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English have better teeth than Americans

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By Sophie Bracken



A new study has shown that English people have better teeth than their US counterparts.

In the study, published in the *British Medical Journal*, researchers in the UK and the US examined data from English and American dental surveys.

The results showed that the average number of missing teeth was 6.97 for English participants, but 7.31 for those in the US.

Additionally, people were more likely to suffer poor dental health in the US because of socio-economic factors.

Smile conscious Brits

Dr Sameer Patel, clinical director of Harley Street practice Elleven and member of the British Academy of Cosmetic Dentistry, commented on the findings: 'It has long been a stereotype that Americans have much better teeth than those in the UK.

'However, in recent years the UK has grown increasingly "smile conscious" and as a nation our oral hygiene has come on leaps and bounds.

'This can in part be attributed to the preventive and prospective visions of the British dental community, which we have seen filtering into the mindset of the general population – effectively leading to healthier teeth and gums around the country.

'Additionally, the cosmetic dentistry industry has seen an increase in minimally invasive treatments and a boom in demand for orthodontics, which in the long term, actually helps to prevent tooth decay and oral health issues.'