



Pog Txoj Kev Cog Lus Txuag Grandma's Promise for Self Care Script English- Hmong SoLaHmo Radio Story about Healthy Family Lifestyles

Main Character: Mee Yang (woman)

Secondary Characters: Narrator, Nhia Bee (husband), Lee (adult son), Dr. Chang (doctor), Chee (grandson)

Synopsis: Mee Yang is a middle aged Hmong woman who arrived in the United States with her husband, Nhia Bee, and her son, Lee. Though she had heard of hypertension, she did not believe it was harmful, so she refused to address the signs as they appeared. This story depicts some of the life changing experiences of Mee and how her struggles with hypertension led to positive impacts on her life and the lives of her loved ones.

Mim Yaj yog ib tug niam tsev ua khia tuaj rau Tebchaws Meskas nrog nws tus txiv, Nhiaj Npis thiab nkawv tus tub Lis. Mim paub thiab hnov txog txoj kev mob ntshav siab tabsis nws tsis xav hais tias qhov mob no yuav ua tau yus muaj mob loj. Yog vim li ntawd, Mim tsis hmloog nws lub cev thaum nws npi muaj mob. Zaj dabneeg no piav txog Mim lub neej, nws txoj kev nyuaj siab los ntawm tus mob ntshav siab, thiab Mim txoj kev nthuav nws tej yam ua nws nyuaj siab los pab nws lub neej thiab cov neeg ua Mim hlub thiab txhawj txog.

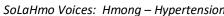
Sound effects	Audio (English)	Audio (Hmong)
Opening	The SoLaHmo Partnership for Health and	
music fades	Wellness is a program of West Side	
in	Community Health Services. We are made up	
	of Somali, Latino and Hmong community	
	members working together with researchers	
	and health care providers to make 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.	
Plates	Scene 1:	Scene 1:
clinking	Narrator: Mee and Nhia Bee are a Hmong	Narrator: Mim thiab Nyiaj Npis yog ib khub
	couple from Xiang Khouang, Laos. Nhia Bee	niam txiv Hmoob los ntawm sab tebchaws
	courted Mee since they met amongst the	Xiang Khouang, Nplog Teb. Nkawv txoj kev
	corn crops. Each day, each night, he would	nkauj kev nruag tau pib thaum nkawv sib





	play the mouth harp (nras) and whisper (ntsi) between the wall boards of her house. Nhia Bee was a quiet man but she fell in love with his quiet ways. Shortly after they were married, the country went to war and they fled from Laos into Thailand. From Thailand, they moved to Minnesota and had a son. Today, they live in St. Paul. Their son is 26 years old. He is married and has two children. Their finances have been tight, and so they have been more stressed than usual.	ntsib pem cov teb pob kws. Ob tug tau sib yuav tsis ntev xwb ces lub tebchaws tawg ua rau ob tug tau khiav rau tebchaws Thaib ces mam li tau tuaj poob rau lub lav Minnesota. Niaj hunb no, nkawv nyob rau lub roog St. Paul. Nkawv kuj yug muaj ib tug tub muaj 26 xyoo, muaj txij, muaj nkawm, thiab muaj ob tug menyuam. Tuaj txog rau lub tebchaws no, nkawv tau nyuab siab heev txog nkawv cov nuj nqis thiab nyiaj txiag.
Water running	Mee: Hun, what are we going to do?	Mim: Koj txiv, wb yuav ua li cav na?
	Nhia Bee: I don't know. (sigh)	Nyiaj Npis: Kuv tsis paub. (hlws)
Tumbling noise Quick running	Mee: We lived in this house for 19 years. You can't work, and I have to stay home and take care of you. Our son and his family have moved out, so we can't pay for the house. Where are we going to live?	Mim: Wb nyob lub tsev no muaj 19 xyoo lawm na. Koj ua tsis taus hawj lwm, thiab kuv los tau nyob tsev tu koj. Tub thiab nyab lawv ho mus nyob lawv lawm, ces wb thiaj li them tsis taus qib tsev. Wb yuav nyob qhov twg na?
	Nhia Bee: I don't know. We'll find a small place just for us.	Nyiaj Npis : Kuv tsis paub. Wb mam li mus nrhiav ib lub tsev me me rau wb nyob, os.
	Mee: What are we going to do? We almost can't afford your seizure medications forhuh. Hun, why do I feel dizzy?	Mim : Wb yuav luag yuav tsis taus koj cov tshuaj chua leeg(hlws). Koj txiv, ua li cas kuv daj daj muag lawm, os?
	Nhia Bee: Hun! Hold me hand.	Nyiaj Npis: Koj niam! Kaj tsij tuav kuv tes os!
	Scene 2:	Scene 2:
	Narrator: Mee was diagnosed with high blood pressure several months ago, but she is not worried about her high blood pressure. Her symptoms continue, but she convinces herself she is fine. They cannot afford to see another doctor or buy medications.	Narrator: Mim tus kws kho mob kuaj tau hais tias Mim muaj ntshav siab ob peb hlis dhau los lawm, tab sis Mim ho tsis txhawj txog nws cov ntshav siab. Nws tseem daj daj muag, tab sis nws ho hais rau nws tus kheej hais tias nws ho tsis mob qhov twg thiab. Ob tug tsis muaj nyiaj mus ntsib kws kho mob los mus yuav tshuaj noj.
	Scene 3:	Scene 3:
	Narrator: Mee has felt dizzy and has noticed	Narrator: Mim pheej ib sij daj daj muag thiab





oLaHmo Voices:	Hmong – Hypertension	

	that she has become short of breath and	ua pa nyuaj nyuaj. Tsis tas li ntawd, thaum
	fatigues more easily when doing work around the house. Her husband has also noticed that	nws tu vaj tu tsev ho ua rau nws nkees sai sai heev. Nyiaj Npis ho pom hais tias Mim tsis
	she is weaker and talks with her when they	muaj zog es Nyiaj Npis thiaj li nrog Mim tham
	leave from the gathering.	thaum nkawy saws key mus tsey ntawm
Two people	reave from the gathering.	nkawv ib tug kwv tij.
walking		The trace and the trace
	Nhia Bee: Hun, I overheard the women	Nyiaj Npis: Koj niam, es kuv hnov nej cov poj
	talking about the sliding fee clinic.	niam tham txog ib lub ho maum me es them
		nqi tsawg, puas yog?
	Mee : Yeah, I got the number for you.	Mim: Yog mam. Muaj ib tus kws kho mob hu
		ua Dr. Tsab es kuv xav coj koj mus saib na.
	Nhia Bee : Hun, I think <i>you</i> need to go see a	Nyiaj Npis: Koj niam, kuv xav hais tias koj
	doctor about your high blood pressure and	yuav tsum tau mus ntsib Dr. Tsab kom nws ho
	get some help.	kuaj koj cov ntshav siab thiab nrhiav kev pab
Stops		rau koj.
walking	Man: Oh dan't warny I faal fina	Mim: Txhob txhawj txhawj os. Kuv twb tsis
	Mee: Oh, don't worry. I feel fine.	hnov moj qhov twg na.
		Timov moj qnov twg na.
	Mee: What? Why did you stop walking?	Mim: Ua li cas na? Ua li cas koj ho nres lawm?
	Nhia Bee: Your legs have been swollen when	Nyiaj Npis: Thaum koj ntxuav tais diav los ua
	you wash the dishes or work in the garden for	teb ib pliag, koj ob txhais ceg twb phaub
	a short period of time. When I was a medic in	phaub vog lawm na. Thaum kuv ua ib tus tub
	the war and worked in the hospital, I saw	kho mob nyob pem tshav rog es kuv pom cov
	some people whose legs had swollen, too.	neeg lawv ob txhais ceg phaub phaub vog li
	They had a major illness. You say you feel	ko thiab. Lawv mob loj heev hos. Koj hais tias
	fine, but I have seen that you walk like you're	koj tsis hnov mob qhob twg, tab sis kuv pom
	dizzy and you can't clean the house like you used to. Maybe it's time for you to go see a	tau hais tias koj taug kev zoo li koj daj daj muag thiab koj tu vaj tu tsev tsis npaum li qub
	doctor.	lawm. Tej zaum txog caij koj rov gab mus
	doctor.	ntisb kws kho mob lawm os.
	Scene 4:	Scene 4
	Narrator: Mee insists that she is fine but	Narrator: Mim yeej hais tias nws tsis hnov
	agrees to go to the sliding fee clinic to see the	mob qhov twg, tab sis nws ho txaus siab mus
Knocking	doctor so that Nhia Bee is happy.	ntsib tus kws kho mob nyob rau pem lub tsev
Door opens		kuaj mob me es kom Nyiaj Npis zoo siab.
Walking		
Chair	Dr. Chang : Aunt Mee, today, your blood	Dr. Tsab : Tais, hnub no, koj li ntshav siab txog
squeaking	pressure is 198/96, which is very high. Your	198 rau tus sauv, 96 rau tus hauv. Nws siab
	dizziness, shortness of breath, fatigue,	heev lawm. Qhov daj muag, ua pa tsis taus,





Overhead announcem ent (for x-ray? anything)

swelling, and need to sleep on a couple of pillows to breathe at night tell me that your heart is weaker than before. Probably your blood pressure has been high for such a long time that your heart cannot pump against the high pressure anymore. Your heart is slowing down because it is tired.

Mee: But I know a lot of people with high blood pressure and they feel fine. I don't feel anything. I can still clean the house.

Dr. Chang: High blood pressure is silent. When you notice the symptoms, there has already been a lot of damage to your body.

Mee: So why do I have this and others don't?

Chair squeaking

Dr. Chang: Well, how a disease affects each person is slightly different, but certain things can make the blood pressure higher, such as high stress, no exercise, eating a lot of salt, or not taking medications.

Nhia Bee: Dr. Chang, let me tell you one thing that is important. This year has been very stressful for us.

Mee: There's been nothing. Just the usual stuff.

Nhia Bee: Let me speak. I have seizures, so I lost my job. Then she got fired from her job. Then we lost the house and health insurance. Then my son and his family moved out to live on their own.

Mee: Stop talking about it. It's just the way of

raug ces, phaub phaub vog, thiab qhov uas koj tau siv ob peb lub hov ncoo thaum hmo ntuj es koj thiaj li ua taus pa qhia rau kuv hais tias koj lub plawv tsis muaj zoog li qub los lawm. Tej zaum koj cov ntshav nws tau siab los ntau ntau xyoo lawm es tsam no koj lub plawv thiaj li tsis muaj zog lawm.

Mim: Tab sis kuv twb paub coob leej es muaj ntshav siab es lawv twb tsis mob li cas ne. Kuv los kuj tsis hnov mob qhov twg. Kuv tseem tu vaj tu tsev taus na.

Dr. Tsab: Ntshav siab yog ib tug mob es thaum yuav qhuav pib mob ces tsis ua rau yus lub cev hnov mob li cas. Thaum yus hnov mob los sis hnov lub ces txawv lawm ces lub twb puas ntau ntau yam lawm.

Mim: Es ua li cas kuv ho muaj es lwm tus ho tsis muaj ma?

Dr. Tsab: Txoj kev mob ntshav siab txawv rau ib tus mus rau ib tus, tab sis muaj tej yam es ho ua tau rau yus muaj ntshav siab zog, zoo li yog yus muaj kev nyuaj siab, noj mov muaj ntsev ntau ntau, tsis dhia ua si kom tawm fws, los tsis noj tshuaj ntshav siab.

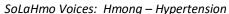
Nyiaj Npis: Dr. Tsab, cia kuv qhia koj ib yam es tseem ceeb heev. Xyoo no yog ib xyoo es nyuaj siab heev rau wb.

Mim: Tsis muaj dab tsi, os. Yeeb ib txwm zoo li no xwb.

Nyiaj Npis: Cia kuv hais lus ma. Kuv qhaug dab peg es kuv thiaj li poob hawj lwm lawm. Ces tais poob nws txoj thiab. Ces wb ho poob wb lub tsev thiab es-shas-lav (insurance) kuaj mob. Ces wb tus tub thiab nyab nkawv tsiv mus nyob nkawv lawm.

Mim: Txob hais hais lus ma. Txoj kev ua neej ces yeej zoo li ntawv xwb mos.







Nhia Bee: We are not motivated to exercise, and I love to eat salty food, so Mee puts extra fish sauce (nab pas). I didn't know that high blood pressure could do this to Mee. We don't have any money. I beg you as a son to love us (niam tais thiab yawm txiv) and to help make her (niam tais) better.

Narrator: Dr. Chang talks about eating less salt, also called sodium. That means eating less premade foods that have a lot of salt, less fish sauce and less soy sauce. (fade out narrator, fade in Dr. Chang's voice.)

Dr. Chang: I want you to take three medications to reduce the blood pressure, increase the strength of your heart, and reduce the ankle swelling. Once the heart weakness is better, I encourage you and your husband to exercise hard enough that your heart beats faster and you start to sweat. Do it three times a week for at least 30 minutes each time. Also you need to relieve your stress by talking nicely to each other, and when you feel angry, step away to calm down before talking.

Scene 5:

Movie in

background

Narrator: Though Mee has talked with the doctors and her son, she still believes that it is not necessary to take her medications because she feels fine. Today, Mee has decided to stay inside and watch Hmong movies.

Nhia Bee: Hun. You've been watching movies all day? Have you not taken any of your

Nyiaj Npis: Wb tsis muaj siab pais dhia ua si kom tawm fws, thiab kuv yog hom neeg nyiam noj khoom qab ntsev, ces Mim thiaj li rau nab pas ntau ntau rau cov mov. Kuv kuj tsis paub hais tias ntshav siab yuav ua tau li no rau Mim. Kuv thov koj pab hlub niam tais thiab yawm txiv thiab es pab kom niam tais zoo os.

Narrator: Dr. Tsab qhia rau nkawv hais tias yus yuav tsum noj ntsev los yog sodium thiab cov mov kos poom (canned foods) kom tsawg zog. Ntxiv mus, yus yuav tsum rau nab pas thiab nans-ial (Lao for soy sauce) kom tsawg zog thiab. (fade out narrator, fade in Dr. Chang's voice)

Dr. Tsab: Kuv xav kom koj noj peb hom tshuaj no. Ib hom pab kom ntshav txhob siab lawm, hom ob ua kom lub plawv muaj zog, ces hom peb ua kom ob txhais ceg tsis phaub phaub vog lawm. Thaum lub plawv muaj zog zog lawm ces kuv xav kom neb mus dhia ua si kom lub plawv dhia ceev zog thiab neb pib tawm fws. Ib van thiv no, yus yuav tsum ua li no peb zaug, ib zaug tau ua 30 nas tis. Ntxiv mus, qhov es yuav pab txo txoj kev nyuaj siab no yog hais tias yus yuav tsum hais lus zoo zoo. Thaum yus chim lawm ces nyias yuav tsum mus nyob nyias kom siab txias zog. Dhau ntawd lawm ces ma rov qab los sib tham los tau.

Scene 5:

Narrator: Txawm hais tias tus kws kho mob thiab ob tus tug tub Lis tau hais kom Mim noj tshuaj thiab pauv nws txoj kev noj mov thiab dhia ua si kom tawm fws los Mim tseem tseeg tau hais tias nws lub cev tseem nyob zoo. Hnub no, Mim nyob tsev saib naam (movie) Hmoob.

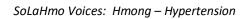
Nyiaj Npis: Koj niam. Tsis yog hais tias koj saib naam (movie) ib hnub nkaus lawm los? Ua li





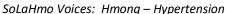
Footsteps walking away.	Mee: There's nothing. I probably just ate something wrong (noj mov tsis hum) back then. Now that I feel fine, I don't think it would harm anyone if I did not take the medications or do what the doctor said. Nhia Bee: But hun, I have seen these symptoms come back and be worse than before if that person didn't do something about it. Look, Uncle Xai was like that. Mee: I feel fine. Did you want anything from the refrigerator? I'm going to get some pop. Nhia Bee: No. I don't want to eat anything. Mee: Okay. Mee: Hun, why does my body feel so stra(put in audio)	cas koj los nyob txog tav no es koj tsis tau noj tshuaj los ua li tus kws kho mob hais na? Mim: Tsis muaj dabtsi os. Tej zaum kuv noj mov tsis haum xwb. Tam sim no kuv tsis hnov mob ces kuj tsis txhaum leej twg yog kuv tsis noj tshuaj los ua li tus kws kho mob hais na. Nyiaj Npis: Tab sis koj niam, kuv pom lwm tus mob li no es tsis noj tshuaj pab es thaum nws rov qab mob es nws tseem mob loj tshaj lawm na. Koj sim saib Dab Laug Xais meb. Mim: Kuv lub ces tsis mob qhov twg na. Koj puas noj dabtsi na? Kuv yuav pais muab ib poom piv xij (pepsi) los haus. Nyiaj Npis: Kuv tsis noj dabtsi os. Mim: Awm. Mim: Koj tsiv, ua li cas kuv hnov kuv lub ces yuav mus txawv(put in audio)
Falling person/obj ects. Person hits things. Quick steps	Nhia Bee: HUN! Why have you fallen? Hun! Answer me! Hun! Narrator: Mee's heart has become progressively less able to pump forward the blood. She lost consciousness and fell, hitting her head on the dining table. Nhia Bee took her to the emergency room where they provided her with care. After hearing about the fall, Lee becomes more concerned about his mother's condition. He has thought of a couple of ideas to help his mother.	Nyiaj Npis: Koj niam! Ua cas koj ho poob lawm os?! Koj niam! Teb kuv os! Koj niam a!! Teb kuv os! Narrator: Nws tsaus muag ib vuag ces nws cia li poob tsoo nws lub taub hau rau ntawv lub rooj noj mov. Nyiaj Npis coj Mim pais rau lub hau maum emergency es lawv thiaj li pab tau kom nws zoo zog. Thaum Lis hnov hais tias nws niam tau poob no, Lis nyuaj siab ntxiv lawm. Lis ho xav tau ob peb lub tswv yim los pab nws niam.
Walking on carpeted	Scene 6: Nhia Bee: Hey kids! You're all here. (Neb tuaj lob.) Chee: Hi grandpa! Hi grandma!	Scene 6 Nyiaj Npis: Cov menyuam, neb tuaj lod? Ci: Hi pog! Hi yawg! Mim: Kuv tus me Ci! Los ntawm no es los hais





floors	Mee: My little Chee! Come here and say hello to grandma. Oh, you're so big now. How old are you?	nyob zoo rau pog os. Uj, ua cas koj ho loj tag npaum li lawm ne. Koj muaj pes tsawg xyoo lawm?
	Chee: I am 8 years old. Grandma, do you want to see what's in my bag?	Ci: Kuv muaj 8 xyoo lawm, os. Pog, koj puas xav pom seb kuv muaj dabtsi nyob hauv kuv lub hnab na?
	Mee: What's in the bag?	Mim: Koj muaj dabtsi nyob hauv koj lub hnab, na?
Chuckling	Chee: Daddy told me to come make you and Grandpa feel better, so I had a great idea! Come sit down on the couch!	Ci: Daddy hais rau kuv kom kuv ua kom koj thiab yawg neb zoo, ces kuv ho xav tau ib lub tswv yim zoo heev! Los zaum ntawm lub xaus fas (sofa/couch)!
Chucking	Mee: Oh,(chuckle) Hun, Chee wants us to go sit on the couch.	Mee: Lod? Koj txiv, Ci xav kom wb mus zaum ntawm lub xaus fas (sofa/couch) no.
	Narrator: In the bag, Chee pulls out toy blood pressure monitor (lub twj ntsuas ntshav siab), stethoscope (lub twj looj pob ntseg), some paper, and pencil.	Narrator: Nyob rau hauv lub hnab, Ci thau npaj ib lub twj ntsuas ntshav siab, lub twj looj pob ntseg, ob peb daim ntawv, thiab ib tus xaum (pencil) sau ntawv.
Scribbling	Chee: I'm going to be your doctor today. You and Grandpa will be my patients. What are your names?	Ci : Kuv mam li ua neb tus kws kho mob hnub no. Koj thiab yawg mam li yog kuv cov neeg tuaj kuaj mob. Neb lub npe hus li cas?
Scribbillig	Mee: Mee Yang	Mim: Mim Yaj.
	Nhia Bee: Nhia Bee Xiong.	Nyiaj Npis: Nyiaj Npis Xyooj.
	Chee: Where do you hurt?	Ci: Neb mob qhov twg?
	Mee: I hurt in my neck here, and my legs here.	Mee : Kuv mob ntawm kuv caj dab thiab kuv ceg.
	Chee: What about you, Grandpa?	Ci: Koj neb, yawg?
Scribbling	Nhia Bee: I hurt in my feet, here.	Nyiaj Npis: Kuv mob kuv ko taw nram nov.
	Chee : Okay. Here are your papers to get medicines. I will help massage where it hurts to make you feel better.	Ci : Okay. No yog neb cov ntawv mus muab tshuaj. Kuv mam li zaws ntawm neb qhov chaw mob es ua kom neb zoo.







Narrator: The little girl massages her grandparents, pinching and pulling and pushing with her little hands and fingers. This makes Mee and Nhia Bee smile.

Mee: How do you know how to do this?

Chee: Oh Grandmother, I go to school and I do this. Daddy said for me to give this to you after I made you feel better.

Opening envelope Paper ruffling

Mee: Oh, the writing is in English, but Grandma can't read English

Struggle reading

Chee: I'll read it to you, Grandma...It says Happy Birthday, Mom and Dad. Today is your 52nd birthday, Mom, and your 56th birthday, Dad. I love you two very much and hope that you will be healthy and strong for a long time. Love your son, Lee.

Mee: Hun, isn't that nice of our son, Lee?

Nhia Bee: My dear, why are you crying.

Chee: Because you...and Grandma...don't have long to live with me....

Mee: My dear, who told you that?

Crying (Chee) Continue soft cry

Chee: I just know from school...they said that people only live...until...they are in their 70s...and your numbers are almost there...

Narrator: Mee and Nhia Bee look at each other, not sure what to say to Chee. They go over to her, hug her, and rub her head. They say to her:

Mee: My little girl whom we love more than anything. Your grandpa and I are much better now that you massaged us, and we are healthy and strong. Don't cry, don't cry.

Narrator: Tus me ntxais zaws nws pog thiab nws yawg. Nws de thiab rub thiab thawb rog nws ob txhais tes. Qhov no ua tau rau Mim thiab Nyiaj Npis luag ntxi.

Mim: Ua li cas koj ho paub ua li no na?

Ci: Pog, kuv pais kawm ntawv ces kuv ua li no os. Daddy hais kom kuv muab no rau koj thaum kuv ua tau neb zoo lawm.

Mim: Tab sis sau ntawv meskas (English) es. Pog nyeem tsis tau ntawv meskas es.

Ci: Kuv mam nyeem rau koj os, pog...kuv Daddy saub hais tias, "Zoo siab hnub yug, niam thiab txiv. Hnub no koj muaj 52 xyoo lawm os niam, thiab koj muaj 56 xyoo lawm os txiv. Kuv hlub neb tsaj plawv thiab kuv xav kom neb noj qab nyob zoo mus tag ib txhis. Hlub neb tug tub, Lis.

Mim: Koj txiv, ua li cas wb tus tub yuav txawj xav ua luaj ne.

Nyiaj Npis: Me ntxais es, ua li cas koj ho quaj lawm na?

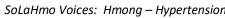
Ci: Vim rau qhov...koj...thiab pog...tsis muaj sij hawm ntev ...nrog kuv nyob lawm....

Mim: Me ntxais aw, leej twg ho hais li ko rau koj na?

Ci: Kuv kawm tim tsev kawm ntawv los...lawv hais tias neeg nyob...txog li...lawv muaj 70 xyoo xwb...es neb ob tug lej nyob ze ze lawm...

Narrator: Mim thiab Nyiaj Npis sib saib ntsiag to xwb. Nkawv tsis paub yuav hais li cas rau Ci. Ob tug mus khawm Ci thiab plhws nws taub hau. Nkawv ho teb rau Ci li no:

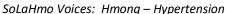




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Sobbing Sobbing stops	Quiet, Quiet. Your grandpa and I will exercise and eat well so that we will live with you and your brother for a long time. Until we're 120 years old. Chee: You promise, Grandma? Mee: Yes. Grandpa and I will be healthy and strong so that we can live with you until we're 120 years old. Don't cry anymore.	Mim: Kuv tus me ntxais, kuv hlub koj tshaj plaws. Koj yawg thiab kuv wb zoo zog vim rau qhov koj pab zaws wb lawm. Wb yeej tseem noj qab nyob zoo thiab tseem muaj muaj zog. Txhob quaj, txhob quaj. Ntsiag os, ntsiag os. Koj yawg thiab kuv wb mam dhia ua si kom tawm fws thiab noj mov kom zoo kom wb tau nyob rog koj thiab koj tus nus ntev ntev heev, kom wb puv 120 xyoo.
	Narrator: Mee and Nhia Bee cannot stop thinking about what their grandchild told	Ci: Koj cog lus lod, pog?
Reverberati on of lines	them. (<i>Dream like conversation,</i> reverberation of previous lines) Chee, "You promise, Grandma?" Mee, "Yes."	Mim: Kuv cog lus, os. Wb yuav rog koj nyob kom wb puv 120 xyoo, os. Txhob quaj ntxiv lawm os.
		Narrator: Mim thiab Nyiaj Npis xav tsis tas txog cov lus Ci tau hais rau ob tug. (Dream like conversation, reverberation of pervious lines) Chee: Koj cog lus lod, pog? Mim: Kuv cog lus, os.
Door closing Heavy breathing	Narrator: Mee has been taking medicines to help strengthen her heart and lower her blood pressure. Over the past few months her heart has been getting stronger. The doctor has okayed Mee and Nhia Bee to start going on walks. When the weather is cold, they walk up and down the house stairs, jump around the house, or go walk around the mall. When the weather is nice, they like to walk briskly around the neighborhood, and on some days, they will go to Phalen Lake. They make note that they have to walk fast enough so that their heart rate increases, they breathe a little heavy, and their bodies are sweating.	Narrator: Mim tau noj cov tshuaj kws kho mob tau xaj los pab lub plawv kom muaj zog thiab kom ntshav qis. Ob peb hlis dhau lawm ces Mim lub plawv ho muaj zog ntxiv lawm. Tus kws kko mob tso cai rau Mim thiab Nyiaj Npis mus dhia ua si kom tawm fws tau lawm. Thaum lub caij ntuj no, ob tug mus taug kev nce thiab nqis taw ntaiv hauv tsev, dhia ncig tsev, los mus taug kev tim lub taj laj (store) loj. Thaum huab cuab zoo no ces ob tug nyiam mus taug kev ib ncig ntawv nkawv qab tsib taug. Tej hnub ces nkawv ho nyiam mus rau ntawm Phalen Lake. Nkawv nco tsoov hais tias nkawv yuav tsum taug kev kom ceev txaus es kom nkawv lub plawv dhia ceev zog, nkawv ua pa hlob zog, thiab kom ob tug lub ces tawm fws. Mim: Koj txiv, kuv xav hais tias koj yuav taug
	Mee : Hun, I didn't think you could make it around the lake twice.	kev cig Phalen Lake tsis taus zaum ob lawm no.





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Nhia Bee: I told you not to question me. Next time, we should bring Chee, too. She seems to like walking with us.

Mee: We should. The walking makes me sweat and makes my breathing harder (txog txog siav), which makes me feel good. It seems that if you go for a run and take a bath, your body feels lighter.

Nhia Bee: Remember to measure your blood pressure and record it on the chart. I'll go put your medicines in the boxes (lub tais rau tshuaj).

Mee: Hun, don't worry about it. I'll do it.

Nhia Bee: Well, since you helped me with my seizure medications, I will help you.

Narrator: At home, Mee measures her blood pressure.

Mee: Hun! My blood pressure is 128/82! It's gone down so much since we started a few months ago!

Scene 8:

Pressure

releasing

Students

in the background

chattering

cuff

Narrator: Lee is at school. He wonders about how his parents are doing. He calls between his classes, concerned about his mom's health. He talks with his father.

Lee: How is mom's high blood pressure?

Nhia Bee: It was almost normal the other day. She was so happy.

Lee: Great. Has Mom been following the doctor's advice?

Nyiaj Npis: Kuv hais koj kom koj txob twv kuv neb. Lwm zaug wb tau coj Cis thiab. Nws nyiam nyiam nrog wb pais.

Mim: Lwm zaus mam coj. Mus taug kev li no ua rau kuv tawm fws thiab ua pa txog siav. Ho ua rau kuv hnov zoo nkaus li kuv lub ces zoo zog tauj lawm thiab, mloog zoo nkaus li lub cev sib zog lawm.

Nyiaj Npis: Nco qab mus ntsuas koj li ntshav seb siab li cas lawm os, thiab muab sau rau daim ntawv. Kuv mam li mus muab koj cov tshuaj rau ntawm koj lub tais rau tshuaj.

Mim: Koj txiv, txhob txhawj os. Kuv mam ua los tau.

Nyiaj Npis: Es, koj pab pab kuv rog kuv cov tshuaj ces kuv mam li pab koj.

Narrator: Tim tsev, Mim ntsuas nws li ntshav seb siab npaum li cas.

Mim: Koj tsiv! Kuv ntshav siab 128 rau tus sauv, 82 rau tus hauv! Ob peb hli dhau los no es ua li cas yuav mus poob ntau ua luaj le ne.

Scene 8:

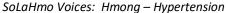
Narrator: Lis nyob tim tsev kawm ntawv. Nws xav txog seb nws niam thiab txiv nyob li cas lawm. Thaum nws lawb nws lub hoob, nws hu mus tsev nrog nws txiv tham.

Lis: Niam li ntshav puas tseem siab lawm os?

Nyiaj Npis: Ob hnub no zoo nkaus li tsis muaj teeb meem dabtsi lawm. Nws zoo siab tiag tiag.

Lis: Zoo kawg! Niam ho ua li tus kws kho mobhais lawm thiab los?







Nhia Bee: I'm helping her with her medicines, and we've been careful how much salt she eats.

Lee: I'm glad to hear that. How are you doing, Dad? I know you really liked the fried food and salty things. The food changes must be hard on you.

Nhia Bee: The exercise I can do, and the medications...well we've been helping each other, so it's okay. You're right, though, I miss the fried chicken and salty ribs. I guess it's not all that bad, though. Your mom has been putting in more black pepper, ginger, basil, herbs, lime, and making more pepper sauce and (kua zaub tshuag). I can actually taste the meat and the freshness of the seasoning.

Lee: I know you've been supporting Mom, and it seems like what you have been doing has helped. Keep supporting her, and please be patient.

Nhia Bee: Okay, I'll try.

Lee: And have you two been talking nice to each other like the doctor said?

Nhia Bee: We still argue everyday.

Lee: Dad, my mom has high blood pressure so whatever we want to say to Mom, we can say but only say it in a way that will not make [her angry at us] (chim chim rau wb). I will be done soon and will be back to help out at home. Class is starting, so I have to go. If there is anything, give me a call. Bye.

Nhia Bee: Okay. (le hov mas)

Scene 9:

Narrator: Later that night, Mee and Nhia Bee are getting ready for dinner.

Nyiaj Npis: Kuv pab koj niam nrog cov tshuaj thiab wb rau ntsev tsawg tsawg rau cov mov lawm os.

Lis: Kuv zoo siab tau hnov li no lawm mas. Es koj nyob li cas lawm xwb os, txiv? Neb muab mov pauv puas nyuaj rau koj thiab?

Nyiaj Npis: Qhov dhia ua si kom tawm fws mas kuv yeej ua taub os, thiab cov tshuaj...wb yeej sib pab ces tsis muaj dabtsi. Kuv yeej nco cov nqaij kib roj thiab koom qab qab ntsev. Tab sis cov mov tseem noj tau thiab. Koj niam rau hwj txob, txuj lom, maj naus (lime), thiab hau kua zaub tshuag. Noj li nov ho zoo thiab vim rau qhov yus hnov cov nqaij thiab cov zaub qab li cas.

Lis: Kuv paub hais tias koj yeej pab pab txhawb niam. Khws li ua rau niam zoo zog lawm thiab, es rau rau siab pab txhawb nws, thiab ua siab ntev, os.

Nyiaj Npis: Awm, mam ua li ntawd mas.

Lis: Thiab neb hais lus zoo zoo lawm lod?

Nyiaj Npis: Wb tseem sib ceg txhua hnub.

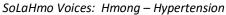
Lis: Txiv, kuv niam muaj ntshav siab lawm, ces thaum wb yuav hais dabtsi rau nws los wb yuav tau hais cov lus kom tsis ua rau nws chim chim rau wb. kuv kawm thias ces ces kuv mas li los pab niam neb os. Lub hoob kawm ntawv pib lawm ces kuv yuav tau mus lawm os. Muaj dabtsi ces hu kuv nawj. Bye.

Nyiaj Npis: Awm. Ua li ntawd mas.

Scene 9:

Narrator: Hmo ntawd Mim thiab Nyiaj Npis npaj hmo noj.







Simmering pot

Chee: What's that, Grandma?

Mee: Oh, that's basil (zaub txhis teem) and ginger (qhiav).

Chee: yum, it smells good. Why didn't you use salt?

Mee: Well, Grandma and Grandpa are trying to eat healthy so that we can live with you for a long time.

Chee: And eating less salt can help?

Mee: Yes. Quickly cutting down how much salt you eat will help keep you healthy, or if you boil your food instead of deep frying in oil.

Stirring in pot (diffuse in rest of scene)

Chee: Ohhh.

Mee: Hun, did you want me to make something else for you for dinner? I know you like the deep fried foods, so I can make some tonight.

Narrator: Nhia Bee reflects about his conversation with his son.

Lee (Dream like, reverberation): She is the one with the sickness, you don't say to her, "Why aren't you cooking this for me? Why are you making this instead?" She is sick so whatever she eats, you eat. If she eats bland, you eat bland. If she eats tasty, you eat tasty.

Nhia Bee: Hun, you do a lot for me already. The food you cook now is different than before, but I know that it is healthier and better for all of us. I want you to keep making the food.

Ci: Pog, qhov ko yog dabtsi na?

Mim: Qhov no yog zaub txhis teem thiab qhiav.

Ci: Ua li cas yuav tsw qab ua luaj li. Vim li cas koj ho tsis rau ntsev na?

Mim: Es koj pog thiab yawg sim noj mov kom zoo zog es kom wb tau nrog koj nyob ntev ntev mus ne.

Ci: Es noj ntsev tsawg zog ho pab kom yus noj qab nyob zoo thiab los?

Mim: Yog yus cia li ua ib siab rau ntsev tsawg tsawg no ces yeej pab yus lub cev noj qab nyob zoo.

Ci: Ohhh.

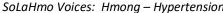
Mim: Koj txiv, koj puas xav kom kuv ua lwm yam rau koj noj nab? Kus paub hais tias koj nyiam noj nqaij kib roj, ces kuv ua tau ib qhov rau koj noj hmo no ma.

Narrator: Nyiaj Npis xav txog thaum nws thiab Lis ob tug tau sib tham.

Lis: (Dream like, reverberation): Niam yog tus muaj mob. Yus txob hais rau nws hais tias, "Vim le cas koj ho tsis ua no rau kuv noj nab? Vim le cas koj ho ua qhov thiv rau kuv noj?" Niam mob ntshav siab lawm. Yog nws noj tsuag, ces koj noj tsuag. Yog nws noj qab, ces koj noj qab.

Nyiaj Npis: Cov mov koj ua yeej txawv cov thaum ub, tab sis kuv paub hais tias cov mov zoo tshaj thiab yuav pab peb sawv daws. Kuv xav kom koj rau siab ua cov mov ko rau peb noj.

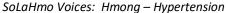




: Hmong – Hypertension	July 1

Mee: Really? Mim: Tiag lod? Nhia Bee: Yeah, we have to help each other if Nyiaj Npis: Tiag mas. Peb yuav tau sib pab we want to stay healthy. yog peb xav kom sawv dawv noj gab nyob z00. **Mee**: Okay, I'll keep making it then. **Mim**: Li ho ces kuy mam li rau siab ua mas. Scene 10: Scene 10: Narrator: Months have passed. Mee and Narrator: Ntau lub hlis dhau lawm. Mim rau Nhia Bee continue to do their routine. They siab noj tshuaj kom ntshav gis, noj ntsev have started to teach Chee and the other tsawg zog, thiab dhia ua si kom tawm fws. grandchildren how to eat and exercise Nkawy pib ghia Ci thiab cov xeeb ntxwy kom because Mee and Nhia Bee want the lawv ntxawj noj qab hau huv thiab dhia ua si grandchildren to be healthy when they grow kom tawm fws vim rau ghov Mim thiab Nyiaj up. Even though the medicines seem to help, Npis xav kom cov xeeb ntxwv sawv dawv noj Pills in a Mee does not like to take them everyday. qab nyob zoo thaum lawb loj hlob. Cos tshuaj container yeej pab Mim thiab, tab sis Mim tsis nyiam noj txua hnub. **Nhia Bee**: Hun, it's time to take your **Nyiaj Npis**: Koj niam, txog sib hawm noj tsuaj medications. lawm os. Mee: Huh. You know, I don't want to take my Mim: Koj txiv awww. Koj tsis paub hais tias medicine any more. There are so many pills, kuv tsis xav noj cov tshuaj lawm na. Muaj and that white one is so big. I almost can't ntsiav tshuaj ntau dhau lawm os, thiab lub swallow it. Why do I have to take so many xim dawb es vim li cas yuav mus loj tag medicines?! It's so tiring. npaum li ne. Ngos tsis taus lawm na. Nhia Bee: Hun, don't think like that. No one **Nyiaj Npis**: Koj niam, peb ua neeg nyob es asks for a disease, but we as people, there yeej tsis muaj ib tug neeg yuav xav mob. Tus will be times when we are sick and when we mob yeej tsis xaiv ntsej muag na. Yus yuav tau are healthy. You just have to take care of pab yus tus kheej thiab noj tshuaj yog yus xav kom zoo. Thaum kuv ua ib tug tub rog, kuv yourself and take your medicine if you want to feel better. Back when I was a soldier, I got mus txog tebchaws Nyablaj (Vietnam), Suav to travel and see the country. But you, you (China), txhua txhia qhov chaw lawm, tab sis didn't get a chance to go. I've already koj tsis tau pais. Pab koj tus keej es thaum koj traveled to Vietnam, China, everywhere but zoo zog lawm, wb mam li mus xyuas you haven't traveled. Take care of yourself, tebchaws. Zoo li ntuj tsim wb los ua txij ua and when you're better, we'll go see the nkawm, koj txoj sia tsis tau tas. world. Like it was mandated by our fate papers that we marry each other, it too is mandated that this is not your time to go.







Mee: Hun, what you say is good, too, but one of those blood pressure medicines makes me urinate a lot of times every night. I can't get any sleep.

Nhia Bee: Mee, take your medicine like your doctor says. I like Dr. Chang because he speaks Hmong, and when I have questions, I feel more comfortable asking him in Hmong. He would give me his ideas...like you have to take it with water or it has to be 2 or 3 hours before you can eat something. So the doctor tells me this and I know how to take it and I take it that way and it helps me. Let's call the doctor and see what suggestions s/he has.

Narrator: Mee talks with the Hmong clinic nurse on the phone. When she hangs up, she tells Nhia Bee:

Mee: Wow. You had a great idea. The nurse said that the medicine makes me urinate out the fluid I had had in my body and my lungs...that is why my ankles aren't swollen and why I can sleep on one pillow now... The nurse said I should take the pill in the morning and not in the evening like I have been. That way I can pee during the day when I am awake.

Nhia Bee: See? Sometimes we just need more information about how to take our medicines.

Mee: Yeah. I will try that. To think about it, all of these changes have helped. Plus, I've lost 11 pounds already. Maybe I should keep doing this so that I can live longer and spend more time with my husband and grandchildren.

Mim: Koj txiv, koj hais li ko yeej yog lawm thiab mas, tab sis muaj ib ntsiav tshuaj es ua rau kuv tau mus tso zis ib hmo nkaus na. Pw tsis taus zog khiag li na.

Nyiaj Npis: Mim, noj koj li tshuaj. Kuv nyiam mus saib Dr. Tsab vim rau qhov nws txawj hais lus Hmoob. Yog kuv muaj lus nug li cas los kuv hais lus Hmoob los tau. Tus kws kho mob mam li muab tswv yim...zoo li yus tau hau dej nrog ntsiav tshuaj los yog yus noj ces yus tau tos ob los peb xaub moo (hours) ua ntej yus mam noj mov tau. Tus kws kho mob qhia kuv li no ces kuv noj li nws hais ces ho pab kuv thiab. Los wb sim hu rau Dr. Tsab seb nws puas muaj tswv yim li cas los pab koj.

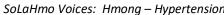
Narrator: Mim hu xov tooj mus tham nrog tus nawj (nurse) Hmoob tim lub clinic. Thaum nws khwb xov tooj lawm ces nws ho hais rau Nyiaj Npis hais tias:

Mim: Koj txiv, koj lub tswv yim zoo kawg li thiab, yom. Tus nawj (nurse) hais tias ntsiav tshuaj es ua rau kuv tso zib muab kuv cov dej taan-haaj (Lao for extra) nyob rau hau kuv lub ces thiab lub ntsws thau tawm kom tas...yog vim hais tias kuv noj ntsiav tshuaj ntawd es kuv ob txais ceg thiaj li tsis phaub phaub vog thiab kuv pw tau rog ib lu hauv ncoo (pillow) lawm. Tus nawj (nurse) ho hais kom kuv noj ntsiav tshuaj ntawd thaum yav sawv txov es kuv thiaj li tso zib thaum ruab hnub xwb.

Nyiaj Npis: Nev. Tej thaum yus yuav tau muv nrhiav kev pab txog txoj kev noj tsuaj.

Mim: Yog lawm. Kuv mam sim li ntawv mas. Kuv muab xav na, tag nro cov khoom es wb pauv yeej pab kom kuv zoo zog lawm thiab. Ntxiv mus, kuv ho poob 11 pound lawm. Tej zaum kuv tau rau siab ua li no es kom kuv ho tau nyob ntev zog nrog kuv tus txiv thiab cov menyuam.





LaHmo Voices: Hmong – Hypertension	GENC

Plane takin	_	Narrator: Mee continues to get healthier. Her husband still exercises with her and helps manage her hypertension. Many years pass. Now Mee is still healthy. She has more	Narrator: Mim ho zoo zuj zus txiv lawm. Nyiaj Npis tseem rog Mim dhia ua si kom tawm fws thiab pab Mim tswj qhov mob ntshav siab. Ntau xyoo dhau lawm. Nws lub ces muaj zog
		energy, no leg swelling, less dizziness, and is able to sleep on one pillow without becoming short of breath. Nhia Bee remembers his words. Today, he is taking Mee to the places she has never been before.	tuaj lawm, ceg tsis phaub phaub vog, tsis daj muag lawm, thiab nws pw tau rog ib lu hauv ncoo (pillow) lawm xwb. Nyiaj Npis tseem nco nws cov lus. Hnub no, Nyiaj Npis coj Mim mus rau cov chaw es Mim tsis tau mus pom dua.
Musi fades	s out	Narrator: Thank you for joining us today. If you have any questions about hypertension or any part of this story, you are encouraged to contact your health care provider.	Narrator: Ua tsaug ntau rau nej lub sib hawm tuaj koom peb hnub no. Yog muaj lus nug txog mob ntshav siab los tej yam nyob rau hauv cov lus yeeb yam (story) no, thov nrog nej tus kws kho mob tham.
		Ending: 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.)	Ending:

