

# Periodontal Muscle Training can Strength the Periodontal Support, Fit your Teeth

Nima Sabzchamanara<sup>1</sup>

<sup>1</sup> National Medical University

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7 **Abstract**  
8 A total of 505 patients in general practice were asked to respond to a list of 25 obligatory  
9 nourishments for a child while going to have the first teeth, for its effectiveness in dealing with  
10 patient's periodontal health especially include chewing hard food. They were also asked to  
11 select the three effective nutrition for periodontal tissue. The indicts of patient perceived  
12 importance of the periodontal health were derived and each compared with actual  
13 effectiveness as determined from a sample of 250 patient's opinion. Although the majority of  
14 patient's 18 of 25 nutritions as being very effective, there was no significant association with  
15 patient perceived nourishment effectiveness and actual effectiveness. The implications for  
16 patient training are discussed.

*Index terms*—

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## 2 I. Introduction

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

### 3 II. Materials and Methods

36 To have a review, Bundels attached to teeth and their disattachments provoke further injuries. Lets take a look  
37 at these bundles, if we peal away alveolar septa and papillae & marginal part, we can see the budles (periodontal  
38 ligament),(1) which is composed of bundles of connective tissues fiber that anchor the teeth within the jaw. Each  
39 bundle is attached to cementum covering the root of the tooth. The other end is embedded in bony tooth sockets  
40 (alveolar socket). These bundles of fibers allow the tooth to withstand the forces of biting and chewing.

#### **4 III. RESULTS**

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41 Endomysium, the connective tissue sheaths that surround each skeletal muscle fiber separating the muscle  
42 cells from one another. It also contains capillary nerves and lymphatics.

43 As an illustration, Organization of skeletal tissues, Intact skeletal muscle. Biceps brachii are attached to bones  
44 through tendons. connective tissue.

45 The entire muscle is surrounded by connective tissue called epimysium.(2) The muscle is organized into  
46 bundles called premysium. Each fasciculus contains many individual fibers surrounded by connective tissue  
47 called Endomysium.

48 In some muscles there might only be relatively few fibers such as in muscle of the eye in which these are only  
49 10 of fibers.

50 In some of the bigger muscles in the body there may be thousands of fibers, for instance, there can be up to  
51 400000 fibers in the bicep muscle in front of the arm.

52 Each of these fibers is surrounded by sheaths of fibrous tissue membrane or fascia called Endomysium (endo-  
53 means within).

54 Therefore, by having regular training in fitness centers our extremities muscles can strength and can have an  
55 esthetic and supportive function for skeletal system.

#### **56 4 III. Results**

57 As within skeletal growth, the muscles in the body also grow at irregular rates. The enlargement of muscles  
58 (hypertrophy) makes them thicker but muscle fibers can also get longer. With certain types of training and  
59 genetics, muscle mass can change.(3)

60 According to the aging of muscular system, one reason is reducing the strength and power of the muscles,  
61 therefore, by training the endomysiums within the periodontal ligament with special trainings as well as eating  
62 hard foods and chewing them we can train them exactly like fitness club.

63 The experiment above 18-25% of those patient who had answered to the test satisfactory had a healthier gum  
64 structure in comparing with the unsatisfactory ones. By making some clinics besides gyms and sport centers  
65 which prescribe daily, weekly, monthly schedules to fit the gum muscles with special measurement individually  
66 for each patient can make a revolution in gum and oral health history. <sup>1</sup>

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**69** [Mcgraw-Hill ()] *Glossary Anatomy and Phisiology A&P*, Mcgraw-Hill . 2001. The McGraw-Hill Companies.