

The UCD Wellness Connection

September 2025



Don't ignore the bleeding: your gums need attention

Do you see blood in the sink after brushing or flossing? That's not normal. Bleeding gums are a red flag that your gums need help.

Show them love →



The surprising link between ovarian cancer and oral health

Ovarian cancer treatment can throw your mouth for a loop. But we've got the cheat sheet to help you keep your smile healthy.

[Get the details →](#)



Mouthguards: not just for athletes

You might think that mouthguards are only for football players or boxers. But these handy protectors can help with several mouth issues.

[Discover your options →](#)

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