# ENCORE: Q&A with Leyla: Excessive Sweating

written by Dr. Ronald Hoffman | November 26, 2026

The secrets of the world’s oldest woman; Plasmalogens; Advice for a 24-year-old recently diagnosed with Crohn’s disease; Recommendations for a calcium score of 1200; “My husband has been sweating like crazy during our walks, what may be causing this?” How serious is RSV for seniors?