

The UCD Wellness Connection

October 2024



Dental care before and during breast cancer treatment

You may be surprised to learn that, along with oncologists and physicians, the dentist is an important member of a cancer care team.

[Learn why →](#)



Halloween street and sweet smarts

Halloween is a fun holiday for children, but it can also be full of health and safety hazards for your little ghosts and ghouls.

[Help keep them safe →](#)



Celebrate National Dental Hygiene Month

Each October, we recognize the importance of oral hygiene and its connection to total health.

[Here's why →](#)



Eye health is related to whole-body health

Regular eye exams are not just for maintaining your vision.

[Learn more →](#)



Holiday Trivia

Are pumpkins a vegetable or a fruit?

Answer: Fruit