# ENCORE: Q&A with Leyla: Avoiding Microplastics

written by Dr. Ronald Hoffman | March 19, 2026

Transcatheter Mitral Valve Replacement (TMVR); The impact of hops on the microbiome; Avoiding microplastics; Thoughts on continuous blood pressure monitors; Should certain supplements be taken at different times of day or apart from each other? Thoughts on the HPV vaccine; And more!