

Do GLP-1 drugs really help with weight loss and obesity?

About 1 in 8 Americans have used GLP-1 drugs like Ozempic or Wegovy. Learn more in this series of articles about GLP-1 weight loss, how the drugs affect the body, and ways some UC Davis Health providers are approaching their use.

[See the blog post](#)

News You Can Use – Wellness



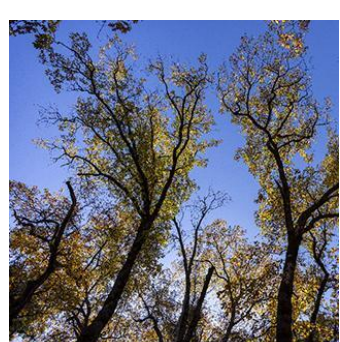
The leading cause of cancer death in adults under 50

The death of “Dawson’s Creek” actor James Van Der Beek at 48 highlights the risks from colorectal cancer, where mortality is still rising in younger adults. Here a colorectal surgeon shares ways to detect it early.

[Read the Q&A](#)

[Listen to the podcast episode](#)

[Health Library: Colon & rectum cancers](#)



Ways to reduce spring allergies

A UC Davis allergist immunologist, horticulturalist and master gardener each spoke to PBS KVIE Abridged about the local plants contributing both beauty and pollen to our area this week.

[Read the Abridged story](#)



Signs you’re ready for hip replacement surgery

Hip replacements are getting more common, and for many people can vastly improve quality of life. An orthopedic surgeon fields questions about the procedure, recovery, and how long replacements last.

[See the blog post & video](#)

[Health Library: Hip replacement](#)

Spotlight – Research & Innovation



Daylight saving time triggers more migraines, cuts deep sleep

UC Davis Health researchers tracked headache diaries and sleep sensors to uncover the effects of the annual spring clock change.

[Read about the research](#)

Spotlight – Clinical Updates



New primary care patient appointments are now available at [our new Folsom Medical Care Clinic](#), located at 14264 Innovation Dr. near Hwy 50 and E. Bidwell.

- Accepting [many PPO plans](#).
- New patient appointments: [916-734-0702](#) (operators available Mon-Fri, 8 a.m. to 5 p.m.).
- For more information and services [explore our Folsom Clinic](#).

Updates – Respiratory viruses

Measles and HMPV levels rise

A little-known seasonal virus called the human metapneumovirus, or HMPV, has been spiking in the U.S. and surging in Northern California. A UC Davis Health infectious disease expert shares background about this viral “relative” of RSV below, and also provides a measles refresher due to outbreaks around the U.S.

[Read more about HMPV](#)

[Read more about measles](#)

State of California virus data

In its March 13 [Respiratory Virus Report](#), the California Department of Public Health said RSV activity remains elevated in California. The agency has extended the recommendation of RSV immunization with monoclonal antibodies of eligible infants and children through April 30, 2026. Insurance coverage of RSV immunization will continue.

Hospitalizations high for RSV

For hospital admissions in the Sacramento region were “high” for RSV, but low across California. For both areas, hospitalizations for flu were low and COVID very low.

[More dashboard data](#)

Test positivity high for RSV

As of March 13, RSV test positivity for both California and the Greater Sacramento/Sierra region were high. Flu positivity was moderate and COVID was very low.

[More dashboard data](#)

Wastewater levels moderate for RSV

As of the March 13 report, wastewater levels of RSV for both California and the Greater Sacramento/Sierra region were moderate, while flu levels were low and COVID very low.

[More dashboard data](#)

Government respiratory disease resources

Vaccine rules and advice from different levels of government are actively changing. This may mean that some information on the pages below, and on other government health websites, may not be up to date (or may conflict).

- [Public Health For All vaccines page](#) (State of California)
- [Immunizations for Respiratory Viruses Prevention](#) (federal government)
- [COVID vaccine scheduling](#) (UC Davis Health)
- [Flu vaccine scheduling](#) (UC Davis Health)
- [COVID & flu tests & treatments \(“I’m Feeling Sick” resource page\)](#) (State of California)
- [Info on at-home COVID treatments](#) (UC Davis Health)

*Other data disclaimers

The hospitalization and wastewater data regularly shared in this newsletter is the most recent available on government websites as of the date of newsletter publication. That weekly data typically lags several days behind the date of the newsletter itself.

Numbers reported by CDC and CDPH web pages may differ. For example, agencies may incorporate different scoring systems, data sets or data points.