

The UCD Wellness Connection

April 2025



Poor oral health can worsen rheumatoid arthritis

Having healthy gums can help reduce rheumatoid arthritis (RA) inflammation.

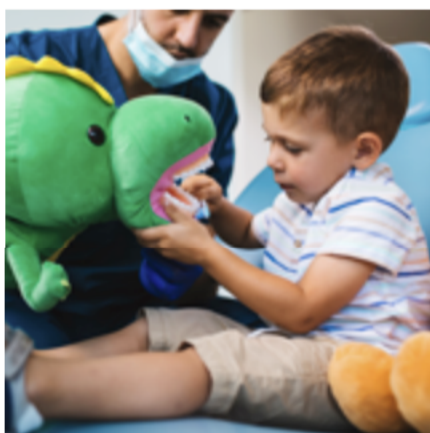
[Ease your RA →](#)



Alcohol's hidden effects on your overall health

Sure, too much alcohol leads to a hangover. But did you know it can cause a lot more than just a headache?

[Learn the risks →](#)



Understanding sensory barriers in autism

Managing oral and visual health care for your autistic child or family member can be hard.

[Learn how to help →](#)



Volunteer your time and improve oral health

Want to make an impact this National Volunteer Month? Discover simple ways to support healthy smiles in your community.

[Give back today →](#)