



Do I need a knee replacement?

The weather's getting milder, which means more aches. When knee pain makes life difficult, how do you know if replacement surgery is right for you?

[Read more](#)

News you can use – Wellness



Lung Cancer Awareness Month

Each year, more people die of lung cancer than colon, breast and prostate cancers combined. But only 16% of Americans who should be screened based on their risk factors are getting those tests.

[How low-dose CT scans help](#) ›
[Stopping tobacco to beat cancer](#) ›



Healthier fall recipes

Fall is here – and so are all those leftover pumpkins. Consider these cozy recipes and tips from our Good Food Is Good Medicine blog.

[Braised Tuscan White Beans & Greens](#) ›
[Add nutrients to your soup](#) ›
[6 ways to cook with pumpkin](#) ›
[Browse more recipes](#) ›



Is it possible to shorten a cold?

Infectious disease specialist Dean Blumberg spoke to HuffPost about ways to make colds more bearable, and what increases your susceptibility to them in the first place. Also: updates about changes to the childhood vaccine schedule.

[Is it possible to shorten a cold?](#) ›
[Why some people get sick more often](#) ›
[Blog: Childhood vax schedule](#) ›

Spotlight – Research & Innovation



Diabetes: Protecting from severe hypoglycemia

A newly discovered pathway in the body reveals a potential strategy for treating this dangerous aspect of diabetes. It also helps to solve a longstanding medical mystery.

[Read about the science](#) ›

Updates – COVID-19

COVID and flu shots now available

UC Davis Health is offering this winter's updated 2025-26 COVID and flu vaccinations, following California Department of Public Health guidelines. Patients can schedule an appointment on [MyUCDavisHealth](#), or by calling their clinic. For COVID, we offer the Moderna vaccine. For more background, see the links below.

[Our COVID shot page](#) ›
[Our flu shot page](#) ›

State of California COVID data

The California Department of Public Health has updated its [Respiratory Virus Report](#) to include COVID, flu and RSV levels and also a quicker view of COVID levels by region.

Wastewater levels 'Very Low'

California wastewater levels as of Oct. 23 were "very low and decreasing." Greater Sacramento/Sierra region levels were also labeled very low.

[More CA COVID dashboard data](#) ›

Test positivity 'Very Low'

For the week ending Oct. 25, statewide test positivity was labeled "very low" at 2.76%, a drop of another percentage point since the last newsletter. Greater Sacramento/Sierra region levels remained "low."

[More CA COVID dashboard data](#) ›

Hospitalizations 'Very Low'

The COVID-associated hospital admission rate per 100,000 was 1.23, lower than the last newsletter. Greater Sacramento/Sierra region levels were also very low.

[More CA COVID dashboard data](#) ›

CDC COVID data for California (older data)

The most recent results available on the CDC pages as of press time were for the data period ending Sept. 20. This was the data period reported two issues ago in this newsletter.

[CDC wastewater data](#) ›
[CDC hospitalization data](#) ›

Government COVID resources

COVID-19 vaccine rules and advice from different levels of government are actively changing. This may mean that some information on the pages below, and on other government health websites, may not be up to date (or may conflict). You may need to continue to check these websites for fresh updates.

- [Public Health For All vaccines page](#) (State of California)
- [Staying up to date with COVID-19 vaccines](#) (CDC)
- [Vaccine scheduling for UC Davis patients](#) (UC Davis Health)
- Some 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)

*Other 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.

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HEALTH

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