



Your top low back pain questions, answered

Perspective about topics such as safe home remedies, when you may need imaging, and helpful exercises to deal with the pain.

[Read more](#)

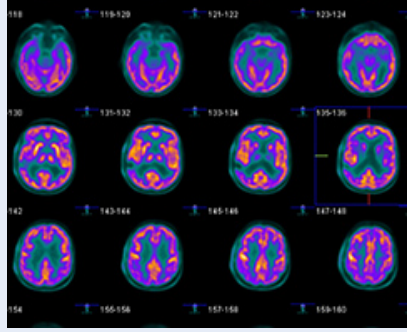
News you can use – Wellness



Mammograms: When & how often

Leading breast cancer screening expert Elizabeth Morris, the chair of our radiology department and a breast cancer survivor, answers questions about screening guidelines.

[Read more >](#)
[Caregivers Corner Support Group >](#)
[Breast Cancer Survivorship Clinic >](#)



Healthy Brain Aging talk 11/6

Cognitive behavioral neurologist Doris Chen will share insights from her work leading clinical trials focused on Alzheimer's and related dementias. Part of her talk will highlight the latest advancements in treatment research.

[Register here >](#)
[Healthy Brain Aging Lecture Series >](#)



Safe exercise with asthma

Exercising with asthma can feel scary. Get tips from our pulmonologists, and learn about our free upcoming UCAN Bootcamp for asthma and COPD patients and their caregivers.

[Blog: Safer exercise with asthma >](#)
[Bootcamp: Take control of breathing >](#)
[Health Library: Asthma >](#)
[Health Library: COPD >](#)

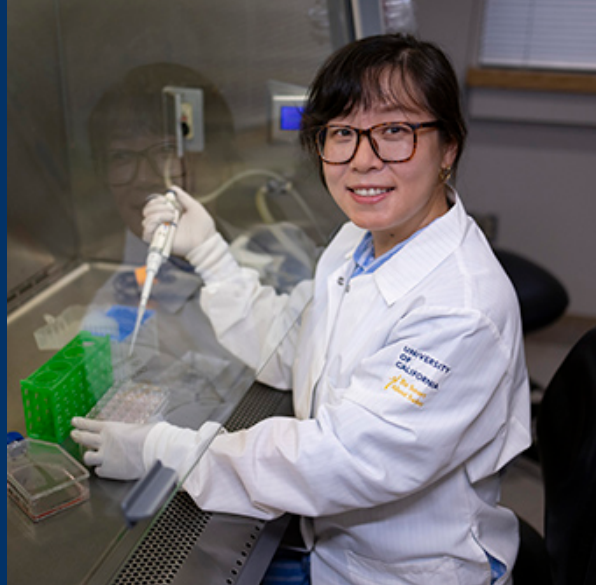
Spotlight – Research & Innovation



Young cancer survivors face higher illness risk

A first-of-its-kind study found that young cancer survivors face significantly higher risks of developing chronic medical conditions compared to their peers without cancer.

[Learn more >](#)



What's at stake with federal research funding cuts

From diabetes to full-body scans to neurological conditions like Lou Gehrig's disease, here are a few groundbreaking research areas at UC Davis made possible by federal funding.

[Learn more >](#)

Spotlight – Open enrollment is here



Fighting cancer with courage

At just five years old, AJ was diagnosed with Stage IV Wilms tumor, a rare kidney cancer that had already spread to both lungs. Doctors found a softball-sized tumor on his left kidney and lesions in his lungs.

[Read his story >](#)

Updates – COVID-19

COVID and flu shots now available

UC Davis Health is now 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 drop to 'Very Low'

California wastewater levels as of Oct. 17 were "very low and decreasing." Greater Sacramento/Sierra region levels were also labeled very low.

[More CA COVID dashboard data >](#)

Test positivity drops to 'Low'

For the week ending Oct. 11, statewide test positivity was labeled "low" at 3.9, a drop of ~3 since the last newsletter. Greater Sacramento/Sierra region levels also dropped to low.

[More CA COVID dashboard data >](#)

Hospitalizations 'Very Low'

The COVID-associated hospital admission rate per 100,000 was 1.9, a drop from 2.9 since 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 in the last issue of 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.