

# The UCD Wellness Connection

January 2026



## Eye up a healthier 2026

Give your eyes the care they deserve this year with these easy, everyday tips.

[Prioritize your vision →](#)



### Milk and your teeth: A delicious debate

While the calcium in milk is a champion for your smile, there's a sneaky side to your favorite dairy drink that could be causing hidden harm.

[Uncover the truth →](#)



### Protect your oral health on GLP-1 medications

The benefits of GLP-1s are a hot topic. But what you might not know is that these drugs can cause oral side effects.

[Spot the signs →](#)



### Your child's oral health can affect their learning

The health of your child's smile can directly impact their success in class. This key link is something many parents overlook.

[Help them succeed →](#)