A dietitian’s guide to heart-healthy meals

When looking for a heart-healthy diet, it’s important to focus on overall healthy dietary patterns and not necessarily “good foods” or “bad foods.”

News you can use – Wellness

Update: Bird flu & milk

The FDA on Tuesday announced that samples of unpasteurized milk taken from grocery store shelves tested positive for bird flu. UC Davis health experts explain testing, risks, and how to protect yourself.

The health benefits of olive oil

Learn about the various health advantages of this “green gold,” and some ideas for adding olive oil – to replace other types of fats – to your diet.

Cancer is on the rise in younger adults

Cancer diagnoses have been rising in people under 50. Our experts offer advice and screening best practices to help you protect yourself and detect cancer early.

The health benefits of olive oil

Learn about the various health advantages of this “green gold,” and some ideas for adding olive oil – to replace other types of fats – into your diet.

Read more

The health benefits of olive oil

Learn about the various health advantages of this “green gold,” and some ideas for adding olive oil – to replace other types of fats – into your diet.

Read more

Cancer is on the rise in younger adults

Cancer diagnoses have been rising in people under 50. Our experts offer advice and screening best practices to help you protect yourself and detect cancer early.

Read more

Tie between hypertension and uterine fibroids?

A new study suggests treating high blood pressure, also known as hypertension, could prevent the growth of uterine fibroids, a common condition for which there is no prevention treatment.

Using AI to predict risk of liver cancer

New findings describe how predictive-learning can aid risk assessments for patients with metabolic liver disease or NAFLD.

Read more

Updates – COVID-19

Reminder: Older adults able to receive additional dose of updated COVID-19 vaccine

In late February the federal Centers for Disease Control (CDC) recommended that adults ages 65 and older receive an additional dose of this season’s COVID-19 vaccine. People 65 years and older who received 1 dose of any updated 2023-2024 COVID-19 vaccine (Pfizer-BioNTech, Moderna or Novavax) should receive 1 additional dose of an updated COVID-19 vaccine at least 4 months after the previous updated dose, the agency says in its updated vaccine recommendations. There is additional info on the page for immunocompromised people.

UC Davis Health patients 65+ can currently schedule the additional dose of the Moderna vaccine with us without an order from their health care provider. Most appointments can be made on your MyUCDavisHealth portal or by calling 916-703-5555 Monday-Friday 8 a.m.–5 p.m. Note: A provider order will still be required for immunocompromised patients.

For general information about scheduling COVID-19 vaccines at UC Davis Health, see our vaccines page. Consumer pharmacy websites, the state covid19.ca.gov website, California’s MyTurn website, and the CDC’s COVID vaccines page 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. COVID treatments page

COVID and respiratory illness data tracking

The CDC says the nationwide trends with RSV, H1N1, COVID and COVID-19 are within the range of historical data. The agency says several respiratory illnesses are in California to low and COVID-19 hospitalization rates are low in the Bay Area region and across California. The EID COVID data and information page posts general updates on the statewide situation.

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.

Read more

Text and images ©2024 Regents of the University of California, Davis