How health experts are handling COVID right now

UC Davis Health infectious disease doctors field questions about daily living during this summer’s uptick.

Read the story

News you can use – Wellness

Are weight loss medications like Wegovy right for you?

If you’re thinking about losing weight, our experts offer advice on when it’s the right time to start a medication.

Read more

Ovarian cancer treatment making strides, but early diagnosis still key

September is Ovarian Cancer Awareness Month, and a good time to refresh about the latest on the disease.

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5 health screenings that men shouldn’t put off

The earlier your health care team can diagnose and treat a problem, the better your outcome is likely to be.

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Spotlight – Research and innovation

Childhood toxic stress can lead to chronic conditions

A conversation including Nadine Burke Harris, California’s former Surgeon General and a national expert on Adverse Childhood Experiences (ACEs).

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Can genes help improve stroke treatment?

Genes are full of clues about a person’s health. They might also show the way for stroke recovery. A recent UC Davis Health study suggests this may be possible.

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Updates – COVID-19

Updated COVID vaccines approved for fall

The FDA and CDC signed off this week on updated COVID-19 vaccines that are formulated to more closely target variants circulating in the U.S. This fall’s bivalent vaccine is designed to target both variants, and taken together with this year’s single-shot vaccine it is expected to offer serious protection against COVID-19 illness this fall and winter.

The FDA is currently updating and distributing full recommendations about use of the updated vaccine, such as information about the mixing and matching of brands.

UC Davis Health is preparing for full release of the updated vaccines, and expects to learn about the vaccine’s availability by the end of September. Timing depends on when the CDC recommends the vaccine to providers and when the vaccine is released.

The CDC recommends that people should get an updated vaccine as soon as they are advised to do so by their primary care provider. Appointments will be made available at MyUCDavisHealth or by contacting the provider for an appointment.

Besides health care systems like UC Davis Health, consumer pharmacies are also front-line targets for distribution of new vaccines because of their convenience. Pharmacy websites, covid19.ca.gov, MyTurn (myturn.ca.gov), and the CDC’s COVID vaccines pages are among the potential sources of information about vaccine availability and scheduling as details continue to emerge this month. (At this time, many of these pages may still be in the process of being updated).

In the meantime, we are no longer providing the previous bivalent vaccines used earlier this year, in line with FDA decisions.

How will new COVID-19 shots work with new variants?

Stuart Cohen, chief of infectious diseases at UC Davis Health, answers questions about the new variants and the COVID-19 boosters this fall in a Q&A article and video.

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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.

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