# Q&A with Leyla: Is Canned Fish Safe?

written by Dr. Ronald Hoffman | December 11, 2025

Antioxidants and resistance training for treatment of sarcopenia; Is canned fish like sardines safe to eat? The benefits of magnesium threonate; Is creatine helpful in building bone strength in osteoporosis? Thoughts on the REMS ultrasound to diagnose bone mineral density status? What to do about an upward trending PSA; Can diabetes meds cause erectile dysfunction?