



# Adolescence & teenage years

## 13/19 years

### Recommendations

01. **"Teens:** Protect your teeth from sugary snack attacks!"
02. **"Braces or aligners?** Keep your smile healthy with proper cleaning."
03. **"Say no to Smoking/Vaping —** your teeth and gums will thank you!"
04. **"Prevent tooth erosion:** Cut back on sodas and acidic drinks."
05. **"Gingivitis warning:** Brush and floss to keep gums strong."
06. **"Dental visits aren't just for kids —** schedule your check-ups twice a year!"
07. **"Piercings?** Know the risks before you puncture your smile."
08. **"Combat stress-induced** grinding with relaxation techniques."
09. **"Fluoride:** Essential for teens to fight cavities and strengthen enamel."
10. **"Healthy habits** now mean a lifetime of confident smiles."

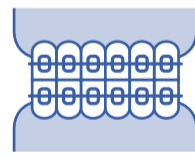
### Takeaway messages



Adolescents face increased risks of cavities due to sugary diets and inconsistent oral hygiene.



Gum problems like gingivitis are prevalent, often exacerbated by hormonal changes and poor brushing habits.



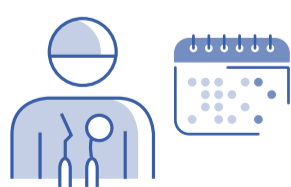
Orthodontic treatments are common and require heightened attention to oral hygiene.



Tobacco, vaping, and piercings pose significant risks to oral health.



Tooth erosion due to acidic drinks and eating disorders is a growing concern.



Regular dental visits and preventive measures like fluoride treatments remain essential.