

THURSDAY, MARCH 13, 2025
ADVERTORIAL, ENTERTAINMENT INDUSTRY
PROMOTIONAL FEATURE

## Get your boys in check: Sidharth

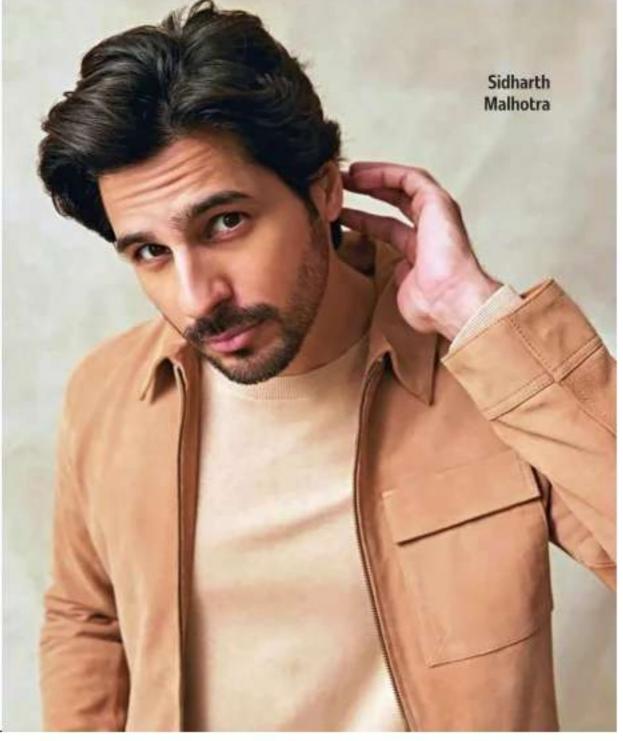
sidharth Malhotra and Kiara Advani recently announced that they're expecting their first child. In a recent podcast episode, Sidharth opened up about parenting. "Get your boys in check and that would be my intent whenever in life that a point would come, be it a girl or a boy. (Instilling) values, ethics and being a kinder and more sensitive human being is important. I rewhere recently, being a male

man being is important. I read somewhere recently, being a male is by birth but being a man is by choice," the actor told Lilly Singh.

When asked what does it mean to be a man, Sidharth said, "Exact-

Growing up, my father used to travel a lot, months and months, and we were pretty much raised by my mom, my elder brother and I. She was a rockstar, playing the role of both the parents at times. I think she's been a major influence in both mine and my brother's life

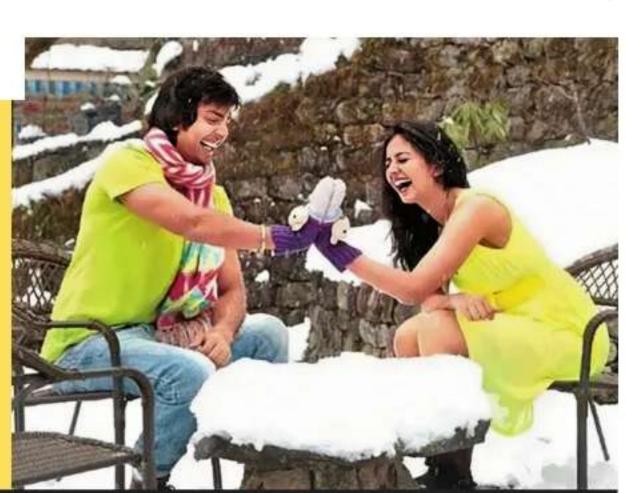
ly this that you start taking responsibility for your own action. You start being more accountable and sensitive towards what you are saying to your family members, to your partner, that's what I wish and hope."

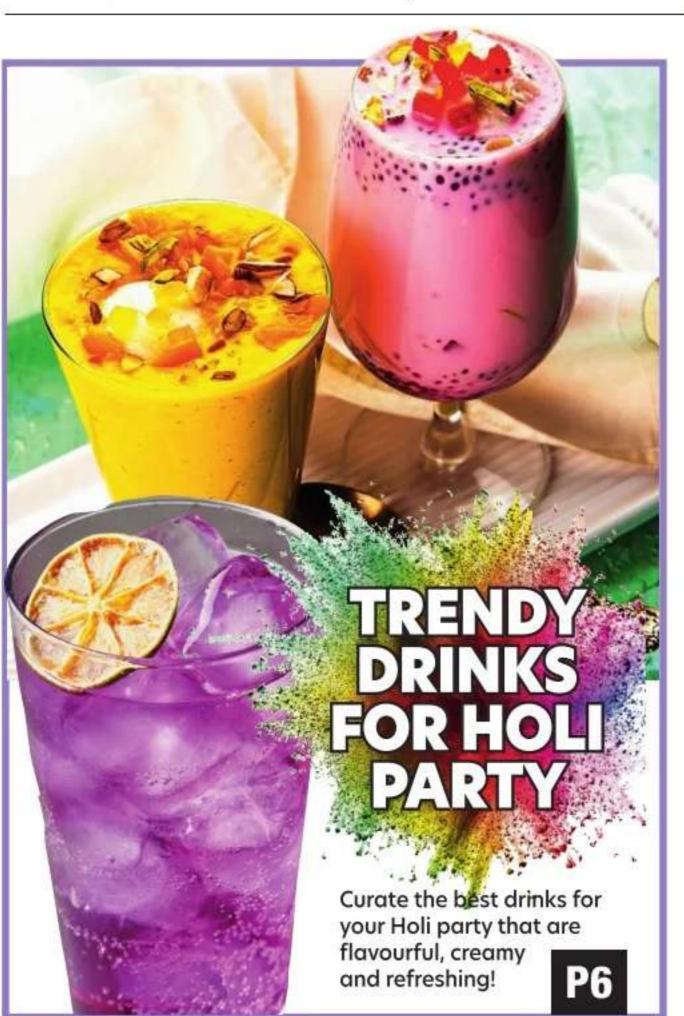


## Buzzstop

#### HEMANSH & RAKUL'S YAARIYAN SET FOR A RE-RELEASE

Coming-of-age film
Yaariyan, which marked the
Bollywood debut of actors
Hemansh Kohli and Rakul
Preet Singh, is returning to
the big screen. The film will
be re-released on March 21.







## World KIDNEY Day

## ARE YOUR

Detect Early, Protect Kidney Health

Diabetes kidney disease:

Stages and their symptoms

Dr. L. Meenakshi Sundaram

ften asymptomatic

orbidity and mortality. CKD

lassified into five stages based of

Stage 1: Normal GFR (≥90), m

idney damage, usuall

age 2: GFR 60-89, mild damag

tage 3: GFR 30-59, moderati

image with symptoms like fatigu

ige 4: GFR 15–29, severe dama

ige 5: End-stage renal disease (GF

15), requiring dialysis or transplant

Correlation between Heart Rate,

Blood Sugar Levels, and Heart Health

e kidneys regulate sodi

increas

iabete

o increase

ortality rate

ardiovascula

causes. Elevate

ellitus, leadi



## World KIDNEY Day

## ARE YOUR

Detect Early, Protect Kidney Health

Obesity – Silent Strain on Kidneys

#### Types of Kidney Cancer

Cancer Clear Cell Rena Cell Carcinom (ccRCC): The most common subtype making up 70 75% of kidney cancer cases. Patients should

be educated about treatment options like surgery, targeted therapies, and

immunotherapy. Papillary Renal Cell Carcinoma (pRCC Accounts for 15-20% of cases. Educatio should include the genetic factors associated with pRCC and the need for close monitoring It is categorized into type 1 (basophilic) and type 2 (eosinophilic)

Chromophobe Renal Cell Carcinoma: A rare subtype, comprising around 5% of cases Patients should be informed about its distinct features and tailored treatment options. Collecting Duct Carcinoma and Medullary that require specialized care. Patients should be educated on the aggressive nature of the cancer and the importance of early intervention.

Dr. P.Selvapandian

Chennai

Diabetes and the potential health complications

complications of diabetes include eye problems

gum disease, increased cancer risk, and sexual

dysfunction. Acute complications can arise

retinopathy), foot issues, cardiovascular risks, kidney

damage (nephropathy), nerve damage (neuropathy),

unexpectedly, such as hypoglycemia, hyperglycaemia,

ketoacidosis (DKA). Effective diabetes management is

iabetes mellitus is the

kidney disease (CKD)

leading cause of chroni

affecting 20–30% of type 2 diabetes

rellitus patients. The combination

of diabetes and CKD increases

morbidity and mortality due to

heightened cardiovascular risk

Glycaemic control is challenging in

these patients, with treatment

hyperosmolar hyperglycaemic state (HHS), and diabetic

crucial to reduce these risks and enhance overall health

Blood sugar monitoring: Best practices

Dr. B Suresh Kumar

Dr. K.Padmanabhan idings but can

invasive. Continuous glucos onitoring (CGM) offers real-tin going data via a small sensor under t n, allowing individuals to track tre sh glucose monitoring works sim t requires scanning the sensor for dat nerging non-invasive technologies measure glucose levels without blo mples. Smartphone apps help adings, track meals, and mon ctivity. Regular monitoring ar

nable informed decisions about di

iabetes mellitus (DM)

persistent high blood glucose

evels, primarily categorized

diabetes (T2DM). While Type

and older adults due to poor

lifestyle choices. Chronic

nto Type 1 and Type 2

ercise, and medication, enhanci

betes management and promoting

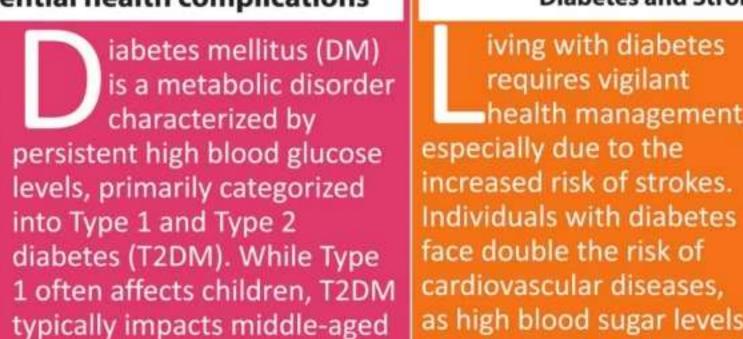
#### Diabetes reversal: Does it work?

Dr. S Sridhar Endocrinologist

ype 2 diabetes mellitus (T2DM) is shifting from being viewed as an incurable chronic disease to one where "reversal" is possible. The WHO's 2016 report acknowledged that weight loss and calorie restriction can lead to remission, defined as maintaining HbA1c below 6.5% without medication. Key

strategies for reversal include lifestyle modifications, such as ilored diets (50-60% carbohydrates, 30% fats, 15-20% protein) and physical activity. Bariatric surgery and lowcalorie diets have shown significant success. However, challenges like sustainability and the need for ongoing support remain. Informing patients about their options is crucial in managing rising diabetes rates.

#### Diabetes and Stroke prevention



as high blood sugar levels can damage blood vessels, making them more susceptible to blockages. Maintaining blood sugar within the target HbA1c range is crucial to protecting vascular health. Additionally,

diet, regular exercise, smoking cessation, and adhering to medications. Proactive management can significantly improve overal health and reduce stroke likelihood for those

managing cholesterol and blood pressure

through regular health checks is essential. To

reduce stroke risk, individuals should adopt

healthy lifestyle changes, including a balanced

### Diabetes and Silent heart attack



ittacks," which can occur without oticeable symptoms. This conditio esults from diabetic neuropathy, vhere nerve damage masks typical varning signs. Symptoms may include nild discomfort, cold sweats, fatigu r pain in unusual areas like the jaw o eck, making detection difficult. Sile leart attacks can lead to significant leart damage, increasing the risk of uture heart attacks and complications ke heart failure. Individuals with liabetes should prioritize regular check-ups and remain aware of subtle ody changes to safeguard their ardiovascular health.

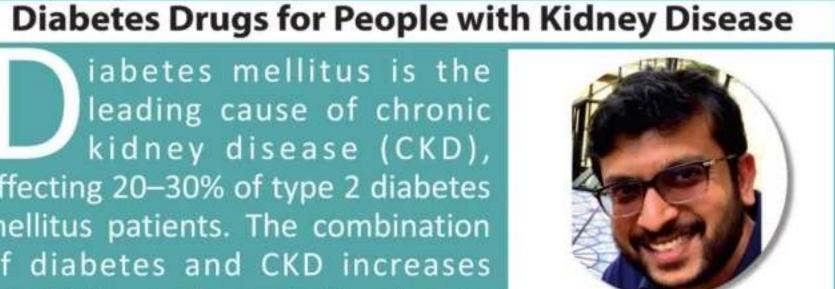
Dr. PL Karthik

Consulting Physician

Dr. Manoj Kumar Shah

eart rates may contribute to diabetes risk flecting the balance of the autonor ervous system. Heart rate (60-100 BPN rves as a key indicator of cardiovascu ealth, while blood sugar levels (70-100 ng/dL) indicate glucose regulation evated blood sugar triggers stres onses that can raise heart rates, whi ar exercise improves both heart rat insulin sensitivity. Increased resti art rate is linked to higher fasting blo ose levels, emphasizing the need t viduals, especially those with diabete monitor these variables for bett

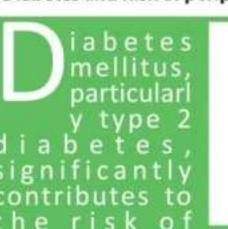
### with diabetes.



Dr. V Sanjay Moses

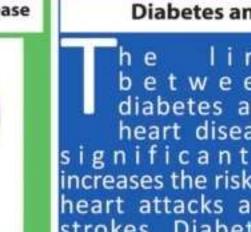
complexities and insufficient data supporting tight control. While insulin is traditionally safe, alternative oral medications like Biguanides, sulfonylureas, and Glinides are also considered, each with specific risks. SGLT2 inhibitors, DPP-4 inhibitors, and GLP-1 analogs have shown promise in managing diabetes in patients with kidney disease. Careful management is crucial for optimizing patient outcomes.

#### Diabetes and Risk of peripheral artery disease



rosclerosis

d cardiovascular diseas ig peripheral arterial di Atherosclerosis involves f nulation in arteries, leadi ischemia and cardiovasc plications like myocardi rction and stable angina. Ma k factors for PAD include diabe pertension, smoking, perlipidemia. Studies show eading risk factor for PAD. Ot al dysfunction, elevated HbA



diabetes and heart disease strokes. Diabetes damages blood

vessels and nerves, neightening the likelihood cardiovascular complications ndividuals with diabetes are mor ikely to experience early heart attack especially if they also have condition ike metabolic syndrome or genet predisposition. Contributing factor include high blood pressure an sugar levels can cause artery stiffenin eading to atherosclerosis. Myocard infarction is common in diabetes, wi women with Type 1 Diabetes facing higher risk of heart failure. To prever heart complications, individua should maintain optimal blood suga levels, quit smoking, manage weig and blood pressure, engage in regula

#### **Diabetes and Heart disease**



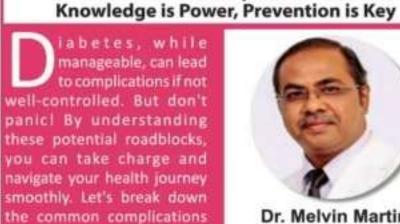


Decoding Your Kidney's Report Card:

### When Your Kidneys Need a Helping Hand: Understanding Dialysis



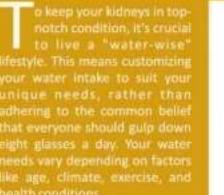
exercise, and control cholesterol.



**Diabetes Complications:** 

how to keep them at ba

#### Water Wisdom: Key Tips to Keep Your Kidneys Healthy

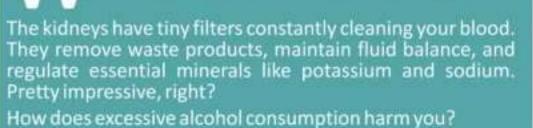


Dr. R M Muthiah

Consulting Physician

### Save Your Kidneys from Alcohol's Impact

all know alcohol isn't exactly a health elixir, but w does it affect our hardworking kidneys?



Alcohol flushes fluids out of your body, leaving yo kidneys scrambling to catch up. This dehydration can tress on these organs and hinder their ability

Alcohol raises blood pressure, which is a major ris factor for kidney disease in the long run Heavy drinking can directly damage the delica structures within your kidneys, leading to chronic kidne

If liver damage occurs due to alcohol, it can affect how your body processes toxins, placing ar

extra burden on your kidneys. ge drinking: A Kidney Nightmare uming a large amount of alcohol in a short period can lead to acute kidney injury, where you

neys suddenly stop working efficiently. Fortunately, this is often temporary when prope dical care is given. However, repeated episodes can cause lasting damage.

r women, low-risk drinking is no more than 3 drinks on any single day and no more than 7 d per week. For men, it is defined as no more than 4 drinks on any single day and no more than 14 is can change depending on the presence of other disease conditions and hence, it's best to

uss with your doctor for personalized advice. understanding how alcohol affects them and making smart choices, you can keep the ioning their best for years to come!

## **Understanding Autosomal Dominant**



**Understanding Urinary Tract Infections (UTIs)** 

richia coli (E. coli), a

Chennai

Don't Let Your Blood Pressure Squeeze Your Kidneys: Hypertension and CKD

ventive measures play a pivotal role in breaking the link between obesity and kidney issu iditions such as diabetes and hypertension are crucial steps in mitigating the risk of obes

oactive health management can significantly contribute to maintaining optimal kidn

Dr. Sarita Vinod

### Powerhouse Foods for your kidneys!



**Understanding Your Kidney** 

Consulting Physician

anberries: These tart berries may help prevent urinary tract infections (UTIs), wh

the good stuff, like nutrients and water, and flush away ha

e, make red blood cells, and keep your bones strong by acti

Dr.C.Ramesh Kumar

Consulant Urologist

Dr. Rajiv Annigery

Sugar, Caffeine and Heart health

ular health, increasing the

likelihood of premature heart

disease and stroke. In the

average Indian diet, sugar

accounts for at least 10% of

daily calories, with many

the recommended amount.

Common sources include oily

unk food, sugary beverages,

promotes inflammation,

ar intak

risks to

cardiovasc

Dr. Ranjani Muthu



mellitu T 2 D M

to high blood pressure, and and hyperinsulinemia. These disturbances lead to imbalances in urine composition, promoting the accumulation of calcium, oxalate, and uric acid, which form kidney stones Insulin resistance increases calciun excretion, while elevated insulin level acidify urine, increasing the likelihood of calcium and uric acid stones. Additiona factors, such as high protein, sugar, and sodium intake, obesity, and certain medications, also contribute. Managing these risks through lifestyle changes and medical interventions is crucial for promoting kidney health in T2DM

## diabete

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### **Get Rid of Kidney Stones Naturally**



Consulting Physician

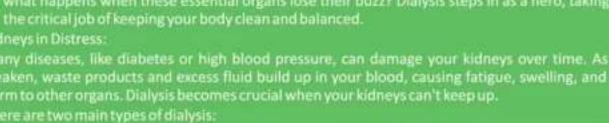
sider limiting or avoiding beef, poultry, fish, and pork

### Kidneys and Creatinine



cidence and related complication

Dr. K. Thirumal Valavan



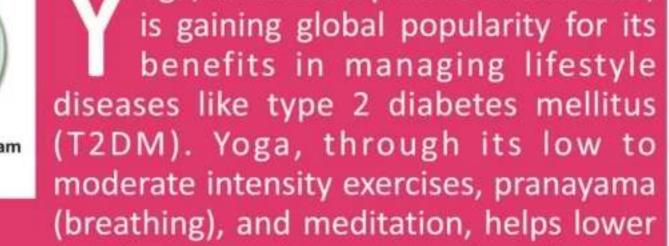




benefits in managing lifestyle diseases like type 2 diabetes mellitus moderate intensity exercises, pranayama (breathing), and meditation, helps lower

parasympathetic activity, promotes weight loss, and improves metabolic and inflammatory responses. Evidence from various studies investigating yoga as an intervention show yoga as an effective, low-cost option for T2DM management and prevention. With growing acceptance worldwide, yoga could reduce the future burden of diabetes, providing a sustainable, evidencebased option for improving overall health.

## Yoga helps in controlling high blood glucose levels

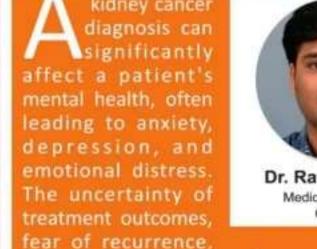


(T2DM). Yoga, through its low to blood glucose levels and reduce stress. It enhances

Dr. Shyam Sundar B

ntal well-being. It's important for patients to k emotional support from family, friends, or vide a sense of community and shared erience. Managing stress through relaxation niques, mindfulness, and staying connected healthcare providers helps in coping with t otional burden. A holistic approach ressing both physical and mental health, intial for improving overall quality of life ing and after treatment.

## The Impact of Kidney Cancer on Mental Health



hese challenges. Coping with the changes i



stressing the heart and blood vessels. Balancing sugar intake with informed choices and prioritizing natural sugars can help mitigate these health risks and promote overall well-

flavoured dairy products, and processed foods. High sugar consumption raises triglycerides and "bad" cholesterol levels, contributes

Dr. R.Karthiga

Polycystic Kidney Disease (ADPKD)

ncludin nsuli Dr. R.Kedarnathan esistanc nflammatio These factor in turn

xcessiv

body weigh

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visceral fa

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range o

metabol

roactive health management can significantl with excess body weight.

are crucial steps in mitigating the risk of obesity-relate

#### Burning Sensation When You Pee?

#### Connection between Diabetes and Kidney stones consuming two to three times

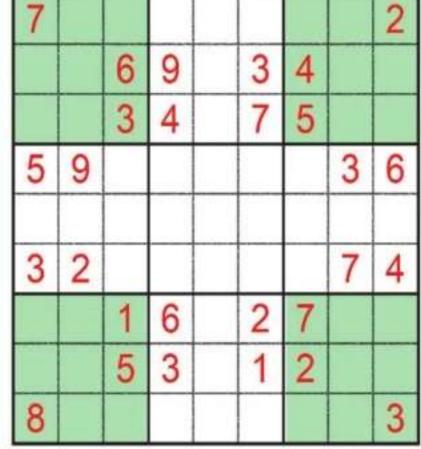


significantl increases the ris of kidney ston formation due t metaboli disruptions caused by insulin resistance

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HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution

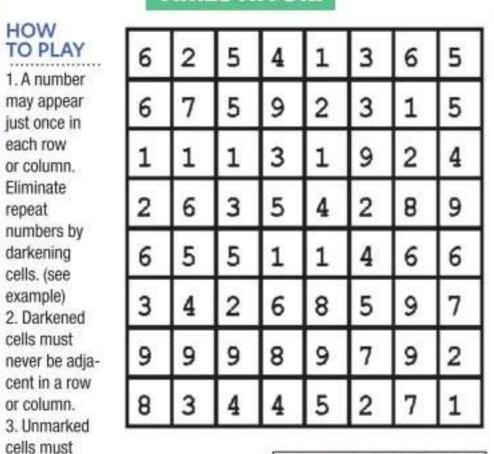
#### **SPELLATHON**

**Today's Ratings:** 02-average | 03-good | 04-outstanding



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

#### TIMES HITORI



create a single continuous area. undivided by darkened cells. 4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated. 5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6 4 6

HOW

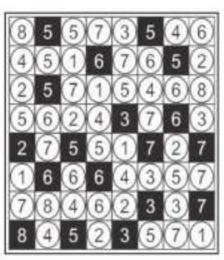
each row

Eliminate

example)

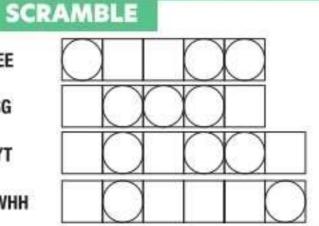
repeat

6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6



Rearrange the letters in the CEMEE four word jumbles, one SYASG letter to each square/circle, FINLYT to make four ordinary words

**OOSWHH** HOW TO PLAY Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated



and good Publilius Syrus (6,5)

today, but don't let this hinder your pro-

gress. Your positive attitude can help you

accomplish more than expected. Trust your

SAGITTARIUS: A fresh start is in the cards

for you, but responsibilities may force you

to postpone a trip. Use your common sense

to analyse the situation, and be realistic

CAPRICORN: Today, you might be tempt-

ed to overlook your personal needs in fa-

vour of others. Try to expose your vulner-

ability, even if it feels uncomfortable. Your

busy schedule will challenge you, but you'll

about what you can commit to

instincts before jumping into anything.

two of life's greatest blessings.

ARIES: Focus on getting things in order today, though unexpected events may occur. Organize your tasks to avoid unnecessary overtime and tackle any paperwork that comes your way.

TAURUS: While certain relationships may have felt strained, you'll be pleasantly surprised by positive developments. If you have something you've been keeping to yourself, now may be the time to share it. Don't let frustration cloud your judgment. GEMINI: Take time out of your busy schedule to look ahead and envisage where you would most like to be a month or two from now. You won't be able to start on your journey immediately but you can at least lay the

groundwork for later on. CANCER: Reach out to others today, as keeping things to yourself may lead to misunderstandings. If you've been feeling stuck in a property transaction, frustration may be getting the best of you. Stay patient.

LEO: Rather than trying to resolve your emotional inconsistencies, focus on forgiveness and moving forward. Taking small steps will help you regain balance and bring stability

#### **FINOLEX FORTUNE**

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See what the stars have in store for you - according to your moon sign.

back into your life. VIRGO: A money matter or business issue must be resolved immediately. If you put it off any longer it will be taken out of your hands and there is no guarantee that the decisions others take will benefit you person-

ally. Act now, today, this very minute. LIBRA: You may need to postpone fun in favour of fulfilling commitments. Think of it as practical planning rather than a sacrifice. Recognising potential instead of criticising will lead to smoother outcomes. SCORPIO: You may feel emotionally blocked

AQUARIUS: Responsibilities may prevent you from taking a break today. Your highenergy life is about to get even busier. Stay

patient, and don't let temporary stress distract you from your goals. PISCES: Your dedication and diligence has not gone unnoticed and it is more than possible that by the end of the day someone in a position of power will be singing your praises. You deserve every word of it too, so don't pretend to be modest

Example

#### 13/03/2025 Wednesday's Puzzle Solved 1 Brand with a four-ring ACHES YEAR LOCA CHEST UGLLY RIATA MOLE S L U M (B) E R P (A) R T (Y) ELSA FETA CHAINMAIL SOITISOPP CODORADOROCKIES DOHSHINES 19 Welcome downfall for MUSCLECAR IDOS SHIA HANS CHOPPYWATERS LLAMA OPAL 25 Harry and Sally from DUPES YETI "When Harry Met Sally SMASH SEEM BETA ©2024 Tribune Content Agency, LLC 12/03/2025 29 "Stop poking me!"

THE DAILY CROSSWORD

31 Brewpub offering translates to "festival of the first day" DOWN

7 Against

8 Long-lasting do

11 Like a stick

9 Par for the course

10 \_\_ na tigela: Brazilian

dish with berries

12 Karaoke selection

14 Disney character

initially called

21 May honorees

Experiment 626

1 Italian wine town

2 E pluribus 41 Natural hairstyle 3 Shuffleboard piece 42 Cadence 4 Onetime Apple media 44 Bread flour 45 Inexperienced sort 47 Some field journalists 5 Larger 6 Take a toll? 49 Oscar-winning song

55 Traveling 56 Rule 58 "Helpful hardware folks" company 59 Golden Arches order with two patties, and

an apt title for this

from "Mary Poppins'

54 African cackler

By Matthew Stock

5 Box in, perhaps

9 D.C. ballplayers

from Texas

18 Hindu practice

a gardener

23 Kindergartener

24 RV park chain

...," e.g.

33 Big changes

39 Soft mineral

40 "Your Majesty"

34 Race unit

37 Perjurer

20 "Wait for meeeee!"

14 Bock: dark beer

16 Dieciséis dividido

13 Small cut

por dos

17 Behind

ACROSS

puzzle 62 Higher ed hurdle 63 Not feeling so hot 64 Passed (out) 65 Put a spell on 66 In medias 67 Comes out with

68 Vietnamese holiday whose full name

**EVENTS** 

**EXHIBITION** 

Standup Comedy:

Open Mic - A stand up

comedy open mic event

skills at 7.30pm at Fika

for comics to try their

22 "Silly me!" 25 Rollers that might get 26 Vow 27 "Uh-huh ... "

Adyar

Music Festival:

drama - Srinivasa

Bharatanatyam dance

15 Amass

stuck in the mud 28 Gaelic speaker Chennai, Gandhi Nagar,

61 Mormon church inits. Sridevi Nrithyalaya, choreographed by Sheela

Unnikrishnan at 6.30pm

at Kanchi Mahaswamy

Anantha Mandapam,

30 Rare spot for a No.

31 Astronaut Shepard

32 Progression from birth

35 Creative's credential

42 Suggestion, casually

43 Nothing to write home

12 seed

to death

36 Matar paneer

vegetables

orange belly

40 Buffalo NHLer

46 Prayer leader

52 "Euphoria" actress

60 "Wicked" director Jon

about

48 Trifling

50 Tore into

51 "Uh-uh!"

Apatow

54 Small margin

of victory

57 On deck

53 E- kin

38 Songbird with an

Gandhi Nagar, Adyar Kalyanam by students of Email us at chennaitimes@timesofindia.com

## 'Early screening for chronic kidney disease in diabetes is essential'

Dr Jayanivash J-Consultant-Interventional Nephrologist, SRM Institutes for Medical Science. Chennai, early screening for chronic kidney disease (CKD) is crucial for diabetics, as it allows for timely intervention and better management of this potentially severe complication.

"Regular screening can detect kidney damage before symptoms appear, significant ly improving outcomes," he

About the screening procedure, he informs, "Screening involves a simple urine test and a blood test to check how well the kidneys are working. Additional tests may include serum creatinine, blood urea nitrogen,

Early screening helps catch chronic kidney disease early, allows for counseling and treatment, and, if needed, referral to a kidney specialist Dr Jayanivash J

Dr Jayanivash J and electrolyte levels. Imag-

ing studies like ultrasound might be used to evaluate kidney structure." "Early screening helps catch CKD early, allows for counseling and treatment, and, if needed, referral to a kidney specialist. The American Diabetes Association (ADA) guidelines suggest keeping blood sugar and blood pressure under control and using medications that protect the kidnevs." he concludes.

> Disclaimer: The views/ suggestions/opinions expressed in the article are the sole responsibility of the experts.

## Games

**ENJOY A HOST OF ENGAGING PUZZLES** AND GAMES EVERY DAY



Play now! Scan the QR code or visit toi.in/games

#### **SOLUTIONS TO GAMES/PUZZLES**

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	TIMES SUDOKU										TIMES HITORI								
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2 9 8 9 8 8 6 7 4

SPELLATHON HANGDOG goad, gonad, hand

SCRAMBLE piessiuds - Publilius two of life's greatest and good sense are Answer: Good health sy, flinty, whoosh

Mords: Emcee, gas-

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screen: great love stories and musicals,

which are seldom happening now. These two areas are always exciting. Action is the flavour of the season, but cinema should go beyond that. Family films will always resonate. Nobody's really done a good science fiction film. I think that would be fresh for the Indian audience. We've touched on it, but nobody's made a science fiction film with an Indian point of view, incorporating Indian mythology, and history, " he said.

#### **'PLAYING A 71-YEAR-OLD MAN IN EESHWAR, WHEN I WAS ONLY 31,** MADE ME FEARLESS'

The actor had recently taken to Instagram to share how he has never hesitated to take on older roles. Ask him about this, and he revealed, "Ultimately, every actor, sportsman, and creative person faces a transition. Cricketers transition well, doing off-field work. Actors must

be smart enough, sharp enough to understand that you can't do the same roles forever. Why not try them out when you're younger? Do you know, Marlon Brando did The Godfather at 48. I was 31 when I played a 71-year-old in Eeshwar. It made me fearless. You've got to play all kinds of roles when you're young. Then, in the future, when those oppor-

With AI, no one really knows where it's going. Every day we learn something new on how to use AI, how to protect yourself, how to use it positively, and to protect against negative use

forgettable icons," he said. **'YOU DO SOMETHING LONG ENOUGH, ULTIMATELY,** THERE IS WEAR AND TEAR'

Pallavi (1983)

tunities

there's no in-

arise,

security. Actors

like NT Rama Rao.

took diverse roles

Sivaji Ganesan, Kamal

Haasan, Dr Rajkumar

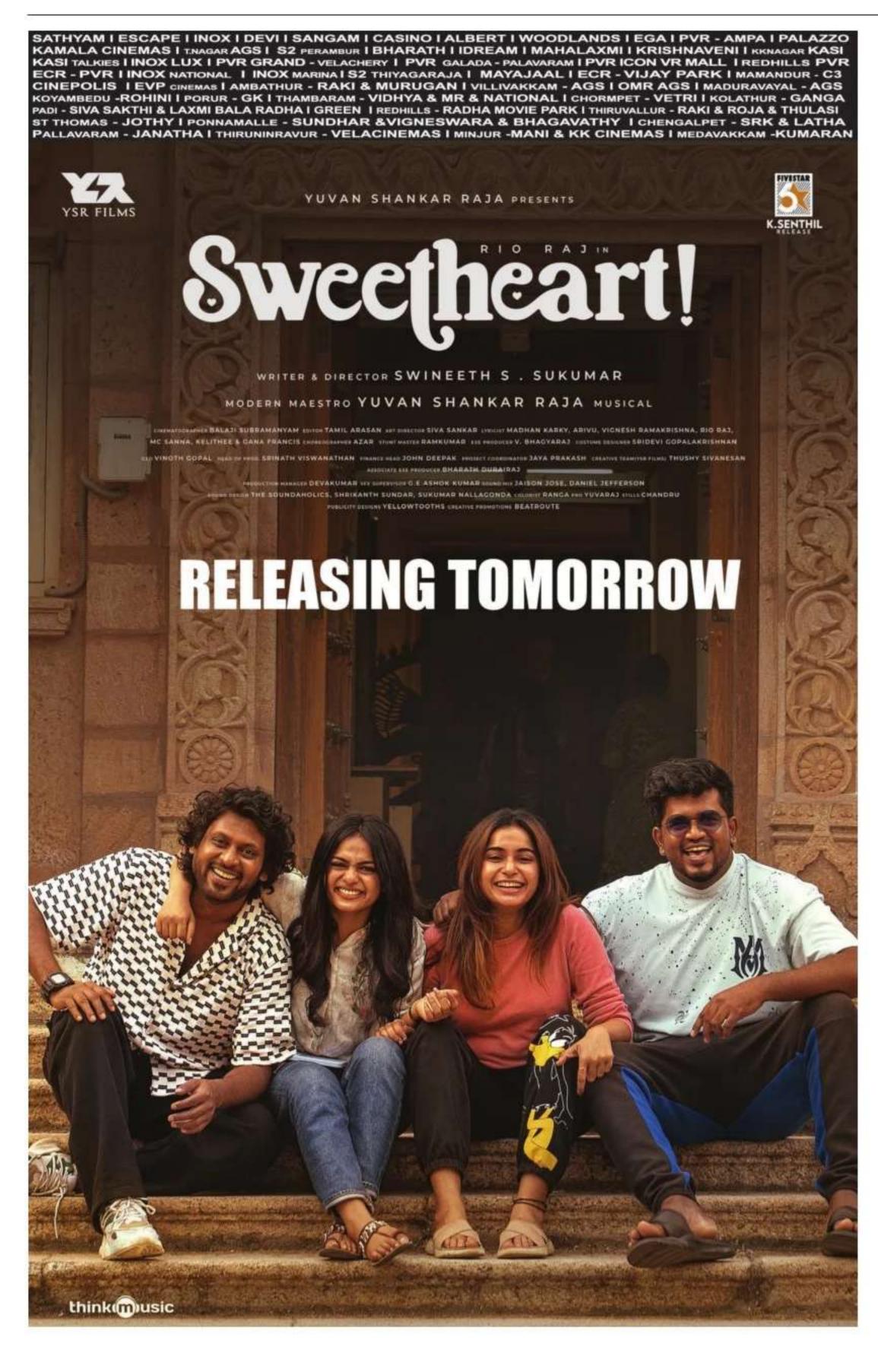
when young, which is

why they became un-

"These days, there's face replacement technology, but back then, there was no such thing. So, we did our stunts ourselves. You do anything long enough, ultimately, there is wear and tear. You have to know your body's limits - what it can do and what it cannot," he said.

"Of course, there are mental demands also that come with acting, but those only arise if you don't know how to attach and detach. For me, having a good family, good people around you, and leading a positive, healthy life helps. My friends, my wife, these are my psychiatrists, my go-to people," he added.













the body after indulging in festive snacks like somas and

hue also adds a natural splash of colour to the festive table

Why it's made: Kanji is valued for its probiotic qualities. Its purple

inputs from Mahi Jain, a Chennai-based home chef and Holi event organise?

Kanji: This tangy and slightly spicy drink is made with

fermented black carrots, mustard seeds, and water

pakoras



drinks are refreshing

and also packed with

nutrients to combat the

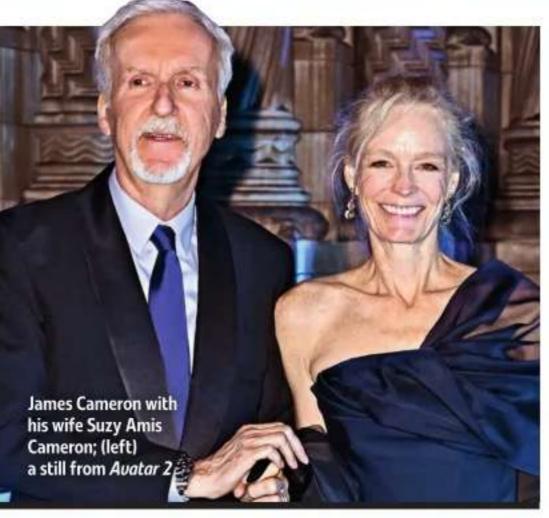
heat. Their bright colours

and flavours make them

perfect for Holi.



ames Cameron said his wife Suzy had an intense emotional reaction when she first watched his latest Avatar instalment. The filmmaker told Empire that when he first showed his wife an early cut of Avatar: Fire and Ash, she could not stop herself from crying. "My wife watched the whole thing from end to end. She had kept herself away from it (before) and I wasn't showing her bits and pieces as we went along," Cameron said, adding, "She bawled for four hours. She kept trying to get her s\*\*\* back together so she could tell me specific reactions, and then she'd just tear up and start crying again. Finally, I'm like, 'Honey, I've got to go to bed. Sorry, we'll talk about it some other time."





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