



**Healthy aging
requires a
healthy mouth.**

The provider's guide.



And a healthy mouth often requires Prevora.

The provider's guide to Healthy Aging with Prevora.

Prevora is a new, evidence-based, non-invasive approach to preventing oral diseases as we age. Aging brings more risks for poor oral health. Prevora is both an adjunctive treatment to existing methods of prevention, and a stand-alone procedure which takes dental prevention into the community and to integration with medicine, pharmacy, Seniors' Centres and other venues.

Prevora is the first and only approved professional-use antiseptic to manage oral infections (dysbiosis) which affect Healthy Aging.

Prevora is a high-strength, sustained release, broad spectrum antiseptic (10% chlorhexidine) applied by the healthcare provider to the full dentition and the gum line of adults in 10 – 15 minutes. At the tooth surface, Prevora is bactericidal to harmful oral bacteria for 2 to 3 days and remains inhibitory for months.

Prevora's safety, efficacy and pain-free, ease-of-use facilitates a new preventive oral healthcare service which promotes Healthy Aging. 92% of Seniors when surveyed say Prevora is very important to them.



Figure 1 Topical application of Prevora to the teeth and gum line

Figure 2 Prevora's packaging



1 treatment = 1 vial of Stage 1 + 1 vial of Stage 2



1 kit of Prevora = 6 treatments

Prevora's specifications.



- 1 Prevora treatment consists of 1 vial of Prevora Stage 1 (the antiseptic) and 1 vial of Prevora Sealant Stage 2 (aqueous acrylic dispersion to time-release the antiseptic)
- There are 6 treatments in a box of Prevora
- Prevora is to be refrigerated at 2° to 8°C upon receipt and between treatments
- Prevora has a shelf life of 24 months from date of manufacture
- Prevora is approved by Health Canada as a prescription drug (DIN 02046245) which is safe and effective for the reduction of root caries in high-risk adults. Root caries is the most aggressive & expensive form of caries in older adults; it co-exists with gum disease.
- Prevora is an aerosol-free procedure requiring only a mini-brush to apply. It uniquely meets regulations and restrictions governing space, aerosols and noise from dental care which apply to community and institutional settings.

The Prevora treatment plan for managing oral dysbiosis.

The Prevora treatment plan involves 4 applications in the first 8 to 10 weeks followed by a single application every 6 months until the patient has limited risk of caries and/or oral inflammation. Some Prevora patients require only observation after the first year while others need to repeat semi-annual treatments. Dosing is determined by clinical judgement.

Prevora can be administered in the dental/hygiene clinic or in the community or medical practice. In the dental clinic, Prevora may be adjunctive to dental cleanings and periodontal scaling, while in the community setting, it is a stand-alone procedure which emits no aerosols. Refer to Figure 3. Allow for 10 to 15 minutes per Prevora treatment.

Figure 3 How to apply Prevora in the dental clinic or in the community

	In the dental clinic (adjunctive to a dental cleaning or periodontal scaling)	In the community (direct application without cleaning/scaling or equipment)	
	1. Conduct a dental cleaning & floss with unwaxed floss	1. Clean debris with a dry brush	
	2. Isolate first quadrant with cotton rolls	2. Isolate first quadrant with a 2 x 2 cotton gauze pad	
	3. Apply Prevora Stage 1 on all teeth up to and including the gum line	3. Apply Prevora Stage 1 on all teeth up to and including the gum line	
	4. Dry using an air syringe	4. Allow 15 seconds to dry	
	5. Apply Prevora Stage 2 in same quadrant on all teeth up to and including the gum line	5. Apply Prevora Stage 2 in same quadrant on all teeth up to and including the gum line	
	6. Dry using an air syringe	6. Allow 15 seconds to dry	
	7. Repeat steps 2 to 6 in next 3 quadrants	7. Repeat steps 2 to 6 in the next 3 quadrants.	
	8. Allow the patient to rinse with water, if necessary, advise of post-treatment instructions using the Prevora post-treatment instruction sheet, & schedule next appointment using this same sheet (provided when you order Prevora).		

Reimbursement for Prevora.

Prevora is conducted using CDA code 13601 and CDHA code 00606. Dental plans which include all procedure codes pay for Prevora. The Canada Dental Care Plan (CDCP) allows for 2 treatments per year for these codes. In Ontario, depending on the patient, the CDCP pays \$67 + E for code 13601 and pays \$45 + E for code 00606. E is the cost of Prevora which is \$65.

For years, Healthy Agers have shown they are willing to pay \$110 to \$150 per Prevora treatment given (a) they fear poor oral health, its cost and known links to frailty, dementia and diabetes, (b) they will save money, (c) it is painless and quick, and (d) the provider makes a strong recommendation for more prevention based on a clinical exam.

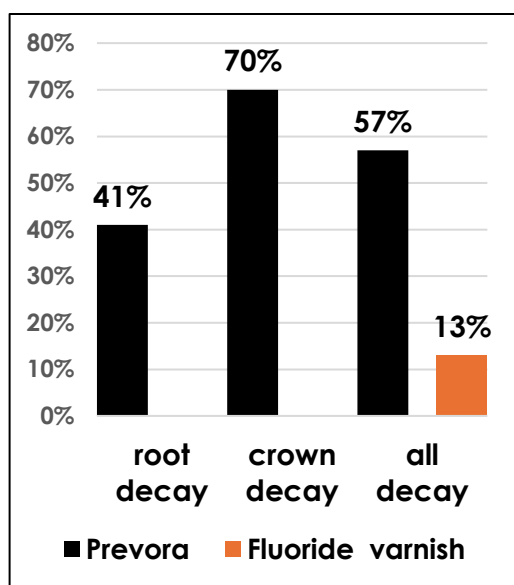
What to expect from the Prevora treatment plan.

Safety: There have been no serious adverse events (e.g. hospitalizations) related to Prevora over thousands of applications and patients over many years. Minor, transient side effects related to Prevora occur in up to 5% of applications and involve a temporary coating sensation on the teeth, a short stinging of the gums or tongue if Prevora is misapplied to the oral mucosa, and a temporary bitter taste. None of these side effects have stopped patients continuing with the Prevora treatment plan. Notably, Prevora does not stain the teeth.

Efficacy: Prevora patients enjoy many fewer cavities and much less oral inflammation over many years. The most immediate effect is far fewer bleeding sites at the gum line. For an overview of Prevora's efficacy studies in high-risk adults, refer to Figure 4 and 5.

Patient compliance: Prevora patients are loyal to their preventive treatment plan because they enjoy better oral health and report they feel better too, there is no discomfort with Prevora, and there are significant cost savings which begin in year 1 of the treatment plan.

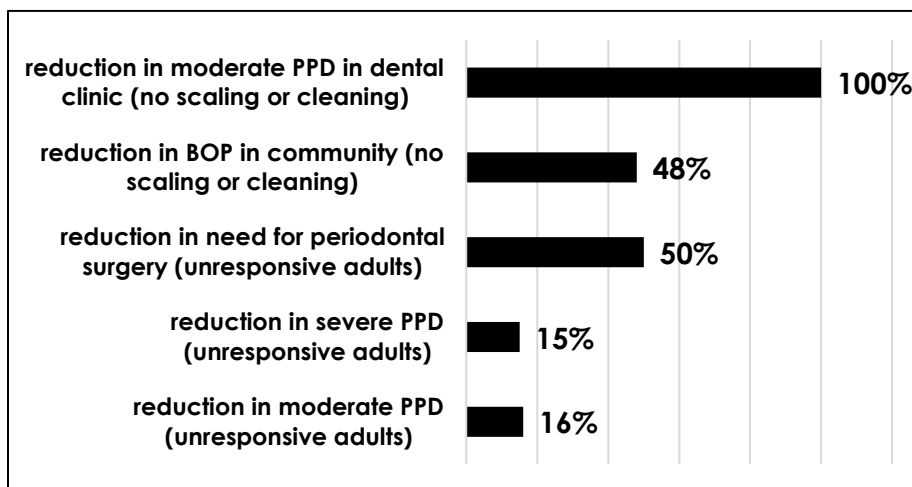
Figure 4. Excellent caries reductions with Prevora in high-risk adults.



Sources: Banting DW et al. 2000. The effectiveness of 10% chlorhexidine varnish treatment on dental caries incidence in adults with dry mouth. *Gerodontology*, 17, #2, 67-76. Symington JM et al 2014. Efficacy of a 10% chlorhexidine coating to prevent caries in at-risk community dwelling adults. *Acta Odont Scand.*, 72 (7), 497-501. Jabir E et al. 2022. Evaluating the effectiveness of fluoride varnish in preventing caries amongst Long-Term Care Facility residents. *Gerodontology*, 39 (3), 258-256

Note: all results at $p \leq 0.05$

Figure 5. Significant improvement in periodontal conditions with Prevora in high-risk adults.



Note: all results at $p \leq 0.001$ except for community adults where $p = 0.056$.

Sources: Nguyen QV, 2021. Use of high-concentration chlorhexidine (Prevora) for reduction in need for surgery in patients with chronic periodontitis. U of T Master's Thesis. Svestrup H et al. 2024. A new model for dental prevention in the community. Paper in press. CHX Technologies, Observational study of 10 Seniors with periodontal disease (data available upon request).

The patients consistently support Healthy Aging with Prevora.

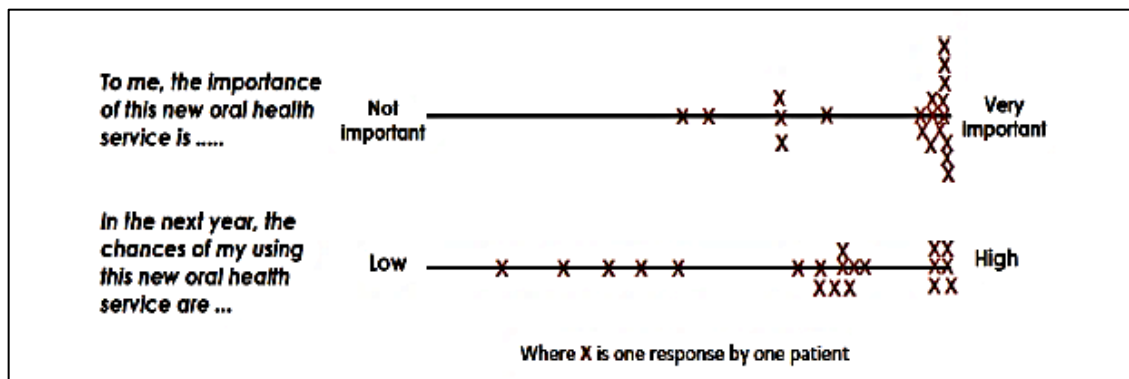
In several surveys of Prevora patients conducted in dental and hygiene practices, in a medical clinic and in community settings (e.g. a senior's community centre, a LTC facility), patients are very positive about this new preventive treatment.

For example, **this is the response by Ottawa seniors receiving Prevora:**²

- » **92% said Prevora was very important**
- » **91% said Prevora was very acceptable**
- » **80% said Prevora has a very positive effect on their general health**

Similarly, diabetic adults overwhelmingly liked the Prevora treatment plan when it was offered to them by their physician (Figure 6). In this study, 6 out of 10 diabetics visiting their family doctor had chronic oral inflammation and all agreed to pay for Prevora.³

Figure 6 Survey of 20 diabetic adults in a family medical practice responding to Prevora



Source: DiNardo J et al. 2019. Integrating preventive oral healthcare into the medical management of diabetes: early findings from a Toronto pilot study. Oral Hygiene, September 14 – 20.



“My personal experience with Prevora has been outstanding over 2 years. I have Parkinson's and my mouth needs extra protection from harmful bacteria.”
Doug H., Canmore, Alberta

Prevora is popular amongst Healthy Agers for many good reasons.

- » **Many Canadians know the importance of good oral health to Healthy Aging.** For example:
 - » More than 90% of seniors know that oral bacteria affects overall health
 - » The vast majority of seniors know that bleeding gums should not be ignored.
- » 2 of 3 Canadian seniors have gum disease, a significant level of restorations, and almost half have fewer than 20 teeth which threatens malnutrition. So, **many Canadians are looking for new approaches to treat the harmful oral bacteria many recognize as their real problem.**
- » **Prevora cuts the cost of dental care quickly and significantly.**
- » **The prospect of a painless, effective preventive treatment delivered quickly and conveniently even in the community is attractive to many.**

There are a growing number of Healthy Agers in your practice.

Canadians age 45+ living in the community have an average of 3 chronic diseases.⁴ Many of these diseases are bidirectional with poor oral health (Figure 7). Adults with diabetes, pre-frailty, heart and respiratory problems, immobility, and cognitive dysfunction are at particular risk of/from oral dysbiosis and are vitally interested in managing this risk with Prevora.

A typical hygiene practice sees at least 2 Healthy Agers each day who are motivated to receive more preventive care. For example....



John & John were fed up with ongoing cavities & the cost of fillings

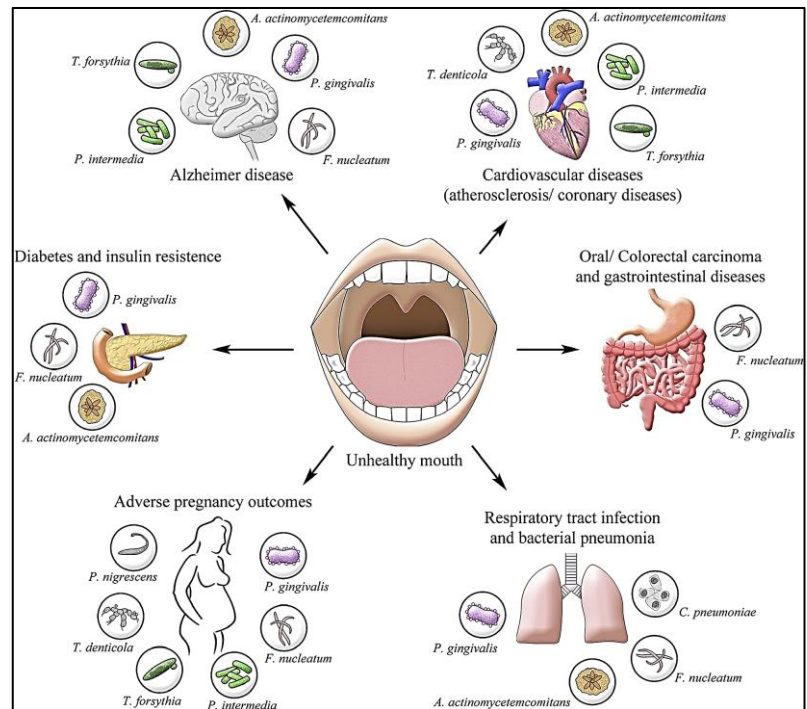


Eileen & Gwynne wanted no more bleeding & inflammation in their mouths.



Richard & Terry wanted help in overcoming cancer treatment.

Figure 7 An unhealthy mouth's harmful bacteria influence other chronic diseases



Source: Bui FQ et al. 2019. Association between periodontal pathogens and systemic disease. Biomed J., 41, 1: 27-35.



Grow your practice with more Healthy Agers. Become a Partner in Prevention.

Regular providers of Prevora are known as Partners in Prevention, and their names and contact information is included in Prevora's advertising at no cost. Many patients are asking "where can I get Prevora?" The answer is, through Partners in Prevention.

Training your team on Prevora.

We offer digital training sessions on Prevora for your team at your convenience. Give us some dates and times for training by e-mailing info@prevora.com and we will organize your training session. CE credits will be provided.

For more information, visit Prevora.com or email info@prevora.com

References: 1. Kazuma Y et al. 2023. Dysbiosis of the oral microbiome persists after dental treatment-induced remission of periodontal disease and dental caries. *mSystems*, 8(5):September-October. 2. Svestrup H et al. 2024, A new model for dental prevention in the community. Paper in Press. 3. DiNardo J et al. 2019. Integrating preventive oral healthcare into the medical management of diabetes: early findings from a Toronto pilot study. *Oral Hygiene*, September 14-20. 4. St. John PD et al. 2021. Multimorbidity in Canadians living in the community. *Can Fam Phys*, 67 (3): 187-197.

