



Hacks for bad eating habits

Some things to try to help cut down on stress eating, snacking mindlessly, eating too fast, snacking close to bedtime, and skipping meals.

[Read the blog post](#)

News you can use – Wellness



Reduce your risk of heart disease

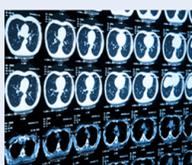
Few medical problems can alter your life as suddenly as a heart attack. Learn about [8 ways to reduce your risk of heart disease](#), tips to [reduce sodium in your diet](#), and a simple 8-week [exercise plan for a healthy heart](#).



Toby Keith's death shines spotlight on stomach cancer

Answers to common questions about risk factors, symptoms, prevention and treatment of this deadly disease.

[Read more >](#)



How to beat the odds by getting screened for lung cancer

California has the lowest lung cancer screening rates in the country. Only about 1% of those eligible get screened.

[Read more >](#)

Spotlight – Research and innovation



Flame retardants linked to premature birth, more

OPE retardants are found in things like building materials, furniture, baby products and textiles. They replaced other retardants due to toxicity concerns.

[Read more >](#)



Chewing gum give you gas? Research shows why

UC Davis scientists have identified changes in the gut microbiome that can result in an inability to digest the sorbitol used in some sugar-free products.

[Read more >](#)

Updates – COVID-19

If you missed it: relaxed isolation guidance for CA

Last month, California's health department [updated its isolation guidance](#) for people who test positive for COVID-19, reducing the number of isolation days from the previous 5 days for many settings such as child care and K-12 schools. Infectious disease professor Dean Blumberg fielded questions about the change in a [CBS 13 story](#) and an [ABC 10 story](#). The guidance still includes masking, and recommends avoiding contact with those at higher risk for severe COVID – such as elderly and immunocompromised people – for 10 days. The CDC is reportedly reexamining its own 5-day [isolation guidance](#), according to news reports.

Vaccine information

UC Davis Health is offering COVID-19 vaccines based on CDC recommendations. Patients can schedule a vaccine appointment by calling their primary care clinic or through MyUCDavisHealth. [See details on our vaccines page >](#)

Consumer pharmacy websites, the federal [covid19.ca.gov website](#), California's [MyTurn website](#), and the CDC's [COVID vaccines pages](#) are among other potential sources of information about vaccine availability and scheduling.

Reminder: keep at-home COVID treatment in mind

Prescription antiviral pills like Paxlovid can be an easy-to-use COVID treatment for people with conditions that increase risk of severe disease – such as diabetes, extra weight, or hypertension. Timing is crucial. [COVID treatments page >](#)

COVID and respiratory illness data tracking

The CDC [respiratory illness web tool](#) shows flu, RSV and COVID trends by county, and COVID hospitalization levels by county. The agency says overall respiratory illness activity in California is moderate, and COVID-19 hospitalization levels are low in the Sacramento region and much of California.

The CDC [respiratory virus updates page](#) posts general updates on the nationwide situation every week. In last week's update, the agency said the 2023-2024 respiratory virus season is likely past its peak, but far from over.

[Federal](#), [state](#) and [county](#) sites may continue to report raw COVID data. Some data may be in transition, less relevant than before, and/or involve longer lag times.

The CDC recommends that if you are at high risk of getting very sick, you should talk with a health care provider about [prevention measures](#). It also reminds that people may choose to mask at any time.