# Q&A with Leyla: Does nicotine destroy the spine?

written by Dr. Ronald Hoffman | January 15, 2026

A spoof on suggested nutrition guidelines; Does nicotine destroy the spine? Suggestions for an 88-year-old man with an irregular heart rate. “My PSA is on an upward trend since my last test. Should I stop taking testosterone?” Essential tremors; “I wake often during the night. What can I take to help me stay asleep?” And more!