

## The UCD Wellness Connection



### **Vitamin D: why you need the “sunshine” vitamin when the sun isn’t shining**

It’s harder to keep your Vitamin D levels up during the colder months due to less sunlight.

[Here’s three ways](#) to make sure you’re getting enough.



### **Managing your visual and oral health with Multiple Sclerosis**

Multiple Sclerosis (MS) affects nearly one million people in the United States. Women are three times more likely to develop the disorder.\*

[Discover the effects](#) on the mouth and eyes.

### **National Endometriosis**

## Awareness Month

National Endometriosis Awareness Month falls in March. This is a great time learn more about this disease and its effects on oral health.

[Learn more](#) about the connection.



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**Source:**

\*Who Gets Multiple Sclerosis; Multiple Sclerosis Association of America; 2022. Retrieved February 2024.

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[Lea en Español](#)

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