



**Leej Txiv Txoj Kev Mob Ntshav Qab Zi  
A Father’s Experience with Diabetes**

**Script English- Hmong**

**SoLaHmo Radio Story about Healthy Family Lifestyles**

**Main Character:** Chertzong (husband)

**Secondary Characters:** Narrator, Yeeb (wife), Mai (daughter), Dr. Sarah (doctor), Seng (diabetes educator), Txooj Muas (patient in diabetes support group), Dawb (patient in diabetes support group), Facilitator (of diabetes support group),

**Synopsis:** Chertzong is a man in his-early 50s who has type 2 diabetes mellitus. The story is about his struggle to manage his diabetes; his fear and worry of death and the complications of his diabetes; and how he learns to cope and manage his diabetes through the help of his daughter, Mai and a diabetes support group.

Txwaj Zoo yogi b tug txiv tsev, muaj 40 mus rau 50 xyoo thiab muaj mob ntshav qab zi. Zaj dab neeg no piov txog nws txoj kev khoos nws tus mob ntshav qab zi, nws tej kev txawj thiab ntxhov siab txog txoj kev tuag los ntwam tus mob ntshav qab zi, thiab tsis tas li ntawv, nws tus ntshais, Maiv, thiab ib pawg neeg ua muaj mob nthsav qab zi, pab tau nws kawm txog yuav ua li cas kom khoos tau nws tus mob.

Sound effects	Audio (English)	Audio (Hmong)
Opening music fades in . . .	The SoLaHmo Partnership for Health and Wellness is a program of West Side Community Health Services. We are made up of Somali, Latino and Hmong community members working together with researchers and health care providers to make a difference in the health of our communities. The story you are about to hear is based on true events. We thank the families who shared their real life experiences to make this radio story possible. All names of characters in the story have been changed to protect their privacy.	
	<b>Narrator:</b> This story is about Chertzong and his diabetes. Chertzong came from Laos to the United States in 1996. He and his wife live with his 15-year-old daughter Mai and his two sons in a small rambler on a quiet street just a few blocks from the park.	<b>Narrator:</b> Txoj lus yeeb yam dab neeg no yog piov txog Txawj Zoo thiab nws txoj kev mob ntshav qab zib. Txawj Zoo thiab nws tsev neeg tau khiav teb caw ploog tuaj poob rau hauv California xyoo 1996. Tam sim no, Txawj Zoo thiab nws poj niam menyuam nyob rau hauv St. Paul. Nkawv muaj ib tug mi ntxhais, Maiv thiab ob tug tub. Lawv nyob ib lub





	<p>He was diagnosed with diabetes in 2003 when he was in his 40s.</p>	<p>tsev me me nyob tsis deb ntawv ib lub pas deb.</p> <p>Thaum xyoo 2003, kws kho mob tau qhia rau Txawj Zoo hais tias nws muaj ntshav qab zib. Thaum ntawv, nws nyuam qhuav muaj plaub caug tawm xyoo xwb.</p>
<p>Birds chirping.</p> <p>Foot steps.</p> <p>Pounding on the door.</p> <p>Door slams shut.</p>	<p><b>Scene 1:</b>  <b>Narrator:</b> On this Saturday morning, he goes to wake up Mai to eat. Chertzong walks into Mai’s room and turns on the light. He shakes Mai awake.</p> <p><b>Chertzong:</b> Mai wake up and come eat.</p> <p><b>Mai:</b> Shhh...I’m still sleeping and I don’t want to eat.</p> <p><b>Chertzong:</b> It’s already late. Being lazy like that, no one is going to want to marry you.</p> <p><b>Mai:</b> Ugh. Leave me alone! It’s only 7am.</p> <p><b>Chertzong:</b> Get up right now and come eat! You kids! All I want to do is take care of you. All I ask is for you to eat and you give me this attitude! You are not worth loving.</p> <p><b>Narrator:</b> This is what happens most mornings in Chertzong’s home. As he starts walking to the kitchen, his daughter’s door slams shut.</p>	<p><b>Scene 1:</b>  <b>Narrator:</b> Thaum sawv ntxov no, Txawj Zoo tab tom mus tsa kom Maiv sawv los noj mov.</p> <p><b>Txawj Zoo:</b> Maiv sawv los noj tshais os!</p> <p><b>Maiv:</b> Shhh...Kuv tseem pw na. Nej kav tsij noj nej.</p> <p><b>Txawj Zoo:</b> Twb lig lig lawm cas koj tsis tau sawv na! Tub keeg li ko tsis muaj leeg twg xav yuav os!</p> <p><b>Maiv:</b> Ugh. Tsum tsis txhob txob txob kuv thiab lau. Nyuam qhuav yog xya moo xwb na.</p> <p><b>Txawj zoo:</b> Nej cov menyuam ntawm nej tsis tsim nyog txais kuv txoj kev hlub li os. Kuv tsuas hais kom los noj mov xwb es niam yuav tub qaug yus thiab.</p> <p><b>Narrator:</b> Txhua tag kis yeej zoo li no. Txawj Zoo nyuam qhuav tig kiag tawm mus lawm xwb, Maiv tseev siv kaw qhov roojlawv qab kiag.</p>
<p>Boiling Water.</p> <p>Pots clinking.</p>	<p><b>Scene 2:</b>  <b>Narrator:</b> Yeeb is in the kitchen preparing a breakfast of white rice, deep-fried chicken wings, and stir-fried pork belly and greens.</p> <p><b>Yeeb:</b> Husband, calm down. Forget it. We’ll eat first. This is not worth your stress. If you keep this up, you’re going to raise your blood pressure. Calm down. These kids are too Americanized. They just don’t understand.</p>	<p><b>Scene 2:</b>  <b>Narrator:</b> Yeeb tseem tab tom ua tshais noj. Nws cub mov dawb, kib nqaij qaib, thiab kib zaub paj xyaw plab npua.</p> <p><b>Yeeb:</b> Koj txiv. Kav liam os. Wb mam noj wb. Tsis tsim nyog ua rau koj nyuaj siab os. Koj pheej npau npau taws li ko ces koj yuav muaj ntshav siab. Cov me nyuam no ces ua meskas dhau lawm. Lawv tsis paub xav li.</p>



<p>Chair being pushed back.</p> <p>Dishes clinking.</p> <p>Click.</p> <p>Click.</p>	<p><b>Cherzong:</b> Okay. Are you done cooking? Let's eat then.</p> <p><b>Yeeb:</b> Wait wait wait. We have to test your blood sugar first.</p> <p><b>Cherzong:</b> Ah. I'm hungry. Let's just eat.</p> <p><b>Yeeb:</b> No. No. No. No. We have to test your blood sugar first. Come here.</p> <p><b>Cherzong</b> *sigh* Fine. I'm coming. Go ahead and test yours first.</p> <p><b>Yeeb:</b> Okay. Mine is 89. Come here. Let me test yours.</p> <p><b>Cherzong:</b> *sigh* Hurry up. I hate doing this.</p> <p><b>Yeeb:</b> Husband, your blood sugar is so high! It's 380! That seems so high. It can't be normal.</p> <p><b>Cherzong:</b> Oh it's only 380. That's nothing to worry about.</p> <p><b>Yeeb:</b> Husband, 380 is too high. My blood sugar is only 89. You need to go and see Dr. Sarah.</p> <p><b>Narrator:</b> Yeeb decides to schedule an appointment for Cherzong. A week later, Cherzong and Mai go to see Dr. Sarah. Mai is helping to translate for Cherzong.</p>	<p><b>Txawj Zoo:</b> Aws. Koj npaj mov tiav lawm lod? Los wb noj os.</p> <p><b>Yeeb:</b> Tos tos tos tos. Wb yuav tau ntsuas koj ntshav qab zib ua ntej.</p> <p><b>Txawj Zoo:</b> Ab. Kuv tshaib plab lawm na. Los wb kav tsij noj xwb los mas.</p> <p><b>Yeeb:</b> No. No. No. No. Wb yuav tau ntsuas koj ntshav qab zib ua ntej hos. Los nov.</p> <p><b>Txawj Zoo:</b> *sigh* Aws. Kuv los lawm os. Koj kam tsij ntsuas koj li ua ntej.</p> <p><b>Yeeb:</b> Ua li los mas. Kuv li yog 89. Los nov kuv ntsuas koj li.</p> <p><b>Txawj Zoo:</b> *sigh* Cas kuv yuav ntxub ntsuas ntshav ua luaj lau.</p> <p><b>Yeeb:</b> Koj txiv! Koj ntshav qab zib yuav siab ua luaj! Yog 380 diam. Ntshe siab dhau lawm pob?</p> <p><b>Txawj Zoo:</b> Nyuam qhuav yog 380 xwb. Tsis txhawj dab tsi.</p> <p><b>Yeeb:</b> Koj txiv 380 siab dhau lawm. Kuv cov ntshav qab zib tsuas yog 89 xwb na. Koj yuav tau mus xyuas Dr. Sarah os.</p> <p><b>Narrator:</b> Hnub ntawv, Yeeb teem sij hawm rau Txawj Zoo mus ntsib Dr. Sarah. Ib as thiv tom qab ntawv, Txawj Zoo thiab Maiv mus ntsib Dr. Sarah. Maiv mus pab txhais lus rau Txawj Zoo.</p>
<p>Knock. Door opens.</p>	<p><b>Scene 3:</b>  <b>Dr. Sarah:</b> Nyob zoo, Cherzong and...  <b>Mai:</b> Mai. Cherzong is my dad.  <b>Dr. Sarah:</b> How are you feeling, Cherzong?</p>	<p><b>Scene 3:</b>  <b>Dr. Sarah:</b> Nyob zoo, Cherzong and...  <b>Maiv:</b> Mai. He's my dad.  <b>Dr. Sarah:</b> How are you feeling, Cherzong?</p>



<p><b>Cherzong:</b> I am good.</p> <p><b>Dr. Sarah:</b> We are going to check and see how you're managing your diabetes. I am going to take your blood and check your glucose level.</p> <p><b>Mai:</b> Dad, do you know what she's saying?</p> <p><b>Cherzong:</b> Of course I do! She doesn't have to say so much. I already know.</p> <p><b>Dr. Sarah:</b> It looks like your blood sugar is much higher than it was the last time you were here.</p> <p><b>Mai:</b> Dad, she said that your blood sugar is really high now. Did you know this?</p> <p><b>Cherzong:</b> Oh yea. I know. The other day your mom and I measured our blood sugar and mine was 380. It's a little higher than before but it's nothing. Nothing to worry about.</p> <p><b>Mai:</b> Three hundred and eighty? Doctor, he said that his level was 380 when he checked it the other day. He said it's higher than it's been in the past. Is that normal? 380?</p> <p><b>Dr. Sarah:</b> No. A healthy blood glucose level should be around 120 for someone with diabetes like Cherzong. His blood glucose level is three times higher than what it should be. If he doesn't make drastic changes, his diabetes will worsen. It could make it more difficult for wounds to heal and result in a higher likelihood of infections.</p> <p><b>Mai:</b> Dad, isn't this what happened to your arm? Remember when you got that cut on your arm and it wouldn't heal? It was weeks before it got. This is what the doctor is</p>	<p><b>Txawj Zoo:</b> I am good.</p> <p><b>Dr. Sarah:</b> We are going to check and see how you're managing your diabetes. I am going to take your blood and check your glucose level.</p> <p><b>Maiv:</b> Txiv, koj puas paub nws hais ab tsi?</p> <p><b>Txawj Zoo:</b> Paub los mas! Nws tsis thas hais ntau ntau os. Kuv twb paub lawm os.</p> <p><b>Dr. Sarah:</b> It looks like your blood sugar is much higher than it was the last time you were here.</p> <p><b>Maiv:</b> Txiv, nws hais tias koj cov ntshav qab zib siab dhau lawm. Es koj puas paub li no nav?</p> <p><b>Txawj Zoo:</b> Paub los mas! Hnub i koj niam wb twb ntsuas wb cov ntshav qab zib es kuv li yog 380. Siab zog thaum i lawm tab sis tsis muaj dab tsi os. Tsis txhawj dab tsi os.</p> <p><b>Maiv:</b> Peb puas yim caum? Doctor, he said that his level was 380 when he checked it the other day. He said it's higher than it's been in the past. Is this normal? 380?</p> <p><b>Dr. Sarah:</b> No. A healthy blood glucose level should be around 120 for someone with diabetes like Cherzong. His blood glucose level is three times higher than what it should be. If he doesn't make drastic changes, his diabetes will worsen. It could make it more difficult for wounds to heal and result in a higher likelihood of infections.</p> <p><b>Maiv:</b> Txiv koj puas nco qab thaum i koj hlais koj txhais tes na? Nws cia li tsis txawj zoo li – ntshe twb tau li ib hli pob. Tus kws kho mob hais tias yog yus tsis tswj yus cov ntshav qab zib ces thaum yus raug</p>
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	<p>saying. Diabetes can make it harder wounds like yours to heal.</p> <p><b>Dr. Sarah:</b> That’s not all. Diabetes can cause heart disease. The majority of people your father’s age who have diabetes die as a result of heart disease. It can also cause blindness and kidney failure.</p> <p><b>Mai:</b> Dad, she said that diabetes can cause heart disease, blindness, and kidney failure. Doctor, what can we do?</p> <p><b>Dr. Sarah:</b> I am going to refer you to Seng Vang who is our diabetes educator. He will work with you to put together a diet and exercise plan that will help you manage your diabetes. If you wait a moment, I’ll send him in to talk withyou. Thank you for coming in today.</p>	<p>mob ces tsis voos tsis zoo li.</p> <p><b>Dr. Sarah:</b> Diabetes can also cause heart disease. The majority of people your father’s age who have diabetes die as a result of heart disease. It can also cause blindness and kidney failure.</p> <p><b>Maiv:</b> Txiv, nws hais tias yog yus tsis khoov yus cov ntshav qab zib ces yus yuav mob plawv, dig muag, los yus lub raum yuav khiav tsis zoo lawm. Doctor, what can we do?</p> <p><b>Dr. Sarah:</b> I am going to refer you to Seng Vang who is our diabetes educator. He will work with you to put together a diet and exercise plan that will help you manage your diabetes. If you wait a moment, I’ll send him in to talk withyou. Thank you for coming in today.</p>
<p>Knock. Knock.</p>	<p><b>Scene 4:</b> <b>Seng:</b> Nyob zoo, Chertzong. I am Seng Vang. Dr. Sarah told me that your blood sugar is really high. If you don’t change the way you eat, it will only get worse. It could even mean death.</p> <p><b>Mai:</b> Death? Dad, do you hear what he’s saying? Well, what can we do?</p> <p><b>Seng:</b> I will help you put together a diet and exercise plan that works for your lifestyle. First, reduce your intake of carbohydrates that raise your blood sugar. This means reducing your white rice intake, breads, and sugary drinks.</p> <p><b>Chertzong:</b> But we are Hmong! We have always eaten white rice. Did you know in Laos, all we had was white rice? Many times, we didn’t have any meat. We were so</p>	<p><b>Scene 4:</b> <b>Seng:</b> Nyob zoo, Txawj Zoo. Kuv hu ua Xeeb Vaj. Dr. Sarah hais tias koj ntshav qab zib siab dhau lawm. Yog koj tsis hloov koj txoj kev noj kev haus ces yuav haj yam yuav muaj mob ntxiv tuaj xwb. Yog koj hloov tsis tau ces tej zaum koj yuav tsis nyob ntev.</p> <p><b>Mai:</b> Tsis nyob ntev? Txiv, koj puas hnov nws hais na? Peb yuav ua li cas?</p> <p><b>Xeeb:</b> Kuv yuav pab koj npaj ib qhov hoj phiaj txog ntawm txoj kev noj kev haus thiab dhia ua si kom tawm fws. Thawj qhovces yog yus yuav tau tsis noj cov “carbohydrates” ntau ntau vim rau qhov ua rau yus ntshav qab zib nce ceev ceev. Rau peb Hmoob mas cov carbohydrates es peb tau noj ntau tshaj plaws yog mov dawb.</p> <p><b>Txawj Zoo:</b> Tab sis peb yog Hmoob! Peb yeej ib txwm noj mov dawb ne. Thaum peb nyob Nploj Teb peb tsuas noj mov dawb xwb. Ntau zaus peb tsis muaj nqaij noj peb tsuas noj mov ntse dej xwb.</p>



<p>hungry and all we could eat was rice mixed with water. We are Hmong. How can we not eat white rice?</p> <p><b>Seng:</b> I understand. It would be best if you eat whole grain rice instead. What kind of rice do you currently eat?</p> <p><b>Cherzong:</b> We eat short grained rice.</p> <p><b>Seng:</b> Okay. Well that’s better than sticky rice. If you must eat white rice you should eat long grain rice.</p> <p><b>Cherzong:</b> So what you’re saying is that long grain rice is better than short grained rice and short grained rice is better than sticky rice.</p> <p><b>Seng:</b> That’s correct but again, it is best to eat whole grain rice. And that’s not all. You have to eat much less. You see this bowl here. It’s the size of the palm of your hand. You should only eat as much rice as fits in this bowl or in your palm. Do you understand?</p> <p><b>Cherzong</b> (This is Cherzong still in denial but responding only to placate Seng): Yes.</p> <p><b>Seng:</b> Yes. Now, I know that a lot of Hmong families prefer two big meals during the day but what you should do is eat five small meals spread throughout the day. Eat these meals at a regular time.</p> <p><b>Cherzong:</b> Okay.</p> <p><b>Seng:</b> You have to have some food in your stomach every 3-4 hours. You can also get sick if you don’t have enough food in your stomach.</p> <p><b>Cherzong:</b> Okay.</p>	<p>Peb yog Hmoob nav. Yuav kom peb tsis noj mov no ua tsis tau!</p> <p><b>Xeeb:</b> Kuv yeej tau taub los mas. Noj mov mi ntsis los tau tab sis noj mov daj. Nej siv hom txhuvdab tsi tam sim nov?</p> <p><b>Txawj Zoo:</b> Peb siv txhuv luv.</p> <p><b>Xeeb:</b> Cov ko zoo zog cov mov nplaum tab sis tseem tsis tau zoo thiab. Yog koj tso tsis tau mov dawb ces siv cov txhuv ntev yuav zoo dua.</p> <p><b>Txawj Zoo:</b> Ces koj hais tias mov dawb ntev zoo zog mov dawb luv hos mov dawb luv zoo zog mov nplaum no lod?</p> <p><b>Xeeb:</b> Yog. Tab sis li kuv tau hais, noj mov dajyuav zoo tshaj rau koj. Tsis tas li ntawv, koj yuav tsum tsis txhob noj ntau ntau. Koj ntsia lub tais ntawm no, tsuas luaj li koj xib tes. Thaum koj noj mov, noj ntau li haum hauv lub tais no los yog koj xib teg xwb. Koj puas tau taub?</p> <p><b>Txawj Zoo:</b> Aws. Aws. Ua tsaug os.</p> <p><b>Xeeb:</b> Aw. Tsis tas li ntawv, kuv xav kom ib hnuv no koj noj tsib pluag mov me. Kuv paub hais tias peb Hmoob feem ntau nyiam noj ob pluag mov loj xwb. Tsis txhob ua li no. Noj tsib pluag mov me thiab npaj kom noj raws xoj moos.</p> <p><b>Txawj Zoo:</b> Aws.</p> <p><b>Xeeb:</b> Peb plaub xoj moo ces koj yuav tsum noj mov kom muaj mov hauv koj lub plab. Yog koj tsis muaj mov hauv koj lub plab txaus ces yuav ua rau koj kiv tau-hauv tsis muaj zog los tsis mee pem.</p> <p><b>Txawj Zoo:</b> Aws.</p>
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	<p><b>Seng:</b> You understand how important this is right, Chertzong? You have to change the way you eat if you want to control your diabetes.</p> <p><b>Mai:</b> Okay. Dad, did you hear what he said? I can help you. Thank you, Seng. I'll make sure that he does that.</p>	<p><b>Xeeb:</b> Txawj Zoo, koj yuam tsum hloov koj txoj kev noj es koj thiab li yuav khoo tau koj qhov ntshav qab zib no.</p> <p><b>Mai:</b> Aws. Txiv, koj puas hnov nws hais? Kuv mam li pab koj os. Ua tsaug ntau, Seng. Kuv mam li saib xyuas kom nws ua li koj hais.</p>
<p>Car doors slam shut.</p> <p>Car engine starts.</p> <p>Car swerving-queaking</p>	<p><b>Scene 5:</b> <b>Narrator:</b> Chertzong and Mai leave Seng's office. They get into the car to drive home.</p> <p><b>Chertzong:</b> Oh heavens! The size of my palm? I'm only supposed to eat what fits inside my palm? How am I supposed to do this? Seng is crazy.</p> <p><b>Mai:</b> But Dad, he has a point. You have to change the way you eat. You heard what Dr. Sarah and Seng said. You could die if your diabetes gets worse.</p> <p><b>Chertzong:</b> I am not going to die! This doctor doesn't know what he is saying.</p> <p><b>Mai:</b> Well Dad, you did say that your blood sugar is 380 and that it's higher than it was before. You need to change the way you eat. I'm going to help you. I'll talk to Mom too. Dad, I'll help you get through this. Dad...?</p> <p><b>Mai:</b> Dad! What are you doing? We almost hit another car! Dad! Stop the car right now. What happened to you?</p> <p><b>Chertzong:</b> Oh I don't know why I'm so tired. I just blacked out for a second. Maybe I just didn't sleep enough.</p> <p><b>Mai:</b> Dad, don't you see what diabetes is doing to you? It's like what Dr. Sarah said.</p>	<p><b>Scene 5:</b> <b>Narrator:</b> Nkawv ntsib Xeeb tas ces nkaws txawm mus nkag rau lub tsheb.</p> <p><b>Txawj Zoo:</b> Ntuj aw! Haum kuv txhais tes xwb? Nws kom kuv tsuas noj mov kom haum txaus kuv txhais tes xwb? Es kuv yuav ua li cas ma? Tus Xeeb no vwm lawm os.</p> <p><b>Maiv:</b> Tab sis Txiv nws yeej hais yog lawm os. Koj yuam tsum hloov koj txoj kev noj kev haus. Koj twb hnov Dr. Sarah thiab Xeeb hais ne. Yog koj tsis khoo koj cov ntshav qab zib ces tej zaum peb yuav tsis muaj koj lawm nav.</p> <p><b>Txawj Zoo:</b> Kuv yeej yauv tsis tuag na. Xeeb thiab tus naim maum no tsis paub dabtsi os.</p> <p><b>Mai:</b> Tab sis Txiv koj twb hais tias siab tshaj thaum i lawm ne. Koj yuav tau hloov koj txoj kev noj. Kuv mam li pab koj. Kuv mam li tham nrog Niam thiab. Txiv wb mam li pab koj kom koj thiaj li ua tau. Txiv...Txiv....?</p> <p><b>Mai:</b> Txiv! Koj ua dabtsi na?!? Wb twb yuav luag nrau ib lub tsheb na. Nres lub tsheb tam sim no! Yog ua li cas rau koj lawm na?</p> <p><b>Txawj Zoo:</b> Xyov cas yuav nkees ua luaj. Ci li tsaus muaj ib vuag. Ntshe pw tsis txaus xwb pob.</p> <p><b>Maiv:</b> Txiv, koj tsis pom hais tias yog vim koj cov ntshav qab zib koj thiaj li tsaus muag lod? Yog li Dr. Sarah hais. Cov ua muaj ntshav qab zib siab no</p>



	<p>People with diabetes get tired more easily. Dad, what are we going to do?</p>	<p>nkees tshaj cov tsis siab. Txiv, wb yuav ua li cas?</p>
<p>Pots, pans, and dishes clinking.</p> <p>Chopping.</p> <p>Footsteps walking away.</p>	<p><b>Scene 6:</b>  <b>Narrator:</b> That night Mai decides to help her mom cook so that she can share with her mom what she learned from Dr. Sarah and Seng.</p> <p><b>Mai:</b> Mom, remember how we deep-fried the fish last week? Well for tonight, we should bake it instead. The doctor said that baking is better than deep frying.</p> <p><b>Yeeb:</b> Daughter that is a great idea. Why don't you salt and wrap that fish in a banana leaf.</p> <p><b>Mai:</b> And Seng said that we should boil instead of stir-fry. Mom, wait wait wait wait! Don't use the pork. Boil the chicken instead.</p> <p><b>Yeeb:</b> Chicken? Why not pork?</p> <p><b>Mai:</b> The doctor said that we should cook with lean proteins like chicken and fish instead of pork.</p> <p><b>Yeeb:</b> Okay. I'll use the chicken then. Dinner will be done in a bit. Tell your dad to come eat.</p>	<p><b>Scene 6:</b>  <b>Narrator:</b> Hmo ntawv Mai pab nws niam ua hmo noj. Nws piav rau nws niam tej ua Dr. Sarah thiab Xeeb tau qhia nws txog ntawv ua noj ua haus kom ntshav qab zib tsis siab.</p> <p><b>Maiv:</b> Niam koj puas nco ab thiv tas los nov peb kib ntses noj. Hmo no, wb muab ci yom? Tus kws kho mobhais tias muab ci zoo tshaj muab kib.</p> <p><b>Yeeb:</b> Ntxhais, aws ua li ko mas. Koj las ntsev rau tus ntses ces muab daim plooj tsawb qhwv cia.</p> <p><b>Maiv:</b> Niam, thiab Xeeb hais tias peb yuav tau muaj nqaij thiab zaub hau. Tsis txhob muab kib. Niam...tos tos tos tos tos. Txhob siv cov nqaij npuas. Hau cov nqaij qaib.</p> <p><b>Yeeb:</b> Nqaij qaib? Ua cas ho tsis siv nqaij npuas?</p> <p><b>Maiv:</b> Tus kws kho mob hais tias peb yuav tau noj cov nqaij ntshiv li nqaij qaib thiab nqaij ntses.</p> <p><b>Yeeb:</b> Aw. Ua ntawv mas. Kuv twb ua yuav siav. Mus hais kom koj tsiv los noj mov.</p>
<p>Dishes and utensils clicking as though eating.</p> <p>Chewing.</p>	<p><b>Scene 7:</b>  <b>Mai:</b> Dad, let me help you with that. I'll scoop the rice for you. Remember what Seng said? You should only eat a small portion of rice.</p> <p><b>Cherzong:</b> Eating this much isn't enough. I'm going to be hungry and eat again in an hour. How can Seng expect me to get full on such a small portion?</p> <p><b>Mai:</b> But Dad, Seng said you should only eat that much. You shouldn't eat more than that</p>	<p><b>Scene 7:</b>  <b>Mai:</b> Txiv los cia kuv pab koj daus mov. Koj puas nco qab Xeeb hais li cas? Koj tsuas noj mi ntsis mov xwb nawb.</p> <p><b>Txawj Zoo:</b> Noj li no tsis txaus os. Ib mi ntsis xwb ces kuv yeeb yuav tshaib plab dua lawm. Xyov cas nej ho xav hais tias noj npaumli no xwb yuav txaus rau yus tsau plab.</p> <p><b>Maiv:</b> Txiv tab sis Xeeb twb hais tias kom koj tsuas noj npaum li ko xwb laiv. Tsis txhob noj tshaj ko.</p>





<p>Mai pushing her chair</p>	<p>portion.</p> <p><b>Cherzong:</b> Well, Seng isn't here. He won't know.</p> <p><b>Mai:</b> Dad, your diabetes is going to get worse if you don't change the way you eat.</p> <p><b>Cherzong:</b> Well if I eat like this I'll never be happy. Don't you know. Having diabetes already makes me so nyuaj siab. And now, I can't even eat to be full and happy?</p> <p><b>Mai:</b> Dad I do want you to be happy. Only eat enough so that you are full but not too full. It's like Seng said, listen to your stomach. When your stomach is full, then you should stop eating.</p> <p><b>Cherzong:</b> How can I be happy? Everyday I am reminded that I have diabetes. Everyday I wonder when my time will come. How do you expect me to be happy?</p> <p><b>Yeeb:</b> Remember Aunt Shoua. Her diabetes got so bad that her kidneys failed and she died. I am so scared that it will kill your father too.</p> <p><b>Cherzong:</b> That's your Aunt Shoua. That's not me. I won't die any time soon.</p> <p><b>Mai:</b> Mom, didn't you say that Aunt Shoua refused to see her doctor? She didn't want to take her medicine and she didn't want to change the way she ate? Don't you think maybe her diabetes killed her because she wasn't willing to change? Dad is still here and we can help him. Dad, we can start with this meal. Can we just try it for today?</p> <p><b>Cherzong:</b> No and that is final. You are only a child. Don't speak to me that way. I will eat</p>	<p><b>Txawj Zoo:</b> Xeeb twb tsis nyob nov na! Nws yeej yuav tsis paub na.</p> <p><b>Mai:</b> Txiv yog koj tsis hloov koj txoj kev noj mov noj nqaij ces koj cov ntshav qab zibhaj yam tsis zoo zuj zus.</p> <p><b>Txawj Zoo:</b> Yog kuv noj li no ces kuv yeej tsis zoo siab li! Koj tsis paub lod? Muaj ntshav qab zib no twb ua rau kuv nyuaj siabtxaus lawm na. Es tseem tsis pub kuv noj kom zoo siab thiab?</p> <p><b>Mai:</b> Txiv, yeej xav kom koj zoo siab los mas tab sis koj yuav tau noj kom hnov plab tsau xwb. Tsis txhob noj kom plab tsau tsau heev. Li Xeeb hais, hmloog seb puas hnov plab quab, seb puas hnov plab tsau. Yog plab tsau lawm ces tsis txhob noj ntxiv lawm.</p> <p><b>Txawj Zoo:</b> Es li cas kuv thiaj li yuav zoo siab ma? Txhua hnub kuv yeej pom yeej paub hais tias kuv muaj ntshav qab zib. Kuv yeej tsis paub hais tias hnub twg yuav tsis muaj kuv lawm. Es koj xav ma. Yuav ua li cas kuv thiaj li zoo siab?</p> <p><b>Yeeb:</b> Koj puas nco qab Tais Sua. Nws ntshav qab zib siab tsis siab es nws ob lub raum ci li tsis ua hauj lwm es nws thiaj li xiam lawm na. Kuv mas txhawj li txhawj hais tias ib tsam ua li ntawv rau koj xwb os.</p> <p><b>Txawj Zoo:</b> Ntawv ko yog Tais Sua na. Tsis yog kuv na. Kuv yeej tsis tau tuag sai.</p> <p><b>Mai:</b> Niam, koj twb yeej hais ne. Tais Sua xiam yog vim nws tsis kam mus xyua tus kws kho mob. Nws tsis kam noj tshuaj. Nws tsis kam hloov nws txoj kev noj mov. Koj tsis xav hais tias ntshe nws xiav yog vim nws tsis kam hloov es nws ntshav qab zib thiaj li siab li siab. Txiv, koj tseem nyob nov nrog peb nav. Peb tseem pab tau koj na. Txiv, thov hmloog kuv hais mas. Peb pib hloov txij hnub no mus yom?</p> <p><b>Txawj Zoo:</b> No. Tsis txhob hais ntxiv lawm. Koj tsuas yog menyuam xwb nav. Tsis txhob hais lus li ko rau</p>
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<p>back and palms slamming on the table.</p>	<p>what I choose to eat.</p> <p><b>Mai:</b> Fine! Be that way. I just don't want you to die but you will if you keep this up!</p>	<p>kuv. Kuv yuav noj li cas los cia kuv noj kuv na.</p> <p><b>Mai:</b> Fine! Be that way!Kuv tsis xav kom koj tuag nav! Yog koj tsis kam hloov ces nsthe koj yuam tuag mus like Tais Sua xwb os.</p>
<p>TV playing in the background</p>	<p><b>Scene 8:</b>  <b>Narrator:</b> In truth, Chertzong fears for his life. He can feel that his body is no longer as strong as it used to be. He thinks about death every day but doesn't want his family to know how scared he was. As Chertzong sits contemplating his health, Mai approaches Chertzong.</p> <p><b>Mai:</b> Dad, I'm sorry about what I said. I'm just worried about you. Dr. Sarah and Seng said you could die and you keep mentioning how nyuaj siab you are. I just want to help. Do you think maybe it will help you if you talk with other Hmong people who have diabetes? Maybe it'll help you feel better?</p> <p><b>Chertzong:</b> Daughter, you shouldn't have said that but I understand that you are worried. But who would I talk to? How would that help?</p> <p><b>Mai:</b> Well, my friend told me about a group that his dad goes to. They meet every Wednesday.</p> <p><b>Chertzong:</b> What do they do at this group?</p> <p><b>Mai:</b> They talk about how their experiences and how they manage their diabetes. My friend said his father is in a much better mood since he's gone to the meetings.</p> <p><b>Chertzong:</b> Well, I suppose it wouldn't hurt to try.</p>	<p><b>Scene 8:</b>  <b>Narrator:</b> Qhov tseeb mas Txawj Zoo nej hnub txhawj txog nws txoj sia. Nws hnov nws lub ces tsis muaj zog npauv thaum i lawm. Nws yeej nej hnub txhawj tab sis nws tsis xav kom nws tsev neeg paub. Nws tsis xav kom lawm paub hais tias nws txhawj thiab ntshai npuam li cas. Txawj Zoo tseem zaum xav xav na has Maiv los zaum ntawm nws ib sab.</p> <p><b>Mai:</b> Txiv, thov zam txim rau tej yam ua kuv tau hais os. Kuv tsuas yog txhawj txog koj xwb os. Dr. Sarah thiab Xeeb pheej hais tias koj yuav tuag no thiab koj pheej hais tias koj nyuaj nyuaj siab no. Kuv tsuas xav pab koj xwb na. Koj puas xav hais tias yuav pab koj yog koj tau mus tham nrog lwm cov Hmoob es muaj ntshav qab zib siab thiab? Tej zaum yuav ua rau koj kaj siab zog.</p> <p><b>Txawj Zoo:</b> Mi ntxhais, qhov tseeb mas tsis yog koj na thib hais tej ko rau kuv tab sis kuv yeej paub hais tias koj tsuas yog txhawj txog kuv xwb. Es koj hais tias mus tham no yuav tham li cas thiaj li pab ma?</p> <p><b>Mai:</b> Kuv tus phooj ywg hais tias nws txiv mus koom nrog ib pab kev kawm rau cov uas muaj ntshav qab zib.</p> <p><b>Txawj Zoo:</b> Es pab kev kawm no, lawv ua dabtsi?</p> <p><b>Mai:</b> Lawv tham txog tej yam ua lawv tau ua es pab khoo lawv cov ntshav qab zib. Thiab lawv tham txog hais tias lawv muaj tus mob no lawv ho xav li cas, nyuaj siab li cas. Kuv tus phooj ywg hais tias txij thaum nws txiv mus koom nrog pab kev kawm no zoo nkaus li nws kaj siab zog lawm.</p> <p><b>Txawj Zoo:</b> Hmm...Kuv lam mus seb ho zoo li cas.</p>



<p>Chatter fades in...</p>	<p><b>Scene 9:</b>  <b>Narrator:</b> After their conversation, Mai enrolls Chertzong in the diabetes support group. A week later Chertzong attends his first meeting. A veteran of the diabetes support group, Moua shares his story.</p> <p><b>Txooj Muas (Chong Moua):</b> Do you want to know how I lost my foot? Well, I didn't listen to what my doctor told me. I couldn't feel my toe when I stepped on a nail, then it wouldn't heal and got infected, and the doctor told me that if I didn't cut off my foot, I would lose my leg and possibly die.</p> <p><b>Chertzong:</b> What does that have to do with diabetes?</p> <p><b>Txooj Muas:</b> My doctor had said that diabetes could cause me to lose sensation in my limbs. I didn't believe him. Now I don't have a foot. I wish that I had done something sooner to take care of my diabetes. If I had done something sooner, I would still have my foot.</p> <p><b>Chertzong (thinking to himself):</b> I hope that never happens to me. I should be so grateful that I still have all of my limbs. Maybe I <i>do</i> need to reconsider how I eat and how I exercise.</p> <p><b>Facilitator:</b> Moua, thank you for sharing story. Dawb, I know that you've done a great job managing your diabetes. Can you share with everyone how you do it?</p> <p><b>Dawb:</b> Well, everyday, I take my medicine</p>	<p><b>Scene 9:</b>  <b>Narrator:</b> Ib as thiv dhau ces Txawj Zoo mus ntsib nrog pab kev kawm. Txooj Muas yog ib tug ua tau tuaj koom nrog pab no tau ntau xyoo lawm.</p> <p><b>Txooj Muas:</b> Nej puas xav paub hais tias yog vim li cas kuv thiaj li tsis muaj ib txhais kotaw? Kuv tsis hlmoog kuv tus nais maum hais nav. Muaj ib hnuv kuv tsuj tau ib tug ntshia hlau...kuv twb tsis paub rau qhov kuv tsis hnov mob ib qhov li. Ces ob peb ab thiv dhau cas pheej tsis zoo line. Kuv thiaj li ua ib siab mus xyuas tus kws kho mob. Nws hais rau kuv hais tias yog kuv tsis txhiav kuv sab kotaw no ces qhov mob yuav hlav mus rau kuv kav hlaub...tej zaim ua rau kuv tuag tauthiab.</p> <p><b>Txawj Zoo:</b> Es qhov ko twb tsis yog hais txog ntshav qab ne puas yog?</p> <p><b>Txooj Muas:</b> Ohh, twb yog kuv tus kws kho mob twb hais rau kuv hais tias yog kuv ntshav qab zib siab dhau lawm ces ua tau kuv tes thiab taw cia li tsis hnov mob lawm.Tab sis kuv tsis ntseeg li no. Tsam no kuv tsis muaj ib txhais kotaw lawm. Kuv yeeb nej hnuv xav hais tias ua cas kuv yuav tsis hloov, yuav tsis pab kuv tus kheej kom tswj qhov mob ntshav qab zib. Yog kuv hloov ces ntshe kuv tseem muaj kuv ib sab kotaw no.</p> <p><b>Txawj Zoo:</b> (thinking to himself) Ntuj aw. Thov tias qhov mob npaum li no tsis los nraug kuv. Cas kuv tseem muaj tag nrho kuv tej tes tej taw. Kuv yuav tau xav zoo zoo txog ntawv hloov tej kev noj kev haus.</p> <p><b>Faciliator:</b> Txooj Muas, ua tsaug ntau koj piav txog koj lub neej rau peb hmloog thiab peb kawm. Dawb, koj yeeb ua tau ntau yam khoo tau koj cov nsthav siab. Koj piav mi nstis rau peb mloog yom?</p> <p><b>Dawb:</b> Txhua hnuv ces kuv yeej noj tshuaj ob lwm</p>
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	<p>twice. Once in the morning and once in the evening. And then right as I start to eat, I take my insulin. I always make sure that I take it at the same time every day.</p> <p><b>Facilitator:</b> Dawb, you have also done a lot to change your exercise habits too. Can you share with us what you do?</p> <p><b>Dawb:</b> I like to go walking. When it's warm out like this, I always walk for at least 30 minutes around the neighborhood. When it's cold I ask my son or daughter-in-law to take me to Hmong Village. I walk up and down the aisles. I get to see people that I know and I get to exercise. Sometimes we go to the mall too.</p> <p><b>Facilitator:</b> Dawb, what have you found most difficult?</p> <p><b>Dawb:</b> Well, I am so nyuab siab. I am worried about my husband who has cancer. He is in the hospital right now and he is so weak because the cancer is eating away at his body... I don't know when he might die...</p> <p><b>Cherzong</b> (Thinking to himself): Her husband has cancer? And he is in the hospital? He is so young. How can I be so nyuaj siab and thinking about death when my disease does not eat away at my body like cancer does? It is something that I can manage if I take care of myself. I should be grateful that this is all I have, that I still have control over my body.</p>	<p>raws li xoj moos. Kuv nojib lub thaum sawv ntxovthiab ib lub ntxiv thaum yav tsau ntuj. Ces thaum kuv tab tom yuav pib noj mov, kuv txhaj ib koob tshuaj. Kuv yeej npaj kom kuv noj tshuaj raug raug sib hawm.</p> <p><b>Facilitator:</b> Dawb, koj tau hloov koj kev dhia ua si kom tawm fwslawm thiab. Koj puas kam piav rau peb hais tias seb koj ua dab tsi?</p> <p><b>Dawb:</b>Aws. Kuv nyiam mus taug kev. Thaum caijntuj sov ces kuv mus taug kev ncig peb qab vaj tsib taug li 30 naas-this. Thaum caij ntuj no lawm ces kuv thov kuv tus tub los tus nyab kom nkawv ib tug coj kuv mus rau tim Hmong Village. Kuv mus ncig kem ub kem no. Pom neeg yus paub thiab tau taug kev ua si. Tej thaum ces peb mus rau tim mall thiab.</p> <p><b>Facilitator:</b> Dawb, koj xam hais tias dabtsi yog qhov nyuaj tshaj rau koj?</p> <p><b>Dawb:</b> Ohhh...Kuv ces nyuuuaaaj siab. Kuv txhawj txog kuv tus txiv.Nws mob cancermuab nws lub cev noj ta lawm tsis muaj zog li lawm... yeej tsis paub thaum twg nws yuav tso peb tseg li...</p> <p><b>Txawj Zoo</b> (Xav rau nws tus kheej): Nws tus txiv mob cancer? Nws pw tim hau maum? Nws twb tseem hluas sav... Cas kuv yuav nyuaj siab xav txog kev tuag ua dab tsi? Kuv qhov mob no tsis yog mob phem li cancer es yuav muaj kab mob no ib ces. Kuv qhov mob no yog ib qho kuv tseem kho tau yog kuv saib xyuas kuv tus kheej.</p>
<p><b>Scene 10:</b> <b>Narrator:</b> That night Cherzong resolves to take better care of himself. The next day, he decides to recruit Mai to walk around the lake with him.</p> <p><b>Cherzong:</b> Mai, let's go for a walk.</p>	<p><b>Scene 10:</b> <b>Narrator:</b> Hmo ntawv, Txawj Zoo txiav txim siab hais tias nws yuav hloov ua tej yam ua yuav zoo rau nws lub cev. Hnub tom qab, nws hais kom Maiv nrog nws mus taug kev ncig lub pas dej ua si.</p> <p><b>Txawj Zoo:</b> Maiv, los wb mus taug kev ua si.</p>	



<p>Footsteps. People talking and laughing.</p>	<p><b>Mai:</b> Where are you going walking?</p> <p><b>Cherzong:</b> Let’s go to the lake over there. Dr. Sarah said that I should be more active. A lot of the people at the group go walking to manage their diabetes. I’d like to do that too.</p> <p><b>Mai:</b> Dad, I’m happy that you decided to go walking and that you invited me. What changed your mind?</p> <p><b>Cherzong:</b> Well I met people at the support group whose diabetes had gotten so bad that they lost their limbs. I also met a woman whose husband is dying from cancer. I realize that diabetes, it’s just diabetes. I can control it. If I manage it well, it won’t kill me.</p> <p><b>Mai:</b> That’s what Dr. Sarah and Seng were saying. So what do you think you’ll do?</p> <p><b>Cherzong:</b> Well, I would like to make it a regular thing, to walk around the lake every day or at least a couple times a week.</p> <p><b>Mai:</b> That’s good. The exercise will be good for you and for me.</p> <p><b>Cherzong:</b> But exercise isn’t the only thing. We’ll need to change the way we eat too.</p> <p><b>Mai:</b> Yes! How about we start that tonight?</p>	<p><b>Maiv:</b> Es, wb yuav mus taug kev qhov twg?</p> <p><b>Txawj Zoo:</b> Wb mus rau tim lub pas dej tiv. Dr. Sarah hais tias komkuv tsis txhob nyob xwb thiaj li pab kuv cov ntshav qab zib nqis.</p> <p><b>Maiv:</b> Txiv, kuv zoo siab hais tias koj txiav txim siab mus taug kev ua si thiab koj ho caw kuv nrog koj mus. Vim li cas koj thiaj hloov siab li no?</p> <p><b>Txawj Zoo:</b> Thaum kuv mus koom nrog pab kev kawm txog ntshav qab zib, kuv tau ntsib ib tug ua nws cov ntshav qab zib tau mob phem tsis phem es lawv tau txiav nws txhais kotaw. Thiab, kuv ntsib ib tug niam tais es piav rau peb hais tias nws tus txiv mob canceryuav tuag. Kuv xav kiag lawm hais tias kuv mob ntshav qab zib xwb. Yog kuv saib xyuas kuv tus kheej kom zoo, qhov mob no yeej yuav tsis ua rau kuv sia tu.</p> <p><b>Maiv:</b> Qhov ntawm ko yog li Dr. Sarah thiab Xeeb hais kiag.</p> <p><b>Txawj Zoo:</b> Kuv xav kom kuv niaj hnuv tuaj taug kev tau li no. Los yog mus txhua hnuv tsis tau ces kom tau mus ib ab thiv no peb plaub zaug.</p> <p><b>Maiv:</b> Taug kev kom tawm fws lis no yuav yogib qhov zoo rau koj thiab kuv os Txiv.</p> <p><b>Txawj Zoo:</b> Tab sis tsisyog hais tias tsuas dhia ua si kom tawm fws xwb. Wb yuav tsum pauv wb txoj kev noj zaub mov thiab.</p> <p><b>Maiv:</b> Ua li kiag. Los wb pib hmo no.</p>
<p>Pots clinking</p>	<p><b>Scene 11:</b> <b>Narrator:</b> That night Mai helps her mom to cook boiled chicken, brown rice, boiled squash soup, and steamed Chinese broccoli. As the family sits down to eat, Mai brings to the table a measuring bowl that they</p>	<p><b>Scene 11:</b> <b>Narrator:</b> Hmo ntawv, Maiv pab Yeeb hau qaib, cub mov daj, hau taub tsuag, thiab cub pas-kas-nas. Thaum tsev neeg los zaum noj mov, Maiv rho lub tais ntsuas mov ua Xeeb tau muab rau nkawv.</p>





	<p>today. We need to talk about our diabetes. We need to share with one another so that we are not so nyuaj siab about our sickness.</p> <p><b>Facilitator:</b> What made you come to that realization, Chertzong?</p> <p><b>Chertzong:</b> Well, this group. And my daughter helped me.</p> <p><b>Facilitator:</b> How has that affected you?</p> <p><b>Chertzong:</b> After eating better and walking more, I feel more energetic. I don't feel tired anymore. Now I feel like I have control of my body and of this disease. I don't feel nyuaj siab anymore. I am not afraid that it is going to kill me because it won't kill me. It is the kev nyuaj siab that kills. We have the power to change the way we eat and how active we are. We have the power to change our mindset so that we are not nyuaj siab. If I can do this. You can do it too.</p>	<p><b>Facilitator:</b> Vim li cas koj thiaj li xav tau li ko, Txawj Zoo?</p> <p><b>Txawj Zoo:</b> Pab kev kawm no, thiab kuv tus mi ntshais Mai pab hloov kuv txoj kev xav.</p> <p><b>Facilitator:</b> Es, ho hloov tau li cas?</p> <p><b>Txawj Zoo:</b> Txij thaum kuv hloov los noj zaub mov kom haum thiab mus taug kev ua si, zoo nkaus li kuv muaj zog tuaj lawm. Kuv tsis nkees nkees li yav tas los. Kuv tswj tau kuv tus kheej thiab kuv tus mob no lawm. Kuv tsis muaj txoj kev nyuaj siab thiab kuv tsis ntshais hais tias qhov mob no yuav ua rau kuv sia tu. Peb muaj peev xwm hloov peb tej kev xav kom peb thiaj li tsis nyuaj siab. Yog kuv tus kheej ntawm no ua tau... nej sawv daws los yeej ua tau thiab.</p>
<p><b>Music fades out .</b> ..</p>	<p><b>Ending</b></p> <p>This radio story was a production of SoLaHmo Partnership for Health and Wellness, a program of West Side Community Health Services, and was recorded and edited at KMSU studios. This program was made possible with generous support from the UCare Fund and the Clinical and Translational Science Institute at the University of Minnesota.” (List authors and actors and the recording studio editor.)</p>	<p><b>Ending</b></p>