



Marian’s battle with hypertension: the struggle to overcome large and small stresses in her everyday life

Script English- Somali SoLaHmo Radio Story about Healthy Family Lifestyles

Main Characters: **Marian Hassan**-Patient

Secondary Characters: **Narrator**-Female, **Dr. David** (ER Doctor), **Ayan** (patient’s niece), **Joy** (Nurse), **Dr. Ali** (Physician), **Hani** (Dietician), **Hamdi** (Grand-daughter), **Joe** (Hassan’s doctor)

Synopsis: Marian is a 69-year-old female diagnosed with hypertension. She has been successfully managing her condition during the last year. Marian is a mother of 2 adult boys and a grandmother of 3 girls. Back at her motherland of Somalia, Marian was a healthy, active individual who had never seen a doctor. Marian has been in Minnesota about one month and started to have a lot of headaches and often felt dizzy, experiencing shortness of breath, abdominal pain, blurry/double vision and chest pain. She saw the doctor at the ER where she fainted and was diagnosed with hypertension; her blood pressure numbers were 160/110. Marian was very concerned and afraid about what this could mean for her and realized that with this condition she would have to take medications for the rest of her life. Marian has worked hard to maintain a normal life, but is now very careful to limit the sodium and sugar in her diet, never cooking with salt, and not drinking many sugary drinks or tea. Marian had some dramatic experience throughout her life, dealing with her husband who has cancer and not able to support the family back home due to her illness. Since, dealing with hypertension Marian has been practicing meditation to try to reduce her stress and to control her emotions; which has a big impact on her blood pressure.

Sound effects/music	Audio: English	Audio: Somali
	<p>Opening: Standard</p> <p>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</p>	<p>Furitaanka:</p> <p>The SolaHmo Partnership for Health and Wellsness waa barnamij ka mid ah West Side Community Health Services. Waxaan ka kooban nahay shaqsiyaad ka kala socda bulshadaha kala duwan sida, Somali, Laatino, iyo Hamaanga. Waxaan wada shaqayna baarayasha caafimad ka iyo bixiyaasha deeqaha caafimaad. U la jeedkeenuna waa in aan wax kabadalno, caafimaad ka bulshada heena. Sheekada aad maqli doonto, waxay kusaabsantahay, khiso dhaqtay oo run ah. Waxaan u mahad naqaynaa, familada nala</p>



	<p>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.</p> <p>Narrator: Marian is a 69-year-old Somali woman who lives in Minnesota. She is wife to Hassan, who is in the hospital with terminal cancer. She is also a mother to two boys, a grandmother to three girls, and an aunt to several nieces and nephews. Back in her motherland of Somalia, Marian was a healthy and active individual who never once had to see a doctor. But, now she has been having daily headaches, which bother her.</p>	<p>wadaagay dhaqdoon yinka runta ugu dhacay kuwas oo noo suurtagaliyey sheekadan radyaha. Magacyada madala yaasha waa labadalay sababo sakuuradi.</p> <p>Sheege: Marian waa 69 jir haweenay somali ah oo dagan gobalka Minnesota. Marian waa xaaska Hassan, oo ku jiraa hospitalka oo qaba cudurka kancerka. Marian waa hooyo haysata laba will, waxayna ayeeyo u tahay sadex gabdhood, waxayna habaryaro iyo eedo u tahay cararuur kale oo badan. Marian markii ay jogtay wadankedi waxay ahayd qof caafimad qabta oo firfircoon, oo marnaba anaan tagin goob caafimaad. laakin hada waxaa ku dhaca madax xanuun jogta ah oo dhiba.</p>
	<p>Scene 1:</p> <p>Narrator: Today, Marian and her niece Ayan are at the hospital sitting at her husband’s bedside and waiting for the doctor to arrive. All of the sudden, Marian’s headache is worse, she becomes dizzy and faints right in front of her niece. Ayan pages for help. The nurse rushes into the room and immediately has Marian transported to the emergency room where she is treated.</p> <p>Dr. David: Hi Mrs. Hassan, are you feeling better? We ran numerous tests and found out your blood pressure is alarmingly high. Your blood pressure was 180/112. We have it under control now, but this is something that could lead to serious problem</p>	<p>Qeebta 1:</p> <p>Sheege: Manta Marian iyo gabdha ay habaryarta u tahay Ayan, waxay jogan isbitaalka, waxayna Marian dhinac fadhida sariirta ninkeeda, waxayna sugaayan dhaqtarka. islamarkiba Marian madaax xanuukeedi wuu sii xumaaday, waayna wareertay kadibna ku suuxday gabdha ay habaryarta u tahay horteeda. Ayaan waxay ay wacday caawimaad, kalkaliyaashe durba qolka ku soo carareen, kadibna Marian waxaa loo qaday qolka gargaarka dagdaga ah sii loo daaweeyo.</p> <p>Dr. David: Haya Marian, si’roon madareemaysa? Waxan qaad imtixaano badan, waxana oo gaanay in uu dhiigaagu kacsanyahay. Dhiigaagu wuxuu ahaa 180/112. Hada waan dajinay, lakiin tan waxay kuu horseedi kartaa dhimbado siyaado ah. Waligaa dhiikar ma lagaa helay?</p>



	<p>in the long term. Have you been diagnosed with hypertension before?</p> <p>Marian: What is hypertension? Ayan, what is he talking about?</p> <p>Dr. David: Well, hypertension means that your blood pressure is too high. Blood pressure is a measurement of the force against the walls of your arteries as your heart pumps blood through your body. The normal value is less than 120/80. Yours was 180/112</p> <p>Ayan: Doctor, what caused this?</p> <p>Dr. David: There are many factors that can lead to hypertension such as, being overweight or obese, not exercising, and being under stress and family history.</p> <p>Ayan: Doctor, what does this mean for her? Is this something that she can take medication for? Can she live with this condition?</p> <p>Dr. David: Yes. This is a condition that can be controlled if proper steps are followed. We need to wait for the rest of the tests to come back to check her overall health. My goal for today is to reduce your blood pressure. However I recommend that you see your primary care doctor. I will send her the results of your tests to your primary care doctor. Now go home and rest!</p> <p>Ayan: Thank you, Doctor. I will take her to my doctor who is also</p>	<p>Marian: waa maxay dhiigkar, Ayan muxu ka hadlayaa?</p> <p>Dr. David: Een dhiigkarka waa marku dhiigu kor u kooco cadaadiska dhiigu waa xawliga uu kudhax maraayo, halbowlaha, marka uu aruurayo ee uu tuuraayo dhiiga jirkaaga intiisa kale. Sida caadiga ah, waa 120/80, lakiin kaagu wuxuu ahaa 180/112.</p> <p>Ayan: Dhaqtar, maxaa keenay tan?</p> <p>Dr. David: Waxaa jiro waxyaalo badan oo keeni karo dhiikar, sida miisanka culus ama baruur, jimicsi la'aan, cadaadis iyo taarikh qo'is.</p> <p>Ayan: Dhaqtar, tan see u samaynaysaa? maa wax ay dawooyin u qadan kartaa? mana ku nolaankarta?</p> <p>Dr. David: Haa. tan waa xalad la xakamaynkaro hadii talaaboyinka saxdaa laraaco. Waxan u baahanahay in aa sugno imtixaanada inta harsan in ay soo laabtan, markaasna an egno caafimaad keeda guud. U la jeedkayga manta waa in aan dajiyo cadaadiska dhiigaaga. sikastaba ha ahaade, waxan kugula talinaaya in aad aragtid dhaqtar kaaga cadiga ah. Najiidad imtixaanadaada waxan u diraaya dhaqtar kaaga cadiga ah. Hada guriga aad oo naso.</p> <p>Ayaan: Mahadsanid, dhaqtaar, waxaan u geynayaa dhaqtarkeyga oo somali ah.</p>
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	from Somalia.	
	<p>Scene 2:</p> <p>Narrator: Marian is in shock and confused about what just happened to her. Marian did not want to believe she had any illness. She has never been treated by a doctor in her life. She is in denial reluctantly agrees to follow up with the doctor. Two days later, Ayan took Marian to her primary doctor for follow up.</p> <p>Marian: Ayan, I am not feeling well...</p> <p>Ayan: What is happening, Auntie?</p> <p>Marian: My head hurts and my vision is not clear. I need to sit down...right now!</p> <p>Nurse: Marian, right this way!</p> <p>Ayan: Take your time, Auntie. I am going to help you get up. Nurse...could you please help us...my auntie is not feeling well.</p> <p>Nurse: Let me check her blood pressure first and then the doctor will see her right away. [Sounds of click click]. Thank you. The doctor will be with you shortly.</p> <p>Dr, Ali: Hello, welcome Mrs. Hassan. So...it seems you are not feeling well.</p> <p>Marian: Yes, doctor.</p> <p>Dr. Ali: I have looked at your ER</p>	<p>Qeebta 2:</p> <p>Sheege: Marian waxay la argaxgaxsan tahay lana wareersantahay wixi manta ku dhacay.Marian ma rumaysna in ay wax jiiro ah qabto.Marian waaligeed dhaqtar kama daaweyn wax xaanuun ah. Marian way ka cagajidaysa in ay raacdo taaloyinka dhaqtarka. laba malin kadib,Marian waxaa ay ayaan u waday dhaqtarkeedi guud.</p> <p>Marian: Ayan, sifiican madareemayi...</p> <p>Ayan: Maxaa dhacay, habaryar?</p> <p>Marian: Madaxa baa ixanuunaya, aragaykuna ma wanaagsana. Waxan u baahanahay in aan fariisto, hada!</p> <p>Kalkaliso: Marian halkan soo maar!</p> <p>Ayan: waqtigaaga qaado habaryar. Wan ku caawinaya si'aad u istaagtid. Kalkaaliso.. fadlan, mana caawin kartaa? habaryartay sifiican madareemayso...</p> <p>Kalkaliso: marka hore waxaan firiinaya cadaadiska dhiigaga kadibna dhaqtarka yaa ku imanaya.mahadsanid,dhaqtarka wuu ku imaanaya wax yar kadib.</p> <p>Dr. Ali: Hello, soo dhawoow Marwo Hassan. Marka, waxay u muuqata in aadan sifiican dareemayn.</p> <p>Marian: Haa, dhaqtar</p> <p>Dr.Ali: Waxaan eegay najiidooyinkaa kii kasoo</p>



	<p>chart and see that you have been diagnosed with hypertension. Your blood pressure reading today is 160/98. While this is slightly less than two days ago, it is still high. We need to reduce it to less than 140/90 and ultimately down to normal levels. I am going to give you some recommendations and refer you to a dietician, so you can learn how to manage your blood pressure through diet and exercise. It is very important that you manage your blood pressure because the health effects can be serious. With high blood pressure, people can develop a stroke, heart attack, congestive heart failure, and kidney damage.</p> <p>Marian: Well... I am not feeling well now... My head hurts a lot. Can you give me something to feel better?</p> <p>Dr. Ali: The cause of your headache is due to your hypertension. I am going to give you another medicine to take with the one prescribed in the ER. I need to reduce your blood pressure so that you don't get further health complications.</p> <p>Marian: Is this serious?</p> <p>Dr. Ali: Mrs. Hassan, you should be able to live with this condition if you follow our recommendations. People manage their high blood pressure with medicines, diet and exercise. I am also going give you an electronic machine to measure</p>	<p>baxay qolka gargaarka caafimaad. Waxana arkaa in lagaa helay dhiikar. Cadaadiska dhiigaaga wuxuu aqrinaaya manta 160/98. Inkastoo tan ka yartahay labo maalmod kahor, hadana way saraysaa. Waxan ubaahanahay in aan hoos ugu dhigno 140/90, kadim gaarsino sida caadiga ah. Waxaan kusiinayaa talooyin, kuuna dirayaa dhaqtarka cunto qaadashada markaas aad baradid si'aad aad u maamushid caadiska dhiigaaga adiga oo cuntadaada egaya jimicsinasamaynaya. Waa muhiim in aad maamushid cadaadiska dhiigaga sababtoo ah waxay waxyeelaynesa caafimad. Cadaadiska dhiiga oo kor u kacsan, dadka wuxu ku siyaadiyaa dhibaadoonyinka sida, xijirooga dhiiga oo ah xanuu kadis ah oo maskada kudhaca, wadne istaag, iyo dhib kelyo.</p> <p>Marian: Een..... sii fican ma dareemayo,madaax aad buu ii xanuunaya maa ii siin karta wax xanuun babi iyaah ah?</p> <p>Dr.Ali: Sababta keentay madax xanuunka waa dhiigkarka,marka waxaan ku siinayaa daawo ka duwaan tii Qolka gargaarka dagdag ah waa in aan yareeyaa cadaadiska dhiiga sii aan uga hortago dhibato caafimaad daaro oo dheraad ah.</p> <p>Marian: taas ma dhaab baa?</p> <p>Dr. Ali: Marwo Hassan, waad kunolaankarta xalaadan hadii aad racdo taalooyinka aan ku siino,dadku waxay ku xakameeyaan dhiigkarka daawoyin,cunto caafimad leh,iyo jimicsii, waxaan ku siinaya mashiin ad ku cabirto cadaadiska dhiigada ado gurigaga joga kalkalisada ayaa ku sharxaysaa sidaa u</p>
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	<p>your blood pressure at home. The nurse will demonstrate how that works. Please follow up with the dietician in a few days; and then see me next month.</p> <p>Marian: Thank you.</p> <p>Ayan: Thank you, doctor. I will take her to see the dietician. We are dealing a lot since my uncle is very sick and I want my auntie to get better.</p> <p>Doctor: I want her to get better also. Now it is essential that you go home and rest.</p>	<p>mashiinku u shaqaynayo. fadlaan laa xaarir cunto yaqaan malmaha soo socdaa.</p> <p>Marian: mahadsanid</p> <p>Ayan: Mahadsanid dhaqtar, waan u wadyaa qofka qaska u ah cuntada caafimadka. Waxaana nahaysta dhibaatooyin faro badan intuu u adeerkay jiranyahay waxaa rabaa in edo caafimaado.</p> <p>Dhaqtar: waxaana rabaa in aydana caafimad hesho. hada waxaa muhiim aah in aad guriga tagtiid oo nasatid.</p>
	<p>Scene 3</p> <p>Narrator: Marian is overwhelmed and held off on starting the doctor’s recommendations. She disobeys doctor’s order and decides to visit her husband at the hospital instead of going home and resting.</p> <p>Marian: Ayan, it is very important you don’t tell your uncle about my condition. He will be stressed and I don’t want him to get worse.</p> <p>Ayan: Auntie, I understand, but you need to take care of yourself too. You heard what the doctor said; you don’t want anything else going wrong with your health.</p> <p>Marian: I know dear, but this is a hard time for me. Please, let’s keep this to ourselves. Once Hassan gets better, then we can</p>	<p>Qeebta 3</p> <p>Sheege: Marian way walwashay, markaasna joo jisay in ay bilowdo talooyin kii dhaqtarku soo siiyay. Waydiiday dhaqtar ka amarkiisii, kadimna go’aan satay in ay ninkeeda ku booqado isbitaalka meeshay guriga aadi lahayd oo nasan lahayd.</p> <p>Maryan: Ayaan waxaa muhiim aah in aadan adeer u sheegin adeer xaaladeyda. wuu ka walwalayaa mana rabo in uu ka sii daro.</p> <p>Ayan: Eedo, waan ku fahmay, lakiin in aad noloshada ka taxadartid ayaad u baahantahay adiguna. Waad maqashay waxa dhaqtar kudhahay, marabtid in waxkale in ay soo gaaran caafimaad kaaga.</p> <p>Maryan: waan ogahay qaali, lakiin waa igu adaagtahay xilagaan. fadalan, anaga kaleya hanugu kaato. markuu xasan fiicnado maraas ayaan u sheegaynaa.</p>



	<p>tell him.</p> <p>Ayan: Okay, auntie but you need to follow the doctor’s advice. When we visit the dietician, we will find out what we need to do to control your hypertension.</p>	<p>Ayaan: haye, eedo lakin waxaa u bahantay in aad raacdo dhaqtarka taladeesa. marka u tagno qofka qaaska u aah cuntooyinka caafimadka leh. waana ogaan donaa sidaa u xakameen doono cadaadiska dhiiga.</p>
	<p>Scence 4:</p> <p>Narrator: Two days later, Marian and Ayan visit the dietician.</p> <p>Hani Dietician: Welcome Marian. I am Ms. Hani, a dietician. Dr. Ali sent me your chart. I see that, you have been diagnosed with hypertension.</p> <p>Marian: Yes...</p> <p>Hani: My goal today is to go over a plan that works for you. We will talk about diet and exercise plans and ways to reduce your blood pressure, so you can live a normal life. How have you been feeling in the last couple of days?</p> <p>Marian: I feel weak and still have headaches.</p> <p>Ayan: She is under a lot of stress because of her husband’s condition. I feel that she does not follow the doctor recommendations well. She does not get enough rest and she has not taken her medications in the last couple of days.</p> <p>Hani: Well, it is very important</p>	<p>Qeebta 4:</p> <p>Sheekeye: Labo maalmood kadim, Marian iyo Ayaan waxay booqden shaqsiga qaaska u ah cuntada caafimadka.</p> <p>Hani Shaqsi qaas u ah cuntada caafimaadka: Soodhowow Marian. Waxaa la idhahaa Hani, waxana ahay shaqsiga cuntad caafimaadka. Dhaqtar Ali baa iisoodiray bayaan qoraal oo ku saabsan caafimaad kaga.</p> <p>Marian: Haa</p> <p>Hani: Maantay u la jeedadeydu waa in aa kula diyaariyo qorshe kuu shaqeeya. Waxan ka hadli doona cunto qaadasho nidaamsan iyo qorshe jimicsi iyo siyaabo kale oo lagu dhimo cadaadiska dhiigaaga, markaas waxad awoodaysa in aad ku nooladid nolol caadi ah. Sidee dareemaysay malabadii maalmood oo la soo dhafay?</p> <p>Marian: Waxaan dareemayay tabar yari, walina madaxa baa i wareeraya.</p> <p>Ayan: Cadaadis badan bay ku jirtaa sababtoo ah xaalada ninkeeda. Waxaan dareen sanahay in aysan raacin talooyinka dhaqtar ka sifiican. Nasasho fiican mahesho, mana qaadan taa woyinkeedii labadii malmood oo lasoo dhafay.</p> <p>Hani: Een, waa muhiim in aad qaadatid</p>



	<p>that you take your medications just as the doctor prescribed them. Let’s go ahead and talk about your diet. Can you please describe your typical meal?</p> <p>Marian: These days have been very hectic because of my husband’s health, but I usually eat a lot of pasta, and rice with my meat, especially goat meat. I like sweets; I especially like to add a lot of sugar in my tea.</p> <p>Ayan: She also likes to add a lot of salt in her food. The doctor recommends Marian to reduce her salt intake, but she does not like tasteless food.</p> <p>Hani: Yes, that is true Ayan. Marian, you really need to reduce your sodium intake! We recommended that people should not have more than 2,300 milligram of sodium each day; this is about one teaspoon a day. But for people like you, who have high blood pressure, it is important to limit the salt intake to no more than 1,500 mg which is less than a teaspoon of salt a day. Most of the salt that we get in our diet comes from ready made foods, canned foods and when we eat at restaurants. It’s very important to reduce the amount you use when you cook.</p> <p>Marian: (mutters to herself) I don’t like unsalty food, it tastes so... tasteless!</p> <p>Hani: Also, losing weight can help reduce your blood pressure as</p>	<p>daawoyinkaada sida saxdaa oo dhaqtarku ku soo qoray. Aan ka socono oo kahadalno nidaamka cuntadaada. Fadlan, masharixi kartaa cuntaada aad cadiga u cuntid?</p> <p>Marian: Maalmahan waxay ahaayen atay sababtoo ah ninkayga caafimaad kiisa, lakiin batanaa waxan cunaa baasto badan iyo bariis lagu taray hilib, qaasantan hilib ari. Waan jeclahay macmacaanka, siqaas ah waxan u jeclahay in sonkor badan ku darsado shaaha.</p> <p>Ayan: Sidookale Marian waxay jeceshahay in ay cusbo badan ku darsato cuntadeeda. Dhaqtarku wuxuu kula taliyay Marian in ay dhinto cusbada ay qadado, lakiin may jecla cunto aan dhandhan lahayn.</p> <p>Hani: Haa, taas waa run. Marian, xaqiidiina waxaad u baahantahay in aad yaraysid cusbadaada. Waxan kula talinaa dadka in aysan qaadan in kabadan 2,300 miligaraam oo cusbo leh hal kii malinba. Tan waxay la midtahay hal qaado malintiiba. Lakiin, dadka adoo kale ah oo qabo cadaadis dhiig, waa muhiim in ay ku xadadaan cusbada ay qaadan in aan ka badnayn 1,500 miligaraam. Taas oo ah in kayar hal qaado malintiiba. Badnaan cusbada aan ka helno cundadeena nidaamsan, waxay kadimaada cunto diyaarsan, cuntada ku jirta gasaxyada, iyo cuntada aan maqaayadaha ka cuno. Waa muhiim in aad dhintid cadadka aad isticmaashid markaad karinaysid cunto.</p> <p>Marian: (waxay ku guryantay nafsadeeda) Ma jecli cunto cusbo la’aan ah, waxay u dhandhantaa si aan nah lahayn.</p> <p>Hani: Sidookale, dhimitaanka miisanka wuxuu kaa cawin karaa hoos udhiga cadaadiska</p>
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	<p>well. I understand that you are going through tough times these days but making some changes in your diet with help with that. Reduce the amount of saturated fat by reducing animal fats, including fatty meats, butter. Instead choose lean meats like chicken and fish. Reducing the amount of caffeine will help with your blood pressure; so, if you drink a lot of tea it would be good to reduce the amount to a couple of cups a day and drink more water. Exercise helps you not only to lose weight but also to reduce your stress. It would be good to include some form of exercise for at least 30 minutes every day. Walking is a good form exercise and it might be something you could include for now.</p> <p>Marian: This is a lot to change! I am not ready for this I have a lot to deal with right now, with my husband being sick. I will have to think about it and get back to you.</p> <p>Hani: Marian, you can start slowly for now like paying attention to the sodium in your diet and adding a few minutes of walking each day. It is very important for you to make these changes right away. I will give you an information package to take home with my card. Come and see me in one month. And if you have any questions, please feel free to contact me.</p> <p>Marian: Thank you for your time.</p> <p>Ayan: I know you are dealing with</p>	<p>dhiigaaga. Waan fahansanahay in aad waqtiyo ad adag kujirtid maalmahan, lakiin badalidaanka nidaamka cuntadaada way ku caawin kartaa. Yaree xadadka cuntada aad ka dhashaqa u ah, adigoo yaraynaaya cayilka xoolaha uu ka midyahay hilibka buuran iyo subaga. Babalkeeda, waxaad doorataa hilib fudud sida tigaag iyo ka luunka. Yaraynta xadadka shaaha iyo khahwaha aad cabdid way ka caawinaysaa cadaadiska dhiiga, marka hadaad cabdid shaah badan way fiican tahay in aad ku koobtid labo koob oo shah ah biyo badana cabtid. Jimicsiga miisanka kaliy makaa yaraynayo, lakiin sidookale wuxuu dhimaa cadaadiska. Way fiican lahayd in aad samaysid 30 daqiiqo oo jimicsi ah maalintiiba. Socodka waa jimicsi fiican, marka waxay noqon kartaa hada wax aad bilaabi kartid.</p> <p>Marian: Tan waa isbadal badan. Diyaar u ma’ihi tan, waxyaalo badan baa ii yaala hada, sida ninkayga oo xanuusanaa. Waan ka soo fakarayaa, markaasna kugu soo war calinaaya.</p> <p>Hani: Marian, tartiib waad u bilaabi kartaa hada, sida fiigjinaanta cusbada aad ku taraysid cuntadaada nidaamsan iyo ku taritaanka taqiiqado yar oo socod ah maalintaaada. Aad bay muhiim kuugu tahay in aad ku dhaqaaqid isbadaladaan isla markiiba hada. Waxan kusiinayaa baakad aqbaar ku jirto aad guriga u qaadadid iyo kaar kayga. Li soo laabo bilgudaheed. Hadii aad qabtid su’aalo, fadlan ila soo xariir.</p> <p>Marian: Waad ku mahadsantahay waqtigaaga.</p> <p>Ayan: Waan ogahay eedo in aad wax yaalo</p>
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	<p>a lot, auntie. But we will take this information with us and start using it, so you can get better soon. Thank you again, Hani.</p>	<p>badan la macaamilaysid. Lakiin waan qaadan doona aqbaarahan, bilow in aad isticmaashid si'aad dhowaan fiicnan u dareentid. Mahadsanid markale, Hani</p>
	<p>Scene 5:</p> <p>Narrator: After the visit with the dietician, Marian and Ayan went for lunch at a Somali restaurant. Marian orders food that is high in sodium along with a sugary caffeinated drink.</p> <p>Ayan: But auntie, what are you doing ordering that kind of food? Didn't you listen to what the dietician said?</p> <p>Marian: Ayan I am not worried about that. There are many things worse in this world. This is not cancer, so let me eat my food and then we can go and see my husband.</p> <p>Ayan: auntie, I think you should try the salad with chicken and drink a glass of water. Please take your medication too... you didn't take it this morning.</p> <p>Marian: Ayan please eat your food so we can go... and besides the medicine is at home. I don't have time to remember to take medications when your uncle is in the hospital suffering.</p> <p>Narrator: Marian and Ayan finished their lunch and went directly to the hospital to visit Hassan.</p>	<p>Qeebta 5:</p> <p>Sheege: Kadim booqashada shaqsiga gaarka u ah nidaaminta cuntada, Marian iyo Ayan waxay u aaden qado maqaayad Soomaali ah. Marian waxay dalbatay cunto cusbadu ku badan tahay, sonkorna leh iyo cabitaan shaah ah.</p> <p>Ayan: Lakiin eedo, maxaad samaynaysaa oo cuntada noocas ah u dalbanaysaa? Miyaadan dhagaysan waxay ay dhahday shaqsiga nidaamka cuntada?</p> <p>Marian: Ayaan, maka walwalsani midaas. Waxaa jira waxyaalo badan oo laga walwalo aduunkan. Tan kansar ama cudur dilaa ah maaha, marka ii ogalow in aan cuno cuntadayda oo aan baxno si'aan u arko ninkayga.</p> <p>Ayaan: Eedo, waxan u malaynaaya in aad isku daydid salad digaag lagudaray, koob biyaana cabtid. Fadlan, qaado taawadaadona, maadan qaadan saakay.</p> <p>Marian: Ayaan, fadlan cun cuntadaada si'aan u baxno. Kadarane, taawidii gurigay jirtaa. Waqti uma haayo aan taawo ku xasuusto adeer kaa oo isbitaalka ku dhibaataysan.</p> <p>Sheege: Marian iyo Ayaan waxay dhamaysteen qadadoodii oo toos u aaden isbitaalka in ay booqdan Hassan.</p>



	<p>Scene 6:</p> <p>Narrator: Driving back to the hospital Marian tells Ayan to slow down as she starts to have a headache again. At the hospital, Marian is unable to get out of the car. She feels very weak. Ayan drives her to the ER entrance where she faints to the floor again. The nurse and Dr. David took care of her again.</p> <p>Dr. David: Mrs. Hassan, I am sorry to see that you are back. Your blood pressure was very high when you arrived, again at 186/110. We gave you some IV medicines and it is a little bit better. Tell me, did you follow up with your doctor?</p> <p>Marian: Yes, I am okay now! Everything is okay. Don't worry. Can I go see my husband?</p> <p>Ayan: Doctor, my aunt has not been following the doctor's recommendations and she just had an unhealthy meal with sugary caffeinated drinks.</p> <p>Dr. David: Mrs. Hassan, you need to follow your doctor's orders. This condition does not go away on its own, you have to take action.</p> <p>Ayan: She was told this by the dietician too when we saw her this morning. My aunt is in denial and does not want to make any changes yet.</p> <p>Marian: I really don't understand</p>	<p>Qeebta 6:</p> <p>Sheege: Usiisocodka isbitaalka Marian waxay usheegtay Ayan in ay tartiib gaariga u wado oo maduxu wareerayo markale. Isbitaalka, Marian waxay awoodi wayse in ay kabaxdo gaariga dhaxdiisa. Waxay dareemayse tabar la'aan. Ayan waxay u kaxaysay Marian Qolka gargaarka dhaqsaha caafimaad meeshaas oo Marian ku dhiciiftay dhulka. Kalkaalisada iyo dhaqtar David way caawiyen markale.</p> <p>Dr. David: Marwo Hassan, waan ku xumahay in aan arko in aad soo labatay. Cadaadiska dhiigaaga aad buu u sareeyay markaad imaatay, markale wuxuu ahaa 186/110. Waxaan ku siinay nafaqo daawo, waxyar dhada wuu fiican yahay. Iisheg, ma u tagtay dhaqtar kaaga caadiga ah?</p> <p>Marian: Haa, waan fiicanahay hada. Waxkasta waa dhagdhag. Hawalwalin. Ma arki karaa ninkayga?</p> <p>Ayan: Dhaqtar, habaryartay ma adeecin dhaqtarka talooyinkiisii, hadana waxay soo cuntay cunto aan caafimaad ahayn oo sonkor leh, shaah iyo qahwana lasocdaan.</p> <p>Dr. David: Marwo Hassan, waxaad u baahantahay in aad adeecdid amarada dhaqtarkaaga. Xaaladaan kaligeed iska baximayso, waa in aad ficil qaadiid.</p> <p>Ayan: Sidookale waxaa usheegay shaqsiga qaaska u ah nidaaminta cuntada, markaan aragnay saakay. Eedoday inkiraadbay ku jirtaa mana rabto in waxbadasho wali.</p> <p>Marian: Xaqiiqdii ma fahmin waxaad labadiina</p>
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	<p>why both of you are holding me up. I told you that I am okay and now I am going to go and visit my husband.</p> <p>Dr. David: Well, Marian I will discharge you, but I would like for you to go home and rest. Please follow up with the doctor as soon as possible.</p> <p>Ayan: Okay, aunt Marian. After we visit your husband, then let me take you home so you can rest. And I promise you can come and see uncle tomorrow.</p> <p>Marian: Fine, but I am not going to make any of those food changes right now, I just have too much going on to do any of those things!</p>	<p>kor iigu haysiin. Waa idiin sheegay waxkasta waa caadi, hadana waxan u socdaa in aan booqdo ninkayka.</p> <p>Dr. David: Een, Marian waa ku fasaxayaa, lakiin waxan kuu jeclaan lahaa in aad guriga aadid oo nasatid. Fadlan aad dhaqtar ka sida ugu dhaqsaha badan.</p> <p>Ayan: Haye, habaryar Marian. Kadim markaan booqano ninkaaga, ii ogolow in aan kuu qaado guriga si'aad u nasato. Waana kaa balan qaadayaa in aad soo laabadid bari'i oo aragtid ader.</p> <p>Marian: Hagaag, lakiin ma usocdi in aan suubiyo badalada cuntada hada. Waxyaalo badan baa ihaysta, badaladaana muhiim mahan.</p>
	<p>Scene 7: Narrator: Later that night, Ayan takes Marian home.</p> <p>Ayan: Here auntie, take your medication and drink some water please.</p> <p>Marian: I am not taking it now. I am too sleepy. I will take it later.</p> <p>Ayan: No, please take it now it is time to take your medications.</p> <p>Marian: Fine, you are annoying me. I will, I will! Give it to me!</p> <p>Ayan: Thank you. I really want you</p>	<p>Qeebta 7: Sheege: Waqti tanbe habiinkaas, Ayan waxay guriga u qaaday Marian.</p> <p>Ayan: Halkaan eedo, qaado taawadaada, xoogaa biyaana cab fadlan.</p> <p>Marian: Hada maqaadanaayi. Aad baan u hurtaysanahay. Hadhow baan qaadanaya.</p> <p>Ayan: Maya, fadlan hada qaado, waa waqtigii aad qaadan lahayd daawadaada.</p> <p>Marian: Hagaag, waad iga xanaajinaysa. Waa, waan, isii daawada.</p> <p>Ayan: Mahadsanid. Xaqiiqdii waxan rabaa in</p>



	<p>to feel better, Auntie. I just can't bear to see you and uncle in these kinds of conditions.</p> <p>Marian: Ayan, I am sorry that I snapped at you. I know you have been doing a wonderful job taking care of both of us. I am very grateful for you.</p> <p>Ayan: I am going to measure your blood pressure with the machine that we got from the doctor's office.</p> <p>Marian: Be careful, the cuff is too tight!</p> <p>Ayan: Sorry. Well, it decreased from what the doctor told us earlier. Now it is 148/92. See? That medicine is helping. We will get there, Auntie. I will let you rest now.</p> <p>Marian: Thank you, Dear.</p>	<p>aad sifiican dareentid, eedo. Ma awoodi in aan indin ku arko adiga iyo adeer xaaladaha noocan ah.</p> <p>Marian: Ayan, waan ka xumahay in aan si xanaaq ah kuu la hadlay. Waan ogahay in aad shaqo dhiiran qabatay ka taxatarka labadeenaba. Aad baan kugu mahadnaqaaya.</p> <p>Ayan: Waxaan cabiraaya cadaadiska dhiigaaga anoo isticmaalaya mashiinkii aan kasoo qadnay dhaqtarka xaafiskiisa.</p> <p>Marian: Taxatar, dhamaadka shaatiga gacantiisu way dhuuqsantahay!</p> <p>Ayan: Waan kaxumahay. Een, cadaadiska dhiigaagu wuu karaaday sidii dhaqtarku nooshegay galinkii hore saakay. Hada waa 148/92. Arag? taa wadaas way caawinaysaa. Waan gaaridoona halka wacan eedo. Hadan waxan kuu ogalaanaya in aad nasadid.</p> <p>Marian: Mahadsanid, qaali</p>
	<p>Scene 8:</p> <p>Narrator: While Marian is a sleep, Ayan's phone rang. She received a call from Hassan's doctor who informs her that Hassan has been transferred to ICU where they were working hard to help him. However, his condition had deteriorated since Marian has last seen him. The doctor requested the family members to come as soon as possible. Ayan left Marian at home and rushes back to the hospital.</p>	<p>Qeebta 8:</p> <p>Sheege: Markay Marian huruday, Ayan telefonkeedii baa dhacay. Waxay aqbaar ka heshay Hassan dhaqtar kiisii. Wuxuu usheegay Hassan in loo gudbiyay ICU meeshaas oo ay aad u shaqaynaayen si ay u caawiyen Hassan. Hasayeeshe, xaaladiisii way sii xumaatay in laa iyo markii Marian aragtideeda ugu tanbaysay. Dhaqtarkii Hassan wuxuu codsaday in qoyskiisu yimaadan si degdeg ah. Ayan gurigii waxay uga tagtay Marian dimna ugu arartay isbitaalkii.</p>



	<p>Dr. Joe: Hi, you are Hassan’s niece? I am so sorry, but you didn’t make it on time. We did our best to keep him stable, but he passed away shortly after the phone call. Again, I am so sorry for your loss.</p> <p>Ayan: Crying....</p> <p>Narrator: Ayan cries and cries, and ultimately makes calls to the rest of the family, who rush to the hospital.</p>	<p>Dr. Joe: Haya, waxaatahay Hassan gabadhuu adeerka u ahaa? Waan ka xumahay lakiin waqtiga kamaadan soo gaarin. Waxan suubinay waxkastoon awoodnay, lakiin wuu go’a waxyar wicitaanka telefonka. Markale, aad baa uga xumahay geeridaada.</p> <p>Ayan: Oohin</p> <p>Sheege: Ayan, hoohin badan kadim, qoyskii oo dhanbay u wacday, ku waas oo ku soo dhaqsaday isbitaalka.</p>
	<p>Scene 9:</p> <p>Narrator: Now at the hospital, the family members are in a state of shock. They cannot believe how sudden Hassan has passed away. The family comes together to pray and comfort one another. Ayan goes to her auntie and hugs her for some time.</p> <p>Marian: Whispers...prayers and cries</p> <p>Ayan: I am so sorry Auntie, (cries)</p> <p>Marian: He is with God dear..., he is with God!</p> <p>Narrator: The family leaves the hospital and heads back to Marian’s home. With the sudden news, many other family members and friends come to Marian’s home for prayer and comfort.</p>	<p>Qeebta 9:</p> <p>Sheege: Hada isbitaalka, qoyskii Hassan waxay ku suganyihiin hoy argagax. Waxay aamini waayen sida dhaqsanaha badan ee Hassan ku geeriyooday. Qoyskii way isku yimaaden, isku duceeyen, iyo is samrin midba midka kale. Ayan waxay aaday eeda deed oo ay habsiisay waqti dheer.</p> <p>Marian: Waxay hoos u dhahday tucooyin iyo oohin</p> <p>Ayan; Waan ka xumahay eedo (oohin)</p> <p>Marian: Ilaahay buu la jooga, Ilaahay buu la jooga!</p> <p>Sheege: Qoyskii waxay katageen isbitaalka, waxana aaden Marian gurigeedii. Warar degdeg ah, qoysas kale iyo saaxibo baa imaaday Marian gurigeeda si ay u duceeyan ama u samirsiin qoyskii Hassan ka geeriyooday.</p>



	<p>Scene 10:</p> <p>Narrator: In the ensuing month. Marian has a hard time dealing with her husband’s death and feels severely depressed. She sometimes wonders what it would feel like if Hassan was still with her. She whispers, “He left but I still feel his love”. Her granddaughter, Hamdi, is starting to notice how much she is hurting. The family pledges to help their grandma.</p> <p>Hamdi: Grandma, are you sad?</p> <p>Marian: No, Dear, I am just thinking about your grandpa. We used to watch the news and have dinner in this room. I miss him a lot.</p> <p>Hamdi: But I am here, Grandma! I can do that with you! We can watch the news and have dinner together.</p> <p>Marian: Thank you, I love you, Dear.</p> <p>Ayan: Auntie, I cooked a healthy meal for us.</p> <p>Hamdi: Healthy meal? What kind of healthy meal?</p> <p>Ayan: It is salmon with a salad and steamed vegetables both carrots and potatoes. Do you like it?</p> <p>Marian: This is not bad, and it tastes good. I don’t even need to add salt.</p>	<p>Qeebta 10:</p> <p>Sheege: Bilkadib, Marian wali waqti adag bay ku jirtay lana xaajonaysay geeridii kudimid Hassan. Sixuna waxay u dareemaysay murug siyaada ah. Marmar waxay layaabtaa seebay ahaan lahayd hadii Hassan la joogo. Waxay ku gunuunacdaa, “Wuu baxay, lakiin wali waxaan dareema jaceylkiisa” Gabadha ay ayeeyada u tahay, Xamdi, waxay bilowday inay dareento sida saa’idka ah oo ay u dhibaataysantahay. Qoyska dhan waxay balan qaaden in ay caawiyay ayeeydood.</p> <p>Hamdi: Ayeeyo, maxanaaqsantahay?</p> <p>Marian: maya, qaali, waxaan ka fakaraaya awoowgaa. Aqbaartan ku taawan jirnay, cashana ku cunijirnay qolkaan dhaxdiisa. Waan u habalyoobay, saa’id.</p> <p>Hamdi: lakiin ayeeyo, waan kuu joogaa. Waan kula suubin kara taas adiga. Wadajir waan daawan karnaa aqbaarta, cashana wada cuni karnaa.</p> <p>Marian: Mahadsanid, waan ku jeclahay, qaali.</p> <p>Ayan: Eedo, waxaan noo kariyay cunto caafimad ah.</p> <p>Hamdi: Cunto caafimaad leh? Waa noocce cuntada caafimaadka leh?</p> <p>Ayan: Waa kalluun lagu daray ansalaato iyo khudaar la huuriyay, labaduba way ku jiraan karotis iyo baradhaba. Ma jeceshahay?</p> <p>Marian: Tan maxuma, sifiicana way u dhadhamaysaa. Maba u baahni aan ku daro cusbo.</p>



	<p>Hamdi: It is good! Why do we have to change how we eat?</p> <p>Ayan: I am glad you like it. We decided to eat more vegetables and fish and change the way we cook so all of us are healthy and can live long lives together. We will cook with less salt and grease to protect our hearts. We will cook and eat this way, and we will take long walks with your Grandmother so that she gets healthy and we stay healthy too!</p> <p>Hamdi: Oh! Taking walks with Grandma! That sounds fun! We can go to the park everyday and play ball!</p> <p>Marian: Thank you to all of you, I know after Hassan’s death I have not been myself but couldn’t do this without your love and support. I am ready to make all the changes I need to I don’t want you to go through this ordeal again anytime soon. I love you and thank you.</p> <p>Narrator: The rest of the grandchildren and Ayan comfort her and the family enjoys a dinner cooked by Ayan. There are a lot of laughter and cheers.</p> <p>Marian: “All things work together for good. If your faith is great then God will heal you” Now, that I have this chance to improve my health and watch my grandchildren grow, I am very thankful.</p>	<p>Hamdi: Way fiican tahay! Maxaan u baddaleeynaa sidaan wax u cuno?</p> <p>Ayan: Waan ku faraxsanahay in aad ka heshay. Waxaan go’aan ku gaarney inaan cuno khudaar badan iyo kalluun, oona aan baddalno sida aan wax u karino si aan cimri dheer ugu wada noolaano. Waxaan wax ku karsaneeynaa cusbo iyo saliid yar si aan u badbaadino wadnayaasheena. Sidan ayaan wax u karsaneeynaa oo wax u cuneeynaa, waxaan aad ula lugeeynaynaa ayeeydaa si ay u caafimaado anagana uu caafimaadkeenu u sii fiicnaado.</p> <p>Hamdi: Oh! Inaan ayeeyo la lugeeyno! Waxay ila tahay inaan ku raaxeysaneeyno! Waxaan maalin walba tagi karnaa meesha lagu ciyaaro si aan banooni u ciyaarno!</p> <p>Marian: Mahadsanidiin kuligiin, waan ogahay geeridii Hassan kadim in aanan ahayn sidaydii, lakiin ma awoodeen jaceylkiin iyo taakeeradiina la’aan tood. Diyaar baan u ahay in aan suubiyo isbadalada aan u baahanahay oo dhan. Marabo in aad markale martaan arintaan naxdinta leh dhowaan. Waan idin jeclahay, mahadsanidiin.</p> <p>Sheege: Dhamaan warasadii ayeeya Marian u ahayd iyo Ayan baa dajiyay, markaasna qoyskii cashadii Ayan karisaybuu cunay. Qosolo badaa iyo sawaxano baa jirah</p> <p>Marian: “Waxkasta, wax fiican bay u sheqeeyan. Hadii diintaadu wacantahay, Ilaahay baa ku raysinaaya” Hada, waxaan haystaa fursad aan ku hormariyo caafimaadkayga, kuna daawado caruurta aan ayeeyada u ahay oo kobcay. Aad baan u mahadnaqaaya.</p>
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	<p>Scene 11:</p> <p>Narrator: Four months and ten days after Marian’s husband’s death. The family celebrated his life and maked duas for him. Marian was upbeat about life and was very thankful that her health is a lot better. Wanting to continue to improve. She returns to her physician.</p> <p>Dr. Ali: Hi Mrs. Hassan, I am so proud of your changes. Looking at your chart, I see that your blood pressure is in the normal range-128/80 today. How are you feeling lately? It has been several months since I saw you. I also see in your chart that you lost weight, about 10 pounds.</p> <p>Marian: Thank you, for your patience. I feel great. I have been eating a healthier diet and exercising with the family. I never thought that exercising and eating a lot of fruits and vegetables would make any difference. But I love my new body. I am able to do lots of activities with my grandkids.</p> <p>Dr. Ali: Well I am very proud of you. I want you to continue with your medicines. The nurse will schedule your next appointment in couple of weeks. It is wonderful to see you Mrs. Hassan.</p> <p>Marian: Thank you doctor.</p> <p>Narrator: Marian and Ayan returned home. The whole family</p>	<p>Qeebta 11:</p> <p>Sheege: Afar bilood iyo toban maalmood kadim geeridii ku dimid Marian ninkeedii. Qoyskii wuxuu a dabaaldagay noloshiisii, ducana u aqriyay. Marian aad bay ugu xiisa qabtay nolosha, aadna u la dhacsanayd in caafimaad keedu siifiicanayo waxbadan. Rabitaan ay doonaysay in ay ku hormariso caafimaad keeda daraadiis, waxay ku laabatay dhaqtar.</p> <p>Dr. Ali: Haye Marwo Hassan, aad baan kugu faraxsanahay isbadaladaada. Waxaan arkaa cadaadiska dhiigaaga in uu yahay caadi qiyaas ahan 128/80 maantay. Sidee daraymaysa ayaantan? Dhowr bilood baa ka soo waregtay in taan ku arkay. Sidookale waxaan arkaa in aad riday miisan, 10 rodol.</p> <p>Marian: Mahadsanid, tulqaadashadaada. Waxaan dareemaya wanaag. Waxaan cunaayay cunto nidaamsan oo caafimaad ah, jimicsina waan la sameeyay qoyskayga. Waligay uma malayn in jimicsi iyo cunitaanka miraha iyo qudaarta ay wax badali karaan. Lakiin waan jeclahay jirkayga cusub. Waxaan awoodaa in aan hawlo kala duwan la suubiyo ciyaalka aan ayeeyada u hay.</p> <p>Dr. Ali: Een, aad baan kugu farax sanahay. Waxan rabaa in aad siiwadid taawooyinkaada. Kalkaalisada baa kuu balabin doonta balintaada soo socoda in tii labo asbuuc ah. Waa wanag aragtidada marwo Hassan.</p> <p>Marian: Mahadsanid Dhaqtar</p> <p>Sheege: Marian iyo Ayan kurigay ku laabten. Qoyska dhan waxay sugaayen soo laabashada</p>
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	<p>was waiting for Marian to return as they planned a party to celebrate her achievement. The niece and grandchildren affirm their love for her, and their desire for her to continue taking care of herself through medicines, diet and exercise.</p>	<p>Marian iyagoo u diyaariyeen xaflad ay ugu dabaal dagan hormarkeeda. Ayan iyo caruurtii ayeeyada loo ahaa, waxay u xaqiijiyeen jacaylkoodo Marian, iyo rabitaan kooda in ay sii wado daryeelka nolosheeda, sida daawoyinkeeda, nidaamka cuntadeeda, iyo jimicsigeedaba.</p>
	<p>This radio story was a production of SoLaHmo Partnership for Health and Wellness, a community-driven research program of West Side Community Health Services, Inc., the University of MN School of Public Health and Gustavus Adolphus College. It 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 editor.</p>	<p>Sheekada raadyahan, waxay ahayd isku dubaridka SoLaHmo Partnership for Health and Wellness, oo ah barnaamij ka mid ah West Side Community Health Services, Jaamacada Minasoota qaybta caafimaadka iyo Gustavus Adolphus College. Waxaa lagu duubay laguna hagaajiyay goobta KMSU. Barnaamij kaan waxaa suurta galiyay cawimaad taageero taas oo kasocota UCare Fund iyo Clinical ama Translational Science Institute ee jaamacada Minasoota. Waxaa qoray waxaana matalay ... tifafturuhuna waa.</p>
<p>Music fading...</p>		