

## Periodontal Muscle Training can Strengthen the Periodontal Support Feet your Teeth

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Previous research on periodontal structure and function has shown a significant relationship between periodontal tissue and teeth.

### Introduction:

By comparing the effect of future workout within the fitness gyms and therefore the habit of consuming hard rational food daily with a weekly schedule, might be very likely and would be support the oral health indeed. What to try to to possess aesthetically and functionally prevention method for further gum and periodontal diseases, which might be less aggressive and conservative, cheap and residential treating methods. just in case one cares about his body's physique, also he can care about the Gum structure also.

This study assessed dentist's beliefs about the relative efficacy of the health of periodontal tissue. A total of 505 patients in general practice were asked to respond to a list of 25 obligatory nourishment for a child while going to have the first teeth, for its effectiveness in dealing with patient's periodontal health especially include chewing hard food. They were also asked to select the three most effective nutrition for periodontal tissue. The indices of patient perceived importance of the periodontal health were derived and each compared with actual effectiveness as determined from a sample of 250 patients.

Although the majority of patient's rated 18 of 25 nutrition as being very effective, there was no significant association between patient perceived nourishment effectiveness and actual effectiveness. The implications for patient training are discussed. This study supported by only me and my supervisor Alla grigorivna demitrova.

### Materials and methods:

To have a review, Bundles attached to teeth and their dies attachments provoke further injuries. Let's take a glance at these bundles, if we peel away alveolar septa and papillae & marginal part, we will see the bundles (periodontal ligament), 1 which consists of bundles of connective tissues fiber that anchor the teeth within the jaw. Each bundle is attached to cement covering the basis of the tooth. the opposite end is embedded in bony tooth sockets (alveolar socket). These bundles of fibers allow the tooth to face up to the forces of biting and chewing. Endomysium, the animal tissue sheaths that surround each striated muscle fiber separating the muscle cells from each other. It also contains capillary nerves and lymphatics. As an illustration, Organization of skeletal tissues, Intact striated muscle, Biceps bra chi are attached to bones through tendons, animal tissue.

The entire muscle is surrounded by connective tissue called epimysium. The muscle is organized into bundles called premium. Each fascicle contains many individual fibers surrounded by connective tissue called Endomysium. In some muscles there might only be relatively few fibers like in muscle of the attention during which these are only 10 of fibers. In

a number of the larger muscles within the body there could also be thousands of fibers, as an example, there are often up to 400000 fibers within the bicep muscle in front of the arm. Each of these fibers is surrounded by sheaths of fibrous tissue membrane or fascia called Endomysium (endo- means within). Therefore, by having regular training in fitness centers our extremities muscles can strength and may have an aesthetic and supportive function for skeleton.

### Results:

As within skeletal growth, the muscles within the body also grow at irregular rates. The enlargement of muscles (hypertrophy) makes them thicker but muscle fibers also can get longer. With certain sorts of training and genetics, muscle mass can change.<sup>3</sup> consistent with the aging of muscular system, one reason is reducing the strength and power of the muscles; therefore, by training the endomysiums within the periodontal ligament with special training also as eating hard foods and chewing them we will train them exactly like fitness club. The experiment above 18-25% of these patients who had answered to the test satisfactory had a healthier gum structure in comparing with the unsatisfactory ones. By making some clinics besides gyms and sport centers which prescribe daily, weekly, monthly schedules to suit the gum muscles with special measurement individually for every patient can make a revolution in gum and oral health history.

### Biography

Nima Sabzchamanara has completed his dental study from National Medical University Kiev Ukraine. He is therapeutic Dentist, Microscopic Endodontics. Member Association Dentists in Ukraine, Member Association of Endodontists in Ukraine, Editorial Board Member of journal OMICS International. Scientific Committee Advisor Hilaris Conferences.