

عنوان مقاله:

The Interplay Between Physical Fitness, Cognitive Function, And Oral Health In Athletes

محل انتشار:

هفتمین کنفرانس بین المللی یافته های نوین در علوم پزشکی و بهداشت با رویکرد ارتقای سلامت (سال: 1403)

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خلاصه مقاله:

The purpose of this study is to investigate the complex relationship between physical fitness, cognitive function, and oral health in athletes. Rigorous physical training, especially athletic training, has the potential to affect different aspects of their health in different ways. This study combines neurological, dental, psychological, and physical methods and materials in order to identify connections between these fields. The research incorporates a qualitative review of the literature, as well as the quantitative analysis of data gathered from various studies discussing athletes' physical fitness, cognitive performance, and oral health. As indicated in these findings, there is a close relationship between these factors and it is demonstrated that optimal physical fitness is associated with enhanced cognitive function and better oral health outcomes. Furthermore, it is evident from the findings that poor dental status is likely to have an impact on cognitive ability that may in turn compromise athletic performance. Consequently, it can be suggested that during athletes' health management, the state of the athlete's physical, cognitive, and oral training, should be taken into consideration as a holistic approach. Future studies should employ prospective designs to better understand the causal relationships and underlying mechanisms driving these associations. The application of this brief, interdisciplinary outlook is useful for constructing integrated health and training programs for athletes, with the goal of enhancing their performance and well-being.

کلمات کلیدی:

Physical fitness, Cognitive function, Oral health, Athletes, Multidisciplinary approach

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