

The UCD Wellness Connection

April 2026



New ways to spot oral cancer

Oral cancer can be a serious health concern, but new technologies are giving dentists more ways to detect it.

[Explore the advancements →](#)



The link between pollen and your plate

Is your immune system playing tricks with your snacks? Your mouth might have an allergic reaction to certain healthy foods, even without a common food allergy.

[Discover why →](#)



Give back, smile brighter

Volunteer month is a time to celebrate those who give their time to help others. But did you know that giving back benefits your own health?

[Here's how →](#)