

The UCD Wellness Connection

November 2024



COPD: A mouthful of trouble

COPD doesn't just harm your lungs. Your oral health is at stake, too.

[Learn how →](#)



Giving thanks to our family caregivers

Because caregivers spend so much time focused on others, it's easy for them to forget their own health. They need our support to stay healthy, improve their caregiving skills and remain in their caregiving roles.

[How to help →](#)



Give your gut some TLC

This time of year, the focus is on food. This can be tough for people with stomach cancer, especially those living without a stomach.

[Learn more →](#)



Turkey day trivia

How many calories are in a typical Thanksgiving dinner? (Hint – it's the equivalent of eating 1,000 M&M's!)

[Find out →](#)