

The UCD Wellness Connection

May 2026



The ultimate co-pilot — how your vision guides every drive

Could undetected vision changes be putting you at risk on the road? From navigating bright glare to dark nights, your eyes handle it all.

[Keep them safe →](#)



Small stones, big pain in the salivary glands

The health of your mouth depends on more than just your teeth. It's important to understand why healthy saliva is key, what can go wrong and how to prevent painful issues.

[Get the scoop →](#)



Nurturing your gums through your monthly cycle

Beyond mood, energy and appetite, hormonal shifts during a woman's monthly cycle can influence the mouth.

[Discover the changes →](#)