



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.

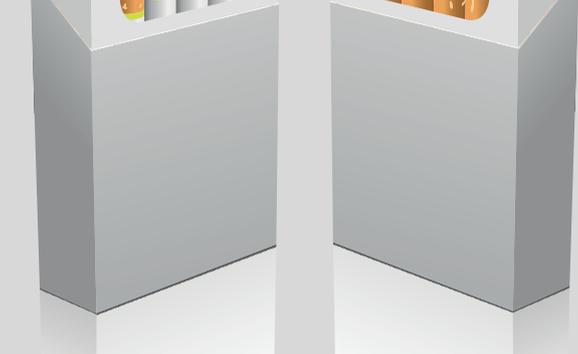
TOBACCO LAWS NOW IN EFFECT

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).



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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.