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## Periodontal muscle training can strength the periodontal support: Fit your teeth

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**P**revious 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. 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 and 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 patients' perceived nourishment effectiveness and actual effectiveness. The implications for patient training will be discussed.

### Biography

Nima Sabzchamanara has completed his Dental studies from National Medical University Kiev Ukraine. He is a first year student of Residency Program, in the Department of Therapeutic Dentistry. He has published one abstract in a Dental related journal.

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