# Q&A with Leyla

written by Dr. Ronald Hoffman | December 19, 2024

### Q&A with Leyla, Part 1: Lifespan vs. Healthspan

- WHO Study on lifespan vs. healthspan in 183 countries
- Is there a danger in taking a supplement that enhances immunity if you have an autoimmune condition?
- I've had DCIS twice and feel I've received far too many mammograms. Can you discuss overtreatment?

Q&A with Leyla, Part 2: Overactive Bladder

- What does standardization in a supplement mean?
- Does the decaffeination process reduce beneficial polyphenols in coffees and teas?
- I've lowered my blood sugar but now my liver function tests are high. What gives?
- Is there a holistic treatment for hyperparathyroidism or is surgery the only option?
- What do you think of Gemtesa for overactive bladder?