



## 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 trying to lose weight, our experts offer advice on when it's the right time to start a medication.

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#### 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 currently circulating variants. The CDC [recommends](#) everyone 6 months and older get an updated vaccine to protect against potentially serious outcomes of COVID-19 illness this fall and winter. The CDC is currently finalizing and distributing full recommendations about use of the updated vaccines, 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 have them available by the end of September. Timing depends on when the CDC completes its recommendations, as well as on shipments of new doses. As updates about scheduling through UC Davis Health become available, we will post them on the [vaccines page](#) of our coronavirus website. Appointments will be made available in MyUCDavisHealth or by contacting the primary care providers office 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. [See more >](#)

#### 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. [COVID treatments page >](#)

[Federal, state](#) and [county](#) sites may continue to report raw COVID data, but be aware that some data may be in transition, less relevant than before, and involve longer lag times. The CDC has determined that the hospital admission rates in its [COVID-19 County Check tool](#) are "a suitable and timely primary indicator" for monitoring COVID trends. The tool is updated Thursdays by 5 p.m. PST. It also links to the CDC's [COVID Data Tracker by-county page](#).

The tool recommends that if you are at high risk of getting very sick, you should talk with a health care provider about additional prevention actions. It also notes that people may choose to mask at any time. More information about recommended prevention measures by COVID level [is available here](#).