# Q&A with Leyla: Potatoes and Diabetes

written by Dr. Ronald Hoffman | September 4, 2025



Potato intake and diabetes risk; How much daily leucine is required to regain muscle? Is a statin necessary with a zero calcium score? How to dose vitamin D; Are omega-3s proinflammatory? Is magnesium beneficial in preventing pancreatic cancer? Products for hair regrowth; And more!