

Periodontal muscle training can strength the periodontal support

Feed your teeth

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BACKGROUND:

Previous research on periodontal structure and function has shown a significant relationship between periodontal tissue and teeth. This study assessed dentist's beliefs about the relative efficacy of the health of periodontal tissue.

METHODS:

A total of 505 patients male and female 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.

RESULTS:

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. About 21 people who are working out and do care about their physical appearance they use to have a better nutrition and the oral hygien and periodontal indexes where in the better condition.

CONCLUSION:

Periodontal diseases maybe considered a risk indicator for poor chewing hard food in both sexes.

CHILD'S OBLIGATORY NURISHMENT TOTAL ADULT'S INTAKE

CHEESE	71%
YOGURT	85%
LEAFY GREENS	45%
APPLES	52%
ALMONDS	45%
CARROT	33%
CELERY	14%

EXTRA QUESTIONS	TOTAL ADULTS
I try to eat healthy these days and pay attention to nutrition	84.00%
In general I feel I eat right	60.00%
I try to eat a healthy breakfast daily	57.00%
I follow a regular exercise routine	62.00%
I pay attention how many times I chew food	30.00%
I visit my dentist two times a year	36.00%
I regularly eat organic food	32.00%
I prefer to eat at home rather restaurant	65.00%

WORKOUT PLAN

CONSUME EVERYDAY

APPLE

CHEW REPS

50

QUANTITY/DAY

1

ALLMOND

50

50 gr

CARROT (RAW)

50

1

CELERY (RAW)

50

100 gr

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