



7 tips to reduce cancer risk

While some cancers form due to factors outside of our control, some lifestyle choices can help reduce your cancer risk. UC Davis Comprehensive Cancer Center experts share some here.

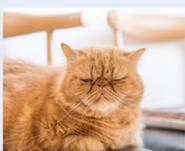
[Read the blog post](#)

News you can use – Wellness



Colon and rectal cancer on the rise in young adults

Colorectal cancer is now the No. 1 cause of cancer death for men under 50 and the No. 2 cause of cancer death in women in that age group. [Learn more about this trend](#), about [and about which screening is right for you](#), and see our [Health Library content](#) on these cancers.



How to recognize, relieve burnout

Burnout and stress can cause relationships to suffer. Our experts offer tips to combat burnout, and explain why humor can help ease stress.

[Read more >](#)

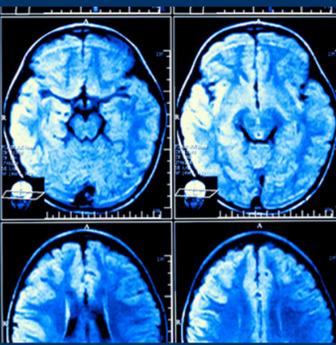


How to help the critical blood shortage

In January the American Red Cross declared a national emergency due to the shortage of blood. They're seeing the lowest number of people giving blood in the last 20 years. A single donation can save the lives of up to three people.

[Learn more >](#)

Spotlight – Research and innovation



Larger brains = less dementia risk?

The decade someone is born appears to impact brain size and potentially long-term brain health, say UC Davis researchers whose study found that human brains are getting larger.

[Read more >](#)



Climate change will fuel spread of infectious disease

A team of infectious diseases experts is raising the alarm about climate change's impact on the spread of diseases caused by viruses, bacteria, fungi or parasites, such as diseases caused by ticks.

[Read more >](#)

Updates – COVID-19

Older adults now 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 for Novavax recipients.

CDC Director Mandy Cohen said for those at highest risk, an additional dose of the updated vaccine can provide added protection that may have decreased over time since the fall dose. Most COVID-19 deaths and hospitalizations last year were among people 65 years and older, she said. The agency's [updated guidance for older adults](#) includes the additional dose.

UC Davis Health is offering COVID-19 vaccines based on CDC recommendations. Patients can schedule a vaccine appointment by calling their primary care clinic or through MyUCDavisHealth. [See details on our vaccines page >](#)

Consumer pharmacy websites, the federal [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.

CDC relaxes COVID isolation guidance

The federal Centers for Disease Control (CDC) updated its guidance this month about what to do when you're sick with COVID-19. [The new CDC guidance](#) addresses COVID, flu and RSV together and reduces the number of days to stay home – it is no longer five days for COVID – but still includes measures such as masking and distancing.

California's health department [updated its own isolation guidance](#) for people who test positive for COVID-19 earlier this year, also reducing the number of stay-at-home days in many instances.

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 >](#)

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 moderate, and COVID-19 hospitalization levels are low in the Sacramento region and much of 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.