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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. 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 tissues. 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.

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