

Head hair grows **0.35 mm/day**

Wisdom tooth enamel stops growing when you're **12 years old**

Intercostal skeletal muscle cells are replaced every **15 years**

Liver cells are replaced every **300 to 500 days**

Intestinal epithelial cells are replaced every **5 days**

Internal intestinal cells are replaced every **16 years**

Fingernails grow **0.1mm/day**

Skin cells are replaced every **39 days**

The skeleton is replaced every **10 years**

Toenails grow **1mm/month**

Hippocampal neurons are replaced every **20 to 30 years**

Visual cortex stops growing when you're **born**

Cerebellum grey matter stops growing when you're between **2.5 and 3 years old**

Heart endothelial cells are replaced every **6 years**

Heart muscle cells stop growing at **10 years old**

Red blood cells are replaced every **120 days**

Fat storage cells are replaced every **10 years**

Pancreatic beta cells stop growing when you're **30 years old**

Achilles tendon stops growing when you're **17 years old**

