

ORAL HEALTH FOR LIFE

The developing dentition



Age: 6 months old
Teething begins.



Age: 2½ years old
All primary (upper and lower) teeth have erupted.

Age: 6 years old
Permanent teeth begin to appear.



Cleaning or wiping can start with the eruption of a child's first teeth. Pacifier bottles with sugary drinks or fruit juices can cause early childhood tooth decay.



Children can start supervised tooth brushing twice a day with a pea-sized amount of fluoride toothpaste. Regular dental check-ups can



Establish good dietary habits, limiting amount and frequency of



Develop a life-time habit of twice-daily brushing with fluoride toothpaste.

CLIMB THE YORKSHIRE **THREE PEAKS** WITH YOUR TEAM FOR CHARITY

The West Yorkshire Section of the British Dental Association (BDA) have organised a Yorkshire Three Peaks walk to support the dental charity Bridge2Aid.

The Yorkshire Three Peaks Challenge starts in Horton-in-Ribblesdale and takes on the peaks of Pen-y-ghent, Wharfedale and Ingleborough in under 12 hours.

The route is 24 miles long and includes 1,585 metres of ascent. The event is to be held on Saturday 23 July 2016 and promises to be a challenging yet enjoyable day and a good opportunity for the whole dental team to get together to support a worthy charity.

The walk will be led by a fully qualified mountain leader and equipment, water and roadside support will be available throughout the event. If any walkers decide they only want to do part of the route then transport will be available to return to the starting point.

The cost of entering is £40 per person and the event is open to the whole dental team and family members. Full information will be provided on entering the event.

To reserve a space email jasminv845@gmail.com or call 07941402418.





Age: 12 years old
Most permanent teeth have erupted.

Age: 21 years old
Third molars (wisdom teeth) are the last to erupt.



ORAL HEALTH FOR LIFE

This graphic has been reproduced from *The challenge of oral disease – a call for global action*, the latest edition of *The Oral Health Atlas* published by the FDI World Dental Federation.

The new, second edition of the *Atlas* focuses on the policy actions related to improving prioritisation of oral health. It is available to download at <http://www.fdiworldental.org/oral-health-atlas>.



Start to wear mouthguards for contact sports.



Avoid sweets, tobacco and alcohol.



Good oral hygiene and healthy habits, together with regular dental check ups, help to avoid tooth decay and periodontal disease. Pregnant women should take extra care of their oral health.



Dry mouth as a result of reduced saliva production may increase risk of diseases. Regular check-ups may help keep a healthy mouth and good quality of life.

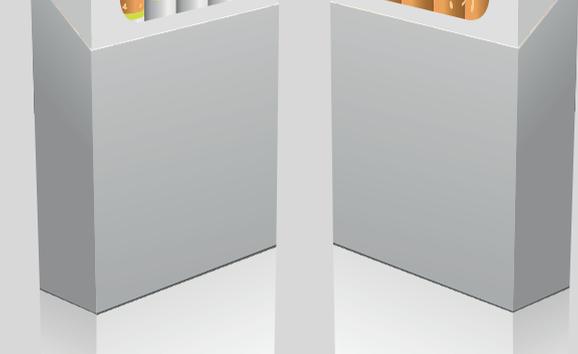
TOBACCO LAWS NOW IN EFFECT

On 20 May 2016 the new law stating that tobacco companies must sell cigarettes with the branding on the packaging restricted to a standard size, font and colour came into effect.

All packs must contain at least 20 cigarettes to ensure they are big enough for health warnings to cover 65% of the front and back. In the UK, all packs must be uniformly olive green coloured with large images highlighting the damaging effects of smoking.

Menthol cigarettes will now be phased out ahead of a total ban in 2020.

It is hoped the new law will reduce the number of smokers across the EU by 2.4 million and will save the NHS an estimated £2.7 billion and the wider British economy a further £2.5 billion in sick leave and lost productivity, according to the British Medical Association (BMA).



©Tuulijumala/Thinkstock

MEN VS. WOMEN

According to a survey of 1,000 patients by Carisbrook Dental, a private dental practice in Manchester, women change their toothbrush or electric brush head every 92 days, while men keep them for an average of 185 days, or six months.

Other findings from the survey include:

- 72% of men have used their female partner's toothbrush
- Only 26% of women have used their male partner's brush
- 57% of women and 32% of men use electric toothbrushes
- Women spend on average £42 on dental products a year, including brushes, toothpastes and other products such as mouthwash, whereas men spend about £24
- Women are almost five times more likely to have cosmetic dental procedures such as teeth whitening.