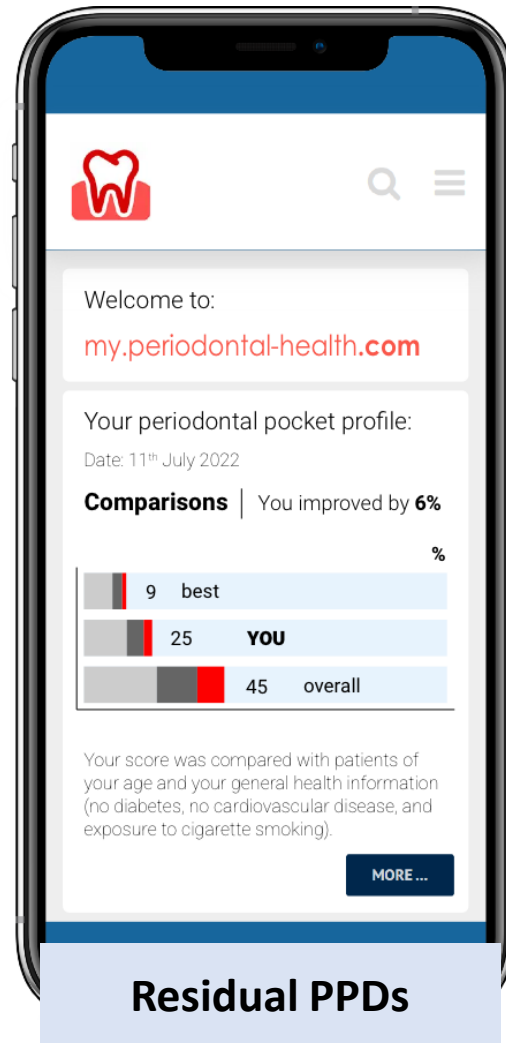
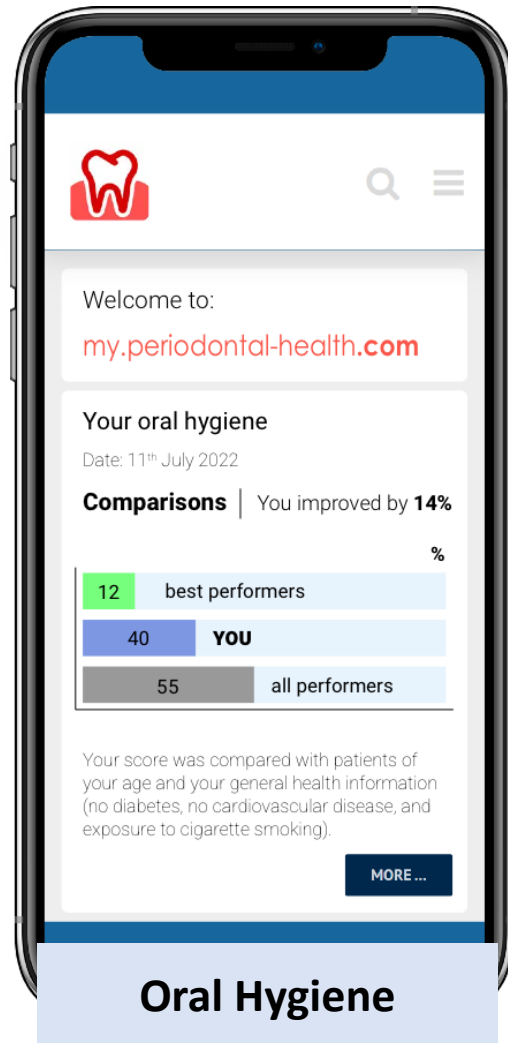
Data transfer to my.periodontal-health.com



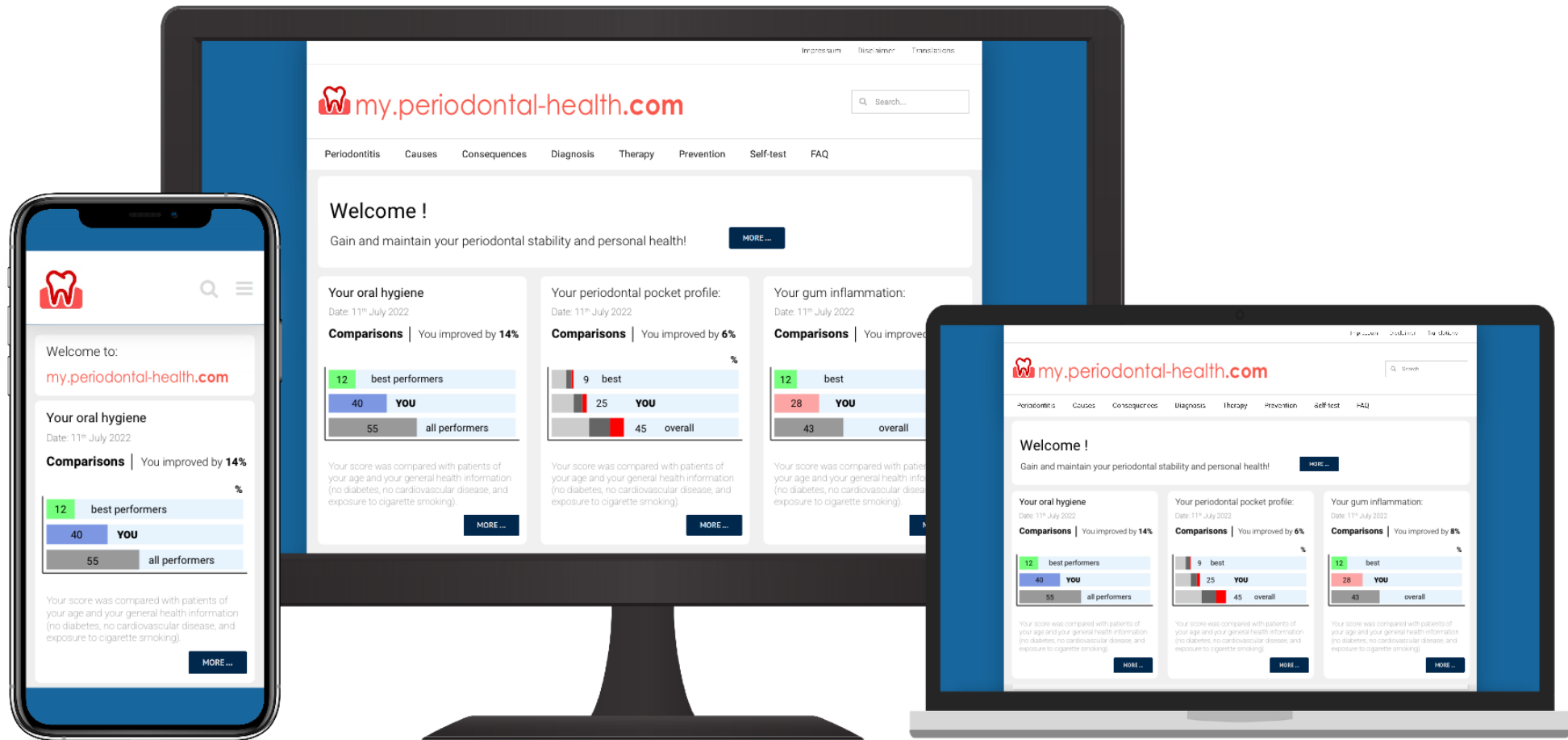
Tracking residual PPDs and BOP% over time



Comparing oneself with a matched population



Compatibility accross all platforms



Other features on my.periodontal-health.com

- Patients will be able to receive email reminders for their next supportive periodontal care (SPC) visit.

Iribarren et al. 2021, JMIR mHealth and eHealth

- Adjunctive eHealth/mHealth may be supportive even with smaller effect sizes

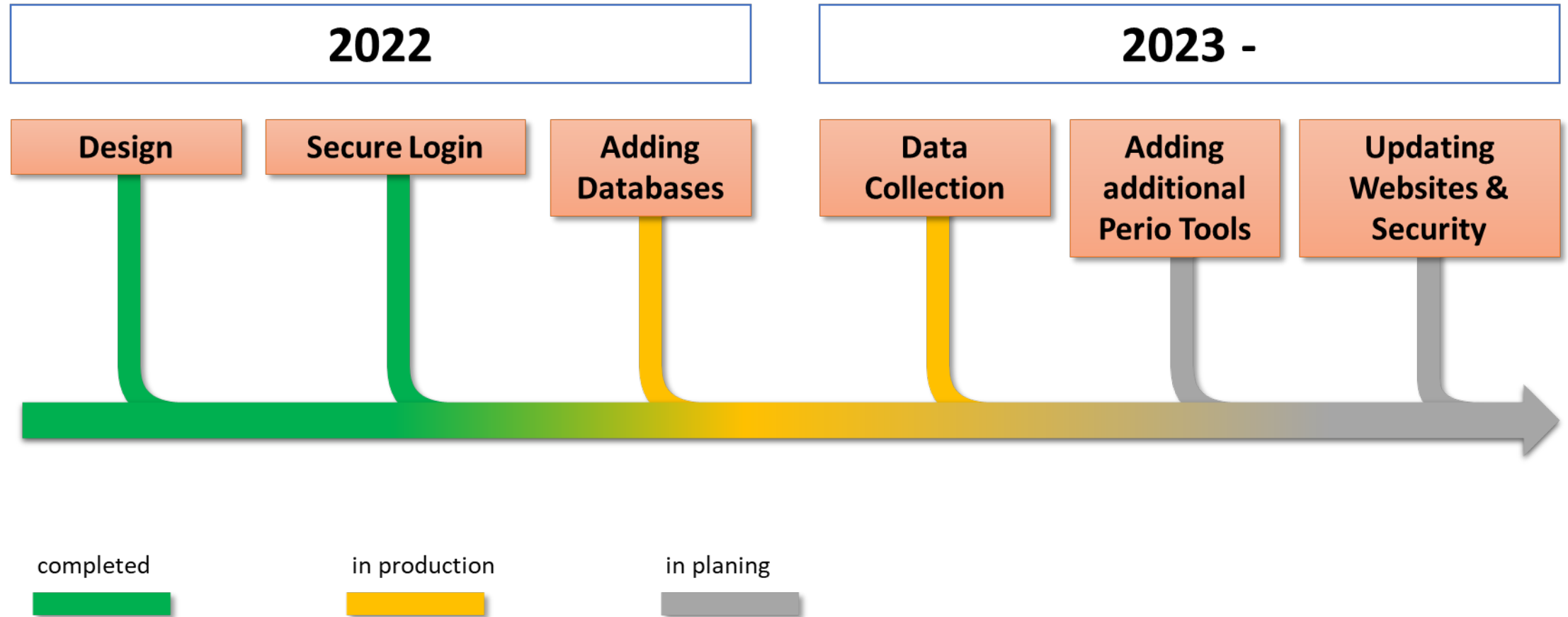
- Patients will be offered additional information (via email) about the estimated health care costs they have saved by regularly attending previous SPC appointments.

Chapple et al. 2021, The Economist

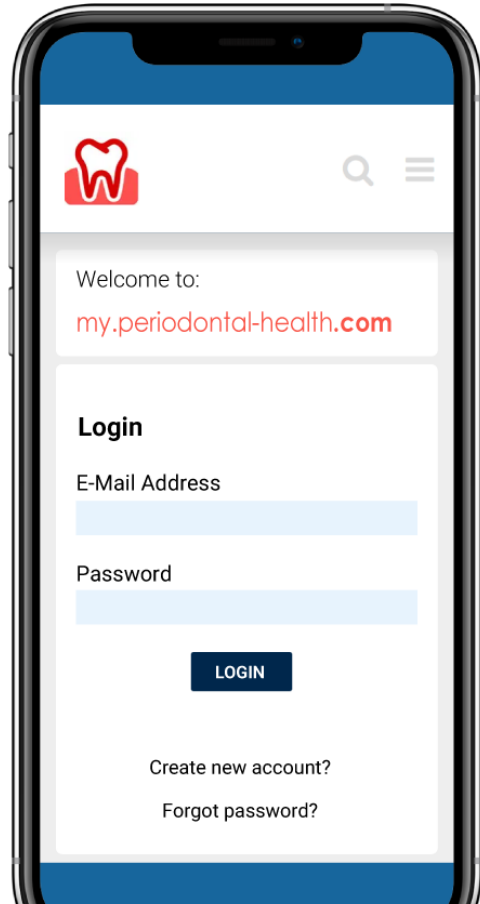
Ramseier et al. 2022, Swiss Dental Journal

- Current evidence suggests that professional periodontal care saves not only oral care costs, but also additional health care costs

Development of my.periodontal-health.com



Personal account with secure login



my.periodontal-health.com

- A collaboration with Ukraine-based IT professionals was established in 2022
- Development currently takes place using the Laravel PHP framework
 - <https://laravel.com>
- Secure hosting was established with hosttech GmbH (Switzerland) using latest security protocols
 - SSL/TLS certificates, HSTS, and OCSP Staplings

Funding

- **Costs funded by Christoph Ramseier (personal funding):**

- Registration and hosting of my.periodontal-health.com EUR 15.00
- Development of secure login (established in 2022) EUR 1,000.00
- Development of data transfer (SPT perio-tool to my.periodontal-health.com) EUR 4,000.00

- **Additional costs for data maintenance and server security updates**

- Returning annual costs EUR 500.00

my.



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