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PERIODONTAL MUSCLE TRAINING CAN STRENGTH THE PERIODONTAL SUPPORT, FIT YOUR TEETH

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Statistical analysis: 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 effective nutrition for periodontal tissue. The indicts of patient perceived importance of the periodontal health were derived and each compared with actual effectiveness as determined from a sample of 250 patients opinion.

Introduction: By comparing the effect of long term workout in the fitness gyms and the habit of consuming hard rational food daily with a weekly schedule, could be very likely and would be support the oral health indeed. What to do to have aesthetically and functionally prevention method for further gum and periodontal diseases, which could be less aggressive and conservative, cheap and home treating methods. In case one cares about his body's physique, also he can care about the Gum structure as well.

Materials and Methods: To have a review, Bundles attached to teeth and their dis attachments provoke further injuries. Let's take a look at these bundles, if we peel away alveolar septa and papillae & marginal part, we can see the bundles (periodontal ligament), which is composed of bundles of connective tissue's fiber that anchor the teeth within the jaw. Each bundle is attached to cementum covering the root of the tooth. The other end is embedded in bony tooth sockets (alveolar socket). These bundles of fibers allow the tooth to withstand the forces of biting and chewing.

Results: As within skeletal growth, the muscles in the body also grow at irregular rates. The enlargement of muscles (hypertrophy) makes them thicker but muscle fibers can also get longer. With certain types of training and genetics, muscle mass can change.

According to 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 as well as eating hard foods and chewing them we can train them exactly like fitness club.

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