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Periodontal muscle training can strength the periodontal support: fit 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 dentists' 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 three types of most effective nutrition for periodontal tissue. The indictments 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 patients 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.

Chronic hypertoxicity of 3MO *Triplochiton scleroxylon* leaf powder supplementation in the management of alloxan-induced diabetic male albino rats (Rattus norvegicus)

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The effect of *Triplochiton scleroxylon* leaf powder on blood glucose and other biochemical parameters in alloxan-induced diabetic albino rats was investigated. Diabetes was induced by a single administration of Alloxan monohydrate (110 mg/kgBW). Rats with blood glucose ≥200 mmol/L were confirmed diabetic and used for the study. Forty (40) male albino rats were randomly assigned into four groups of 10 rats each (n=10). The first group received distilled water, while the other groups were treated with 0.5, 1 and 2 g/kgBW of the leaf powder for 90d. Serum glucose, proteins, biochemical parameters, liver and kidney enzyme functions were determined. There was a mean 66.24% decrease in fasting blood glucose in treated diabetic group compared to 14.16% increases in the untreated diabetic group. The *T. scleroxylon* caused significant increases in WBC, PCV and RBC; however, there were no significant increases in the hemoglobin of the rats. The treated animals exhibited decreases ($P>0.05$) in both total cholesterol and triglycerides except the group fed 0.5 g/kgBW that had slight increase in triglycerides. The groups that were fed 1 g and 2 g/kgBW respectively, had the highest significant ($P<0.05$) increases in HDL. Conversely, leaf powder exhibited a dose-dependent decrease in LDL levels. There was a general decrease in liver enzyme activities in all the groups throughout the 90d supplementation. The study revealed that *T. scleroxylon* leaf powder is safe in the treatment of diabetes, lowering lipid profiles, enhanced hematological parameters and had no adverse effect on both liver and kidney enzymes over the long period of administration.