

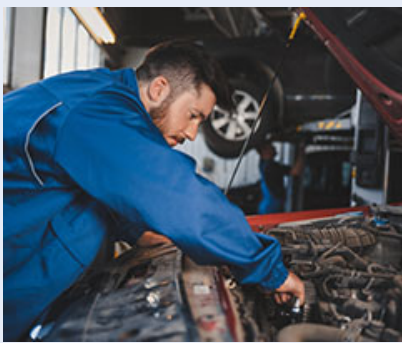


Videos: Healthy aging insights from Mini Medical School 2025

This popular webinar series features a variety of UC Davis Health experts. Video recordings of all lectures from the 2025 edition are now available.

[See the topics](#)

News you can use – Wellness



Prostate cancer cases to surge

It's Men's Health Month, and our chair of urologic surgery shares the latest info about the second-leading cause of death in American males.

[See the Q&A and video ›](#)[When to screen, treatment options, more ›](#)[5 screenings men shouldn't put off ›](#)[Health Library: Prostate cancer ›](#)[Health Library: Men's Health ›](#)

Recognizing cancer survivors

UC Davis Comprehensive Cancer Center marks National Cancer Survivors Day with a June 12 event that's open to all. A new virtual support group also meets monthly to strengthen and sustain caregivers.

[Learn more about the celebration ›](#)[Learn about the Caregivers Corner group ›](#)

Summer diet season begins

Certified health professionals inform our blog articles about benefits and drawbacks of various weight loss strategies, such as the two popular diets below.

[Keto diet pros & cons ›](#)[Benefits of the Mediterranean diet ›](#)[RDs & RDNs: your personal mythbusters ›](#)[Good Food Is Good Medicine blog ›](#)[Cultivating Health blog ›](#)

Spotlight – Research and innovation



The secret to happiness: within you, society, or both?

Does happiness come from within, or is it shaped by external influences such as our jobs, health, relationships and material circumstances? A new study explores the question.

[Read more](#)

Our world-first total-body PET scanner in action

Three ways researchers are using the UC Davis-developed EXPLORER scanner to advance health:

[Finding cancer more quickly](#)[How systemic diseases affect the brain](#)[A better view of autoimmune arthritis](#)

Updates – COVID-19

CDC COVID data for California

It's unclear whether we'll have a surge this summer, or whether summer surges will eventually fade away. Infectious disease physicians are currently keeping an eye on two newer Omicron variants, NB.1.8.1 and XFG, that have been detected in the U.S. At least one may have some growth advantages compared to recent strains.

Wastewater levels 'Low' but ticking up

[Search for California's wastewater viral activity level](#)

Hospitalizations remain very low

[Search for California's COVID-associated hospitalizations data](#)

State of California respiratory virus data

The California Department of Public Health (CDPH) website includes a [Weekly Respiratory Virus Report](#) page with weekly statewide data for COVID, flu and RSV. The report in the last newsletter, for the period ending April 19, was the agency's final weekly report for the 2024-2025 respiratory virus season that ends in late June.

The CDPH website also has a [current measles situation page](#) and a [current bird flu situation page](#).

More COVID resources

- [Staying up to date with COVID-19 vaccines](#) (CDC)
- [Stay up to date on COVID-19 vaccines](#) (State of California)
- [Vaccine scheduling for UC Davis patients](#) (UC Davis Health)
- Other vaccine scheduling options:
 - consumer pharmacies and drug stores
 - [COVID-19 Home](#) (State of California)
 - [MyTurn website](#) (State of California)
 - [Getting Your COVID-19 Vaccine](#) (CDC)
- [Getting a COVID-19 test](#) (State of California)
- [Info on at-home COVID treatments](#) (UC Davis Health)

*Data disclaimers

The hospitalization and wastewater data regularly shared in this newsletter is the most recent available on government websites as of the date of newsletter publication. That weekly data typically lags several days behind the date of the newsletter itself.

Numbers reported by CDC and CDPH web pages may differ. For example, agencies may incorporate different scoring systems, data sets or data points.