# New Blog Post On Gum Disease Released By Chicago Dental Clinic Goes Viral

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1st Family Dental, a clinic in Chicago, IL, has recently released a new blog post that gives insight into the emotions people feel when they are diagnosed with gum disease. The post is quickly becoming incredibly popular, reflective of the fact that around 50% of the population in this country has gum disease. The blog post, entitled 'Do I Really Have Gum Disease?' has quickly gone viral.

Vicky Khawaja from 1st Family Dental says: "We have come up with the seven stages of gum disease diagnosis, which are not dissimilar to the seven stages of grief. We feel it is important to raise these issues, because incidents of gum disease are on the rise, and we really want to raise awareness of the seriousness of this condition. We're very happy to see, therefore, that the post has been so well received and that it is being shared all over the internet."

The motivation behind the new blog post came from a recent piece of research by the Centers for Disease Control and Prevention. They found that, despite dentists always reminding their patients to floss, 40% admit to not flossing every day. In fact, 32% reported to never floss at all. Flossing is one of the main tools to help stave off gum disease.

By highlighting the emotional stages of a gum disease diagnosis, 1st Family Dental aims to further highlight how important it is to floss regularly. They have identified the seven stages, which are: shock, denial, anger, bargaining, helplessness, action, and, finally, victory. At the victory stage, patients have overcome periodontitis and can return to their usual dental maintenance, while never forgetting to floss again.

"Gum disease may not be something that we talk to each other about, but if 47% of adults over the age of 30 are living with it, maybe now is the time to start encouraging each other to take good care of our smiles," adds Vicky Khawaja.

The clinic encourages everyone to see their dentist regularly, and to listen to their advice in terms of flossing and other dental care. In so doing, they can ensure they do not become the next statistic of American adult with gum disease.

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**1st Family Dental**

*1st Family Dental was founded with a simple and yet profound vision: People of all ages deserve excellent and affordable dental healthcare, whether or not they have dental insurance.*

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