



A dietitian's guide to heart-healthy meals

When looking for a heart-healthy diet, it's important to focus on overall healthy dietary patterns and not necessarily "good foods" or "bad foods."

[See story and video](#)

News you can use – Wellness



Update: Bird flu & milk

The FDA on Tuesday announced that samples of pasteurized milk taken from grocery store shelves tested positive for bird flu. UC Davis Health experts explain testing, risks, and how to protect yourself. [Read more >](#)



The health benefits of olive oil

Learn about the various health advantages of this "green gold," and some ideas for adding olive oil – to replace other types of fats – into your diet. [Read more >](#)



Cancer is on the rise in younger adults

Cancer diagnoses have been rising in people under 50. Our experts offer advice and screening best practices to help younger adults protect themselves and detect cancer early. [Learn more >](#)

Spotlight – Research and innovation



Tie between hypertension and uterine fibroids?

A new study suggests treating high blood pressure, also known as hypertension, could play a role in preventing fibroids, a common condition for which there is no preventive treatment.

[Read more >](#)



Using AI to predict risk of liver cancer

New findings describe how predictive-learning can aid risk assessments for patients with metabolic dysfunction-associated steatotic liver disease or MASLD (formerly called nonalcoholic fatty liver disease or NAFLD).

[Read more >](#)

Updates – COVID-19

Reminder: Older adults able to receive additional dose of updated COVID-19 vaccine

In late February the federal Centers for Disease Control (CDC) [approved a recommendation](#) that allows adults ages 65 years and older to receive an additional dose of this season's COVID-19 vaccine.

People 65 years and older who received 1 dose of any updated 2023-2024 COVID-19 vaccine (Pfizer-BioNTech, Moderna or Novavax) should receive 1 additional dose of an updated COVID-19 vaccine at least 4 months after the previous updated dose, the agency says in its [updated vaccine recommendations](#). There is additional info on the page for Novavax recipients and immunocompromised people.

UC Davis Health patients 65+ can currently schedule the additional dose of the Moderna vaccine with us without an order from their health care provider. Most appointments can be made on your MyUCDavisHealth portal or by calling 916-703-5555 Monday-Friday 8 a.m.–5 p.m. Note: A provider order will still be required for immunocompromised patients.

For general information about scheduling COVID-19 vaccines at UC Davis Health, [see our vaccines page](#). Consumer pharmacy websites, the state [covid19.ca.gov website](#), California's [MyTurn website](#), and the CDC's [COVID vaccines pages](#) are among other potential sources of information about vaccine availability and scheduling.

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. [COVID treatments page >](#)

COVID and respiratory illness data tracking

The CDC [respiratory illness web tool](#) shows flu, RSV and COVID trends by county, and COVID hospitalization levels by county. The agency says overall respiratory illness activity in California is low, and COVID-19 hospitalization levels are low in the Sacramento region and across California. The CDC [respiratory virus updates page](#) also posts general updates on the nationwide situation.

[Federal](#), [state](#) and [county](#) sites may continue to report raw COVID data. Some data may be in transition, less relevant than before, and/or involve longer lag times.