

EP 46: On this episode we're joined by Actor, Producer and Director Danny DeVito. Danny shares the story of his meditation medical emergency, how his beloved father-in-law survived a stroke, how going to boarding school saved him and his new Broadway play "I Need That" with his daughter Lucy.

Danny DeVito: [00:00:32] Hey, I'm taking over the show. I'm Danny DeVito, and it's really great to be here on Bedside Matters because of my good friend, David Kipper, the good doctor, David Kipper, and everybody else involved with the show. So, Dave, you want to introduce me now?

Dr. Kipper: [00:00:47] This guy. I hardly know this guy. This is my very dear friend, Danny DeVito, who's offered to give us a little bit of his time on Bedside Matters, talk about some medical issues. Talk about some other issues. Thank you, Danny, so much for coming on board.

Danny DeVito: [00:01:03] Really, really, really happy – I'm so happy to be here. You've been a big force in my life. A very important force in my life. So, I'm happy to be here.

Peter: [00:01:13] Danny, I know that you had an issue that a lot of people, unfortunately, go through with stroke, with your father-in-law. And most people, I don't think know that, what to do when there's a stroke, how to identify the stroke. But, in your instance, it worked out in a way that was pretty amazing with you and David, if you don't mind telling the story.

Danny DeVito: [00:01:33] You know, as I recall, Phil was, I don't know how old my father-in-law was at the time, but we had a an incident and we immediately got David on the horn and we got Phil to a hospital. We went in, I remember going in, and Phil was just, you know, stone stroked. I mean, how about that? You know, that's a horrible thing. It's like a horrible look to see your father-in-law, you love in that spot. But we got him to the hospital soon enough. And, Dave, you help me with this.

Dr. Kipper: [00:02:14] Yes, we did get him to the hospital within a very short period of time, and he was immediately given the clot buster medicine. At this time, it was relatively new. It was the TPA that he got intravenously. And the idea of this was to break up the clot so that he could establish good blood flow to those areas of the brain. But when Phil was admitted, and Danny can attest to this, with his whole family sitting around, he was, for lack of a better medical term, he was borked. He was completely unconscious.

Danny DeVito: [00:02:49] I remember looking at him like saying, look gone to me. I mean, we were standing there and when did they administer the whatever you called it?

Dr. Kipper: [00:03:00] About 20 minutes before you and I were standing over his bed.

Danny DeVito: [00:03:05] And there was a moment where we were really just all feeling the same thing that Phil was going. Who knows? He wasn't moving. They just... And then, suddenly, I don't know, the two of us were standing there and we were talking. And all of a sudden, Phil, just like came alive. I think he said something about a nurse, right?

Dr. Kipper: [00:03:33] He said something about a nurse...

Anna: Amazing.

Dr. Kipper: ...that walked by.

Danny DeVito: [00:03:38] Yeah. "Look at that!"

Anna: [00:03:41] I love it.

Danny DeVito: [00:03:42] And then we just still did a double take. It was almost like he was, like, giving us the business because he came alive, like, in a second. And then it was almost like he had never had the stroke, I thought. I mean, he was just started talking to us and I think he knew where he was.

Anna: [00:04:04] Did he know what happened? Did he know that he was out of it?

Danny DeVito: [00:04:07] I don't think so. I don't know, what he did he say, Dave, do you remember?

Dr. Kipper: No, I remember...

Danny DeVito: I just remember being so stunned by the fact that I saw him for quite a while. I felt like it was for an eternity.

Dr. Kipper: [00:04:22] At that moment, you and I were more compromised than he was.

Danny DeVito: [00:04:26] Yeah, I was ready to say, man, this is it. And you said they had given them, what do you call it again?

Dr. Kipper: [00:04:34] The TPA, the clot buster.

Danny DeVito: [00:04:35] Okay; clot buster. And, man, that works.

Peter: [00:04:43] You can say that again. I have that on a pillow.

Anna: [00:04:46] That sounds very medical.

Peter: [00:04:47] Who does it work for? Does it work for everybody, or does it have to work for a specific kind of stroke, or does it have to be administered within a certain amount of time?

Dr. Kipper: [00:04:55] It works when there is an actual clot. There are two kinds of strokes. One is a clot and one is a hemorrhage. If you give it to someone that's hemorrhaging, it just makes the hemorrhaging worse. But if someone has a clot...

Danny DeVito: [00:05:08] It busts it up. I get it. But how do you do know? Can you know? Well, now I guess you could know. Then, I don't think you could. You know, you just took a shot, right? You just didn't know whether it was, you know, whether it was a hemorrhage or a clot. Could you tell at that time? I can't remember when this all happened, but it was, like you said, it was new drug.

Dr. Kipper: [00:05:27] It was a new drug. You can do what's called a CT exam and see if it looks more like a hemorrhage. And it did not have that appearance. We gave him the medication and the rest has been documented.

Danny DeVito: [00:05:42] The rest is history. And then, you know, he recovered fully and lived a good bit of time. I mean, a long time after that. It was a miracle, I thought.

Peter: [00:05:56] Amazing. And what a character. When did you first meet Phil?

Danny DeVito: [00:05:59] I met Phil, like in 1970 when I met Rhea. And, you know, I was just kind of curmudgeon at that time even. Actor in New York. She brought me to Brooklyn to meet her parents. And, you know, they knew I was like a, you know, working off-Broadway or not even working or just like and you bring home this guy who kind of is a little bit odd. And, you know, I used to wear a cape, and my hair was down to...

Anna: [00:06:39] What length of cape?

Danny DeVito: [00:06:41] A whole body cape that, you know, like, you know, came down to under my knee.

Anna: [00:06:48] That is a look. Do you have pictures of that? We need to see that.

Danny DeVito: [00:06:52] Yeah, it's probably, yeah, there are pictures of that. But the idea is that we had been living together, Rhea and I, you know, a little bit. So she brought me home to meet the parents. But when I got there, I met this entire family in Brooklyn, and they immediately opened up, you know, to me in a big way. They were really the most pleasant people. And Phil and I were talking, you know, and I was telling them about how I wanted to someday, you know, direct movies and do this and that and the other thing. I love the business and all this. The acting is rough and couldn't get a job and we went through all that stuff, you know, like right away. And Phil said to me, by the end of the night, he says, "If you ever do it, you know, I want to be in the movie. I want to say, 'Dinner is served.'" I said, "Okay, it's a deal."

Cut to many years later, I did a movie called *The Ratings Game* in 19 – I think it was 83. And so 13 years later or whatever, and I directed that movie for Showtime and I put this part in, Rhea and I were in it, and we were having a conversation on the lawn out in front of an apartment building. And I had him come out in it in his pajamas and a robe, and we were talking loud in the parking lot or on the lawn. And he said, his line was, "What in the Sam Hill is going on out here?" And it was like, it was amazing. Because he was so nice to me and he was so good. He wasn't intimidated by it at all. And then he's been in other movies of mine, not to mention that he was a fixture at the bar in *Cheers*.

Peter: [00:08:47] Wow. Danny, if we can, I want to go back to your early days for a minute. You grew up, literally, you got your acting chops in the theater. Is that your first love, basically?

Danny DeVito: [00:08:55] Theater is where you really get your bones. You know, that's basically, for me, anyway, it was. I did some theater. I did some children's theater. I did some off-Broadway stuff and I got a job off-Broadway in a kind of really weird way, because a friend of mine, an actor, said, "I'm going to direct my first play, but the part I'd like you to do is already cast. But would you come up and read it for the backers?" Because they do backers readings all the time.

And so I come back. I go up to the West Side somewhere, to the writer's apartment. And I read this part, which is already cast by this actor who is pretty well-known at the time. He was doing a lot of Broadway and he was doing a lot of, you know, you can understand why

they wanted him to play the part. And it was a great part. And then about couple of months later, the director calls me up and he said, "The guy was going to do that part, just got this lead role in a big off-Broadway show. So he's dumping me. Would you come in and do the part?" And I said, "Would I?" You know.

Anna: [00:10:13] Yeah, you basically already auditioned for it. He knew you were great.

Danny DeVito: [00:10:16] You know? So I got this great part in a play called *The Shrinking Bride*. And the whole idea was that the bride was being, her father was just this guy just became a rich man from his business in New York. And he bought this place up on the Hudson and he was trying to marry his daughter to some elite guy from another country. And she was shrinking away from it. That was the whole idea of the shrinking bride.

And she had a sister. Her sister, and I played a stable boy taking care of the animals. And I remember my first line in play was, I'm in a T-shirt and old pants and like, you know, and I got a rake over my shoulder, right, like this, and I'm leaping over the apron in the stage and I'm gobbing these big white gobs of spit. And the girl comes in, she says, "Hey, Richie, what are you doing?" And I say, "I'm spitting on the swans." And so the whole metaphor, the whole idea for of like, you know, the different class thing,

Peter: Right.

Danny DeVito: But long story short is, and it's going to be a long story, here's what happens. We preview and the actors struck so we were in a situation like we are today, only in New York Actors Equity struck. Now what I think, I may be wrong, but I think that what we were getting paid during that time was \$72 a week, I think. We struck for like four or five months and we wound up getting \$79 a week.

Anna: [00:12:11] Oh, God.

Danny DeVito: [00:12:14] Now, we go back to do previews and the girl who's playing opposite me, Diane, her girlfriend, comes to see one of the previews, and her girlfriend is Rhea. So Rhea comes backstage and we go out to the Cookery, which is a little place on Eighth Avenue and University Place, where Alberta Hunter was playing, the great jazz singer. And that's where we meet. Okay. So, you know, I get up the nerve to ask for her phone number, and, okay, here's the rest of the story, which is like so cool. And so, two days later, I'm going to go to work. I'm walking. We're living, you know, in a little apartment on 21st Street. And I'm walking over to the place and I see them taking the scenery out.

Peter: [00:13:10] Not a good sign.

Danny DeVito: [00:13:12] And I say, "Oh, my God." You know, this is like, "What's going on?" They say, "You know, got terrible reviews in the play. Everybody did, it wasn't personal reviews, but they didn't like the play." Okay. And I see the general manager in the lobby. And the general manager says to me, "Hey, Dan, I'm really sorry about this. This is like really a bummer. You know, we did so much work on the play and all that, it just didn't click." And, he said, "You know what are you doing now?" I said, "Well, I'm out of work."

And he says, "You know, there's this play casting. They got one part to cast. They can't find the right guy. Check it out." I said, "Oh, great, man, thanks for the tip." So I go up to 72nd Street and it's *One Flew Over the Cuckoo's Nest*, and it's the part of Martini. And so I

walk in, I go, and there was no script. You know, Martini, doesn't have many lines, any lines, maybe a few lines. But I go do an improv of what, you know, on stage and the director and the producer are out in the audience. And I get this part of Martini. And guess who's playing the lead? The guy who was going to do the part in the other play, who dropped out. And that was like a game changer.

Peter: [00:14:45] And did you get cast right away for the movie?

Danny DeVito: [00:14:47] The movie happened in 1973 or 4, so it was a couple of years later because we had done that. And then Michael Douglas, who produced the movie, I met in 1964 when I was doing theater in Connecticut. I was doing off-regional theater. Michael and I became friends there because they were building an amphitheater outside and all the actors would help. They had contractors there, but the actors did all the grunt work, moving the cement blocks and pouring the cement. And I was, you know, working out in the sun and Michael was there. He comes up to me. They want to go on a beer run. He says, "I can't carry the bag on a motorcycle." I said, "Well, I'll go with you." And as we're walking over there, I think he said it. He said, or maybe I said it – "You smoke pot?"

Peter: Uh-oh.

Danny DeVito: And he said, "Yup." And I said, "Okay." And by the time that beer got back, it was on.

Peter: [00:16:01] And a friendship had been formed.

Danny DeVito: [00:16:03] So, jumping back to Cuckoo's Nest, he was producing the movie. So I had to audition like I had to, you know, had like a kind of window into that because he was on my side. He wanted me to play the part for the movie. But you know, the director has a final saying and the first director on that movie was Hal Ashby. And I went in and met with him and that seemed to go well and he was a really cool guy. And then, as things go, he had a conflict with the time that Jack had wanted to start and all this.

It was a low-budget, that movie was an independent movie. Cuckoo's Nest, produced by Michael and Saul, with Saul Zaentz's money. It was a \$4 million movie. Michael put it together with Saul. And so they were out of a director, and Kirk, who bought the book originally in the sixties, he bought the film rights to the book in the sixties and he suggested Milos Forman. And so they sent it to Milos. Milos couldn't wait to get his hands on it.

Peter: [00:17:33] Amazing.

Danny DeVito: [00:17:34] Well, yeah. You know, and that was like, that was big, big, big, big for me. And that brought me out to California. So, Rhea and I, after that movie opened that was doing so well, we went out, we moved out to California, like in '75.

Anna: [00:17:53] Can I just interject and say here real quick: This is why and I know this is a medical podcast, but I'm going to I have to, you know, be my actory self and say, this is why you're an actor's actor. And the lesson here is you went and read for a part at a guy's apartment that was already cast because you were so willing to be involved in the process that you wound up launching your career and meeting your love. You know, and like, all of that kind of sprang from that. So it's like it's a cool thing to just, I just I love that, that the

moral of the story is humble yourself to the process when you don't know where it's going to lead you.

[music]

Peter: [00:19:53] We're back with Danny DeVito here on Bedside Matters. I'm Peter Tilden, here with Dr. David Kipper and Anna Vocino. Danny, you are so, you know, laid back and easygoing. What do you do to chill out? Like what do you do to, you know, shut down?

Danny DeVito: [00:20:08] I do meditate. I do that. I sit and I quiet myself. I do that as much as I can. I've done it more and more as the years go by. But I'll do it at random moments. I won't make it regimented. I'll just take it, take a moment. Like if I feel like I have 10 minutes and I have this hat. I bought this hat.

Anna: [00:20:30] The meditation hats?

Danny DeVito: [00:20:33] I got this online. And I got a bunch of them because I think they're great. Now I'm going to demonstrate.

Anna: Okay, he's going to demonstrate.

Danny DeVito: Let me just show you what I do. I take off my glasses.

Peter: [00:20:45] Right.

Danny DeVito: [00:20:46] Then I pull it down here and I flap it up once.

Anna: Yeah, like an eye mask.

Danny DeVito: I don't see anything. There is no light.

Peter: [00:20:55] You look like, if I can explain it to people who can't see, you look like Stevie Van Zandt, if the thing came down a little bit too far.

Danny DeVito: [00:21:01] Yeah, where it came over his eyes.

Peter: [00:21:03] His eyes – exactly what it looks like. Yeah.

Dr. Kipper: [00:21:04] You look like you're robbing a bank.

Peter: [00:21:06] Except he can't see.

Danny DeVito: [00:21:09] In other words, if you were robbing a bank like this, you have to have either a dog or a cane.

Anna: [00:21:14] Yeah. A very zen time is about to happen.

Peter: [00:21:18] Did they give me the money? Do I have the money?

Danny DeVito: [00:21:21] Is it in my hand?

Peter: [00:21:21] Is this a bank?

Anna: [00:21:23] I love the meditation cap. So, basically it filters out all of the external noise.

Danny DeVito: [00:21:28] It gets everything. I mean, it muffles the sound because you have to be present when you're meditating anyway.

Peter: [00:21:34] I'm just curious, what was the moment you said, that's what I'm doing, I'm getting the hat?

Danny DeVito: [00:21:40] I was looking for, you know, I've tried the masks, but I like to sleep with the windows open. So, even in California at night, it gets cold. You put the windows open. I like it cold in the room when I'm sleeping, but my head is, I got no hair, bald, remember. And it's cold. So I was looking for a hat. I was looking for some kind of thing to cover it. And I went online and I found this hat that a lot of people wear when they have, like, medical problems, when they lose their hair. It's a great hat.

Peter: [00:22:16] That's great.

Anna: [00:22:16] It's a great idea. I like it because it filters out everything. About how many minutes do you shoot for when you meditate, or you just kind of do a few minutes?

Danny DeVito: [00:22:23] I just go, what happens usually is and this is a good story, Dave was part of this. This was Dave rescuing me. I usually will sit, main thing is you have to be in a comfortable place. You have to know that everything around you is safe, right? And you close off and you, however you meditate, because it's all personal, it's very subjective. You close down for a while. You have to listen to people hammering or whatever is going on. That's all going to be there. You can't shut it out. You got to let it go and you just focus on you, okay? You're not mentally thinking about yourself, but just focusing on closing all the thoughts away, as many as you can. And usually I'll fall asleep, I'll nod off and then like, I'll be in, maybe I even have a dream, you know, a little dream in the day, and it'll be like 10 minutes. And dreams are like, you know, like snapshots. But like, the idea is, I don't know, it's sometimes 5 minutes, sometimes 10 minutes. Most is like 15, 20. But, you know, usually it's just a little moment sometime during the day.

I had this one experience with that I'm going to relate years ago. I can't remember how many years ago, but I had this kind of daybed kind of thing, like a little sofa. So I had a table, a very hard table in this room with my computer on it. Next to it is the daybed. And I woke up very, very early one morning, like I think four or five in the morning. And I decided to meditate and this was a brilliant move on my part. I stuck my right leg under my butt. So I'm half on the sofa and half off like an idiot. Okay. I mean, really seriously, like, deranged to do that. And I, you know, I didn't think of it. So I meditate. And I fall asleep. And I fall forward. But I have no leg because it's under my butt. So I fall, like, I swear, like getting hit in the face, in the head with a baseball bat. I hit the edge of that wooden table that is now a foot lower.

Peter: Oh, Danny.

Danny DeVito: Immediately it bursts. I mean, blood like right was right here.

Anna: [00:25:04] Oh, my God.

Danny DeVito: [00:25:05] You know, Rhea is asleep. I get up, I run immediately into the shower, and I turn the shower on, because I was full of blood. And she comes in: "What the hell?" I say, "I got to get Kipper on the phone." She goes and gets me ice. So I go, I call him right away. I call Dr. Kipper. I get him. I say, "Yeah, I'm bleeding like a pig." I'm like, "Oh, this thing is coming." Just put a lot of pressure, all the, you know, the doctor stuff. "Get a lot of ice." "Yeah, I got bags of ice." I'm going. Okay. Okay. "Let me call you back." He calls me back. I swear to God in, like, 4 minutes. 5 minutes? Not even. I'm like, I'm like a packed halibut now, an ice-packed halibut. Okay. And he says, "Go to this address." I said, "What?" Yeah, let Rhea drive me to this address. Yeah, okay. He said, "Go there, they are waiting for you." I get in the car. I got dressed first. I get in. I'm all bloody, I got a bloody shirt.

Hey, a long story short, I get in the car and go to Beverly Hills and outside in the back of some building is a guy already in scrubs. They walk me through a hallway. There are two nurses there. There's, like, an operating table. The guy looks at me, "Oh, man, did you smash yourself up!" I said, "Yeah." He said, "It's okay. Don't worry." He gives me a shot of something in the head. I don't know what he did. I was like, you know, just like, there. He gave me nine stitches. Some inside. And some outside. And I get in the car and I'm, you know, now, I got a rhinoceros bandage on my head. And I go home. I call him. I don't know where you were. He's in the forest. "Dan, how you doing?" Skiing. And. Long story short, I was marveling for forever. I'm still marveling about it. It was just like so, it was such a lifesaving moment. I mean, now look at my head. You don't see...

Anna: [00:27:26] I was going to say, I don't see a scar.

Danny DeVito: [00:27:29] This guy was like a wizard, right?

Peter: [00:27:31] So, not only did David get somebody, he got the guy.

Anna: Yeah, he got the good guy.

Danny DeVito: [00:27:34] Okay, So then I realized I start putting two and two together, because I'm going, how the hell in like 6 minutes did he put this together? You know, you are like Houdini, man, these people materialized. You beamed these people up from somewhere.

Peter: [00:27:57] David, are you going to come in from your end of this?

Dr. Kipper: [00:27:59] What I never told you was that was my veterinarian.

[laughter]

Dr. Kipper: Who else is going to be available that quickly?

Danny DeVito: [00:28:08] I'm talking about like...

Dr. Kipper: [00:28:09] But I'm glad it worked out.

Danny DeVito: [00:28:11] It worked out big-time.

Dr. Kipper: [00:28:13] I want to, this story has, for as long as we've known each other, has always amused me. That is the story of your first job that you got from your sister. Because I think for everyone that knows you publicly, this is a non sequitur, this job you had. Are you comfortable telling that story?

Danny DeVito: [00:28:37] Yeah. I was not going to go to college. I was, we decided I was going to get a job. So I was in New Jersey, Asbury Park, my sister, Angie, she was 16 years older than I. And she was like the leader of the pack. My sister Theresa was ten years older than I, she was the sweetest and most wonderful person in the world. Then basically, I did everything, anything, they said. Like they said, "You know, like you should cut your hair. You should do this. This the kind of clothes you should wear. Get that thing off. It's ugly" or whatever, or, you know, "Eat this" or that. You know, they were my moms, my two moms. My mother was always like, there and caring and loving and all that. But my sisters were like, you know, they took over. And she said, Angie said, "What are you going to do now?" Because I was working as a gardener in the summer.

She said, "I know what you should do." I said, "What, Angie?" She said, "You should come to work for me in the beauty parlor." And I said, "What?" "You should come to work for me in the beauty parlor. I want to send you to Wilfred Academy Beauty School in Asbury. And you'll get out, you'll get a license and you'll have a job. Otherwise, you're going to be a bum." So she enrolls me in the school. In the summer she had bought all these little she brought these things for me to work with, like she used to make me wash their hair, put pink curlers in my mother's hair. This is all my training to go to school. She showed me how to cut hair. She started dabbling in color. I had a great summer of working with my sister.

And it comes to September when we were going to start school. And she's got me all the little, my doctor bag full of stuff. And I walk up these steps to the school. It was on the second floor and I remember really moaning to myself, "What am I doing?" And I open the door and it's a big room and there's all these little stations for people to do hair and clustered around a coffee machine were 35 women. All my age.

[laughter]

And I said, "Holy sh**, this is like a gift."

Anna: Yeah.

And I go down and I called my sister, there was a payphone downstairs, ran down and called her up, and I said, Angie, "I owe you for the rest of my life."

Peter: [00:31:54] Is it true that you asked your dad to send you to private school and you had a self-awareness that, if you didn't, you'd get in trouble?

Danny DeVito: [00:32:01] You know, there was a lot in my day when I was a kid, teenager, There was a lot of people did downers. Seconal, Tuinal. I may say these wrong, but those were the pills that were of choice. And I lost a couple of my friends to heroin because that started making its way into the neighborhood. And it scared me because my father always told me about he lost a brother in the twenties, early days maybe even when he was maybe he was younger. He was like 15, maybe 1915. Maybe they could do cold turkey on, I guess in Bellevue or wherever they put them there.

And I mean, as soon as my Uncle Frank came out from the cold turkey, there were guys waiting on the bridge. My father said he lost his brother that day. He went, he and his mother were walking them out. And all of a sudden they couldn't find Frank. And Frankie was just, went off to get some more heroin. So I always remembered that and I wanted to stay away from it. And I had a friend who was going to a private school and he was friends with my father. His father and my father were buddies. And so his father pitched it to my father. And they floated it by me and I said, "Yeah, I don't mind getting that."

Peter: [00:33:45] Wow, that's a big deal to go away. Leave your friends, leave your neighborhood, leave everything.

Danny DeVito: [00:33:48] Well, I actually went with this one friend who was going, his father was buddies with my old man and they, and Russell, this friend of mine, just passed away recently. We were friends from kindergarten and we spent, then we spent high school together. Russell – it was a great experience because we were away from home, you know, and we would come back on the weekends, wasn't that far away from home. But I feel like it saved me. I escaped a lot of the things that were going on at that time.

Peter: [00:34:25] And we're happy you did, Danny. Before you go, I hear you have a very special project that you've got coming up. You want to tell us about it?

Danny DeVito: [00:34:32] I'm going on Broadway with a new play. It's called I Need That, and it's really wonderful. And I'm actually working with my daughter, Lucy.

Peter: Oh, cool.

Danny DeVito: We're going to be at the American Airlines Theatre in November. You can get tickets now. And it's the Roundabout Theatre and it's called I Need That. And we're going into rehearsal on the 12th of September. That's why I'm in New York and I'm really great.

Anna: [00:35:05] That's great. Congratulations.

Danny DeVito: [00:35:05] Yeah. Thank you very much.

Peter: [00:35:08] Well, we can't thank you enough for doing this with us. Danny DeVito, actor, producer, director, National Treasure. I also want to thank Dr. Kipper and Anna Vocino. If you go to [BedsideMatters.org](https://www.BedsideMatters.org), you're going to find Dr. Kipper's book, *Override*, and Anna's cookbooks. Be sure to follow us on Instagram at [Bedside Matters](https://www.instagram.com/BedsideMattersPodcast) podcast. And, of course, thank you for listening. We drop new episodes every Monday. Until then, have a great week.

Announcer: [00:35:34] The information on Bedside Matters should not be understood or construed as medical or health advice. The information on Bedside Matters is not a substitute for medical or health advice from a professional who is aware of the facts and circumstances of your individual situation. Thank you for listening. If you enjoyed the show, please share it with your friends. We'll see you next time.