# ENCORE: Intelligent Medicine Radio for February 14: Topical Steroid Withdrawl

written by Dr. Ronald Hoffman | February 16, 2026

TSW—Topical Steroid Withdrawal—when you're hooked on steroid creams for a skin condition and can't get off; Vitamin D and Omega-3 supplements reduce risk of autoimmune conditions; How long to curtail fish oil before a medical procedure or surgery? Supplements for neuropathy; Daylight Savings Time changeover health myths busted; The vaunted DASH Diet for hypertension faces off against low-carb alternative; The critical first 1000 days after conception—early life sugar avoidance yields major later life health dividends; And more!