

# Get The Perfect Smile For Spring With Tips From Dr. David Keen!

April 12, 2013 at 2:15 pm Filed Under: [Dentist](#), [Dr. David Keen](#), [Perfect Smile](#), [Smile](#), [Teeth](#)

**STUDIO CITY (KCAL9)** — Get the perfect smile for spring!

Dr. David Keen, a dental specialist in the field of Aesthetic, Restorative and Implant Dentistry stopped by KCAL9 Friday to how to reduce chances of heart disease, heart attack and strokes!

## Why it's important to get your teeth cleaned:

Heart disease: It's the No. 1 cause of death in the USA. And if you are scared of dentists, it's time to get over it.

New research presented at the American Heart Association's Scientific Sessions in November found that people who had their teeth cleaned by a dentist or hygienist had a 24% lower risk of heart attack and 13% lower risk of stroke.

One possible reason: Professional cleanings appear to reduce inflammation-causing bacterial growth that can lead to heart disease or stroke.

## More tips to protect your heart:

Stop smoking, eat healthy, move more, reduce stress and limit alcohol.

## Tips to keeping your teeth clean:

**Consistency** – is important to maintain the health and aesthetics of the smile. It is important to brush 2 -3 times daily and floss.

This will improve your breath and the health of your teeth and gums. Have regular check-ups and cleanings with your dentist to prevent dental problems from going undiagnosed and worsening.

**Clenching and Grinding** – can cause your teeth to become shorter and less attractive. This can negatively affect the health of the teeth by removing the enamel on the tooth surface.

With less protective enamel on the teeth, the teeth are predisposed to accelerated wear and to cavities

**Chips** – can distract the eye from enjoying the over shape of the teeth and the smile. When we smile, the edges of the upper teeth should ideally follow the line of the lower lip.

Our eye is attracted to fluent lines that are continuous, and chips can dramatically reduce the beauty of the teeth and smile.

**Cracks** – in teeth can pose health dilemmas and predispose to cavities and other dental problems.

Grinding teeth can also be a major cause of cracked teeth. Consult your dentist to determine if you are clenching or grinding your teeth, and if you could benefit from a protective thin night guard.

**Close Spaces** – large divisions or spaces between the edges of the teeth are not traditionally attractive or complimentary to the smile.

Remember, that people view your smile similar to reading from right to left, and dark spaces can be distracting to the eye.

Consider “cosmetic dental bonding” to close spaces, thereby creating a uniform fluent visual appearance of the smile from right to left.

For more information, visit [Dr. David Keen](#).

