

# Q&A with Leyla: The Case for Language Learning for Older Adults

written by Dr. Ronald Hoffman | February 5, 2026



The case for language learning for older folks; Are there any adverse interactions between curcumin and low-dose Crestor? The benefits of taking vitamin D with vitamin K; Can taking creatine artificially raise PSA levels? Thoughts on the multidetector CT scan; And more!