

February 2024

## Introducing the UCD Wellness Connection

Same great content, with a refreshed name and a focus on Total Health



### Effects of eating disorders on your oral and overall health

Eating disorders can affect the health of your entire body. This can lead to unhealthy weight loss, nutrient shortages and oral health issues.

[Here's how](#)



### Bridging the gap between heart disease and oral health disparities in children

Regular preventive dental care helps maintain quality of life. It also plays a large role in managing conditions for children with heart problems. Yet, some children lack access to the care they need.

[Learn more about the connection](#)

## Tips for kids to keep the mouth monsters away

Tooth decay is the number one chronic childhood disease in the U.S. A good dental routine in childhood can help prevent tooth decay.

### Tips you should know



## 5 facts you need to know to protect your pet's oral health

Pets need oral care too! From brushing to visiting the veterinarian office, learn ways to help protect your pet's oral health.

### Learn how

[Lea en Español](#)

[Download the pdf](#)

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