# Q&A with Leyla: Advice for Lipedema

written by Dr. Ronald Hoffman | September 10, 2026




Ultra-processed foods’ impact on postpartum depression/psychosis; Trigeminal neuralgia after recent extensive dental work; The optimal total testosterone level for an 84-year-old male; Can the xylitol in my nasal spray have an adverse impact on heart health? Advice for a 25-year-old with lipedema; And more!