Q&A with Leyla: In-Door Stair Climbing

written by Dr. Ronald Hoffman | June 11, 2026

Deprescribing meds in older adults; Treating C. difficile; Stair climbing indoors in bad weather instead of walking outdoors, is this worthwhile? The FDA no longer recommends use of radiation shields during x-ray procedures? Magnesium taurate to control palpitations? Performance-enhancing drugs in professional sports; And more!