# Q&A with Leyla: Protein Intake Across the Lifespan

written by Dr. Ronald Hoffman | August 6, 2026

Considerations for protein intake across the lifespan; My bone mineral density has improved with strontium, should I stop taking it? My HgbA1c is steady at 5.5, could I reduce my metformin dose? I have a large gallstone and am wondering what the pros and cons of having my gallbladder removed are; Is there an easier way to ingest supplements? And more!