



“Trust in God, but Tie Up Your Camel”: Fadumo’s faith in Allah guides her to successfully address her Type 2 Diabetes

Script English- Somali

SoLaHmo Radio Story about Healthy Family Lifestyles

Main Characters: Faduma Mohamed (Female Patient)

Secondary Characters: Narrator, Asma (Daughter), Dr. Brown (Female doctor), Khadijah (Grand-Daughter), Ahmed (Husband), Mary (Female- Dietician), Dr. Williams (Male ER Doctor), James (Male-Supervisor), Deb (Female-Receptionist), Lisa (Female- Nurse)

Synopsis: Faadumo waa hooyo iyo ayeeyo 50 jir ah oo lagu soo sheegay sokorta qaybteeda labaad. Iyadoo iska celin la’ dhaqankeedii ayay Faadumo ku dhibtootay inay baddasho nolosheeda si ay ugu qaabeeyso cudurkeeda cusub.

Synopsis: Faduma is a 50-year-old mother and grandmother, diagnosed with type II diabetes. Unable to refrain from her traditional behaviors and beliefs, Faduma has struggled to change her lifestyle to better fit her new-found illness.

Sound effects/music	Audio: English	Audio: Somali
<p>Opening music fades in...</p>	<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 base don 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.</p>	<p>Opening: Standard</p> <p>Isbahaysiga SoLaHmo ee Caafimaadka iyo Ladnaanta waa barnaamij ka tirsan West Side Community Health Services. Waxaan ka koobannahay xubno u dhashay jaaliyadaha Soomaalida, Laatinada iyo Hmong-k oo la shaqeeynaya cilmi-baarayaal iyo shaqaale caafimaad si aan isbaddal ugu sameeyno caafimaadka jaaliyadaheena. Sheekada aad dhageeysan doontid waxay ku salaysan tahay dhacdooyin run ah. Waxaan u mahad celinaynaa qoysaska nala wadaagay dhacdooyinka noloshooda oo dhabta ah kuwaasoo noo suuro galiyay inaan ka sameeyno sheekadan raadiyaha. Dhamaan magacyada ku jira sheekadan waa la baddalay si loo ilaaliyo xuquuqdooda qarsoodiga.</p>



	<p>Narrator: Faduma is a 50-year-old Somali woman who has been feeling ill for some time. Upon several requests from her daughters, Faduma reluctantly accepts to visit her doctor to find out what is causing her illness. As Faduma and her daughter Asma check in at the clinic, Faduma voices her concern about the ability of Western medicine to heal her.</p>	<p>Narrator: Faadumo waa gabadh jirta 50 sano oo in muddo ah xanuunsaneeysay. Ka dib markay dhowr good codsiyo u soo jeediyeen hablaheeda, ayay faadumo iyadoon raali ka ahayn aqbashay inay booqato dhakhtarkeeda si ay u ogaato waxa xanuunkeeda keenay. Markay Faadumo iyo inanteeda Asma is xaadirinayeen dhakhtarka bukaan socodka, waxay Faadumo ka cabanaysay awoodda ay u leeyihiin dawooyinka reer Galbeedku inay daweeyaan.</p>
<p>Door opens as they enter clinic</p> <p>Intercom: Paging Dr. Smith</p>	<p>Scene 1: Asma: Mom, we need to find out why you are so sick all the time.</p> <p>Faduma: We shall see, I doubt they will be able to do much for me.</p> <p>Asma: Hello, I am checking my mother in for her visit with Dr. Brown.</p> <p>Deb: Can I have your insurance card and ID please?</p> <p>Asma: Mom give me your purse so that I can get the insurance card.</p> <p>Faduma: Do they want the card every time?! Didn't I give them the information last time?</p> <p>Asma: Yes, yes, Mom!</p>	<p>Qeebta 1: Asma: Hooyo, waxaan u baahannahay inaan ogaanno waxa aad mar walba aadka ugu xanuunsan tahay.</p> <p>Faduma: Bal aan aragno, uma maleeynayo inay wax badan iga qaban doonaane.</p> <p>Asma: Iska waran, waxaan xaadirinayaa hooyadey oo ballan la leh Dr. Brown.</p> <p>Deb: Ma ii dhiibi kartaa kaarkeeda caafimaadka iyo aqoonsigeeda fadlan?</p> <p>Asma: Hooyo ii dhiib boorsadaada si aan uga soo saaro kaarkaaga caafimaadka.</p> <p>Faduma: Mar walba ma waxay doonayaan kaarka?! Maalintii hore oon imid soo anigii siiyay macluumaadka?</p> <p>Asma: Bas, bas, hooyo!</p>



<p>Foot steps towards the exam room</p>	<p>Deb: You are all checked in; please take a seat the nurse will get you once ready.</p> <p>Asma: Mom, I understand but relying only on God’s will alone without seeking treatment is not enough to help you get better. This is not like Africa; you have access to resources that are to your benefit. I think you should utilize them.</p> <p>Faduma: My faith in God has gotten me this far. I don’t need a doctor to tell me how much I have left on this earth. Now let’s get out of here!</p> <p>Asma: No, Mom. Please, let’s at least find out what is wrong.</p> <p>Faduma: Ok, but what is taking so long?</p> <p>Asma: Be patient mom.</p>	<p>Deb: Waan ku xadiriyaay. Fadlan fariista, kalkaalisada ayaa idiin yeedhi doonta markay diyaar tahay.</p> <p>Asma: Hooyo, Waan ku fahansanahay, laakiin inaad Ilaahey amarkiisa uun isku xirto kaliya adigoon isdaawayn kuma ladnaanaysid. Halkan Afrika oo kale ma ahan oo waxaad haysataa kaalmo aad isticmaali kartid oo faaiido kuugu jirto. Siday ila tahay waa inaad ka faaiidaysatid.</p> <p>Faduma: Iimaanka aan Ilaahey ku qabo ayaa halkan i soo gaadhsiiyay. Ugama baahni dhakhtar inuu ii sheego wakhtiga dunidan iigu hadhay. Inaga mari meeshan!</p> <p>Asma: Maya, hooyo. Fadlan, aan ogaano kaliya waxa ku haya.</p> <p>Faduma: Haye, laakiin maxay sidan noogu daahinayaan?</p> <p>Asma: Iska samir hooyo.</p>
<p>Doctor knocks door.</p>	<p>Scene 2: Narrator: Ten minutes later, Faduma and Asma are sitting in the exam room when the doctor comes and greets them.</p> <p>Dr. Brown: So, Fadumo, how have you been since I saw you a year ago? What are you in for today?</p> <p>Asma: We are here because my mom has not been feeling well lately.</p> <p>Dr. Brown: What seems to be the problem?</p> <p>Asma: Mom, what are your exact</p>	<p>Qeebta 2: Narrator: Toban daqiiqo ka bid, Faadumo iyo Asma oo qolka wiisitada fadhiga ayay dhakhtaradii u soo gashay oo salaantay.</p> <p>Dr. Brown: Haye, Faadumo, xaalkaaga ka waran sanadkii aanan ku arag? Maxaad maanta u timid?</p> <p>Asma: Waxaan u nimid hooyadey ayaa xanuunsaneeya baryahan.</p> <p>Dr. Brown: Muxuu yahay dhibka jira?</p> <p>Asma: Hooyo, sidee lagu hayaa?</p>



<p>Door opens/shuts after doctor exits</p>	<p>symptoms?</p> <p>Faduma: I’m fine, nothing serious. Tell her, I don’t know what is wrong with me. I keep going to the bathroom a lot. I drink a lot of wáter, but it’s not quenching my thirst. Urine! Urine!</p> <p>Dr. Brown: I can see that you are concerned. Tell me, how long have you been feeling this way?</p> <p>Faduma: For about a month now, but it’s getting worse. And I am losing weight... I feel like I am disappearing in front of my eyes!</p> <p>Dr. Brown: I will send you to the lab to get a glucose test and other blood work. When I have the results, I will return to talk with you about them.</p>	<p>Faduma: Waan fiicanahay, wax weyn ma jiraan. U sheeg, ma garanayo waxa i haya. Waxaan uun mar walba galaa musqusha. Biyo badan ayaan cabaa laakiin igama gooyaan haraadka. Kaadi uun! Kaadi!</p> <p>Dr. Brown: Waxaan arkaa inaad walaacsan tahay. Ii sheeg, muddo intee dhan ayaad sidan dareemaysay?</p> <p>Faduma: Adigu illaa bil hadda, laakiin waan ka sii darayaa. Waanan dhuubtay...waxay ila tahay uun inaan sii siibanayo anoo u jeeda!</p> <p>Dr. Brown: Waxaan kuu dirayaa shaybaarka si ay kaaga baaraan sokorta oo dhiigag kalena ay kaaga qaadaan. Markaan jawaabta helo, waan kuu soo noqonayaa si aan kaala hadlo natiijada.</p>
<p>Doctor knocks on door and enters.</p> <p>Doctor typing on the computer</p>	<p>Scene 3: Narrator: Thirty minutes later, Faduma and Asma are waiting for the doctor to come back, when she arrives.</p> <p>Dr. Brown: Faduma, most of you lab work is not ready; it will take a couple of days for me to see all of the test results. But I am very concern about your glucose level. Your blood glucose level today is 360. That is too high! This is an indication that you are diabetic.</p>	<p>Qeebta 3: Narrator: Soddon daqiiqo ka dib, Asma iyo Faadumo oo dhakhtaradii sugaya ayay u timid.</p> <p>Dr. Brown: Faadumo, hawshii shaybaarka inta badan diyaar ma ahan, waxay qaadaneysaa laba cisho meelahaas intaan ka helayo jawaabaha oo dhan. Balse, waxaan aad uga walwalsanahay heerka sokortaada. Sokortaada maanta waa 360. Aad ayay u sarreysaa! Tani waxay daliil u tahay inaad qabtid sokor.</p>



<p>Sounds of papers.</p>	<p>Faduma: What is she talking about?</p> <p>Asma: Hooyo [Mom], the doctor said you have diabetes, wait, let’s find out more about it.</p> <p>Faduma: Bismillah, tabarakAllah [prayer] What is diabetes?</p> <p>Dr. Brown: You have type II diabetes. This is a disease in which the sugar (or glucose) level in the blood is high. The high sugar causes the symptoms you are having now: increased urination, extreme thirst and unexplained weight loss.</p> <p>Asma: How serious is it? What can we do to help our mother get better?</p> <p>Dr. Brown: Well, it is serious. Long-term diabetes complications that you could develop are vision problems; your feet and skin can develop sores and infections; and some times nerves in your body can get damaged, which causes pain, tingling and numbness. Even though this is a serious condition, people can successfully manage with diet and exercise changes and live a productive life. We will start you with medication immediately. I will refer you to our diabetes educator and dietician.</p> <p>Asma: Thank you Dr. Brown, that will help us a lot.</p>	<p>Faduma: Maxay ka hadlaysaa?</p> <p>Asma: Hooyo, dhakhtaradu waxay ku tidhi sokor ayaad qabtaa ee sug aan wax siyaado ah ka ogaanee.</p> <p>Faduma: Bismillah, tabarakAllah. Waa maxay sokorna?</p> <p>Dr. Brown: Waxaad qabtaa sokorta nooceeda labaad. Kani waa cudur ay sokortu dhiiga ku badan tahay. Sokorta baan ayaa keenta waxyaabaha aad hadda dareemaysid sida kaadida bada, oonka badan iyo caato aadan garaneyn meel ay ka timid.</p> <p>Asma: Halisteedu waa intee? Maxaan u qaban karnaa hooyadeen si ay u ladnaato?</p> <p>Dr. Brown: Waa arrin halis ah. Waxyaabaha sokortu ay mustaqbalka keento waxaa ka mid ah aragti xumo, lugahaaga iyo jirkaaga waxaa ka soo bixi kara boogo, mararka qaarna neerfaha jirkaaga ayaa wax noqon kara taasoo keenta xanuun iyo kabuubyo. In kastoo uu cudurkani yahay mid halis ah, dadku waxay ku guulaysan karaan inay ku maareeyaan isbaddalo dhanka jimicsiga iyo raashinka si nolol wax ku ool ah ay u noolaadan. Waxaan horay kaaga bilaabaynaa daawo. Waxaan kuu dirayaa aqoonyahanad nafaqada wax idinka barta.</p> <p>Asma: Mahadsanid Dr. Brown, taasi aad ayay noo caawinaysaa.</p>
<p>Sound of music in the store/people</p>	<p>Scene 4: Narrator: Asma and Faduma are in shock at the doctor’s news. They</p>	<p>Qeebta 4: Narrator: Asma iyo Faadumo waxay la amakaagsan yihiin akhbaartii ay</p>



<p>talking on the back.</p> <p>Crying female....</p> <p>Two females crying..</p>	<p>went directly from the doctor to the pharmacy and to their home without saying a word to each other. They are both very sad and worried.</p> <p>Asma: Mom, don't be scared, we will figure this out together and find out what we can do so your health gets better.</p> <p>Faduma: It is all in God's hands my dear. [Crys]</p> <p>Asma: Don't worry Mom. You heard what the doctor said. You could live with the diabetes and successfully manage it through diet and exercise changes. We have an appointment with someone who will teach us how to make those changes. Please Mom, please don't cry.</p> <p>Faduma: You are right, this is the time to turn to Allah for guidance. There is no reason to cry. It is all upto Allah</p>	<p>dhakhtaradu u soo sheegtay. Waxay iyagoon kalmad is dhaafsan ka tageen dhakhtarkii iyagoo farmashiyaha sii maray ka dibna gurigooda tagay. Labadoodaba waxaa haya murugo iyo walwal.</p> <p>Asma: Hooyo, waxba ha baqin, waan u wada joognaa arrinkan waxaan wada baraneeynaa waxa aan ka qaban karno si uu caafimaadkaagu u fiicnaado.</p> <p>Faduma: Wax waliba Ilaaheey gacantiisa ayay ku jiraan macaaneey. [Crys]</p> <p>Asma: Ha walbahaarin hooyo. Waad maqlaysay waxay dhakhtaradu dhahday. Sokorta adoo qaba ayaad noolaan kartaa adigoo ku maareynaya jimicsi iyo raashinkaaga ood baddashid. Waxaan ballan la leenahay aqoonyahanad na baraysa sidaan isbaddaladaas u sameeyn lahayn. Waan ku baryaa hooyo, Waan ku baryaa ha ooyin.</p> <p>Faduma: Waa runtaa, kani waa wakhtigii aan Ilaahey talo saaran lahaa. Wax waliba Ilaahey ayay ku xidhan yihiin.</p>
<p>Sound of hospital environment</p> <p>Sound of paper/chairs moving</p>	<p>Scene 5: Narrator: Asma and Faduma visit a dietician two days later. Once she got over her initial shock, Faduma has been avoiding speaking about her illness to anyone.</p> <p>Mary: Welcome Faduma. Dr. Brown sent me your file. It looks like you were recently diagnosed with diabetes.</p>	<p>Qeebta 5: Narrator: Asma iyo Faadumo waxay soo booqdeen khabiirkii nafaqada labo bari ka dib. Markay naxdintii hore ka soo kabsatay, Faadumo waxay diiday inay qofna kala hadasho cudurkeeda.</p> <p>Mary: Soo dhowow Faadumo. Dr. Brown ayaa ii soo dirtay waraaqahaaga.</p>



<p>around</p>	<p>Asma: Mom...answer...Yes. Dr. Brown said you can give us information on how to eat differently. My mom is not happy being here.</p> <p>Mary: I can understand her reaction. Faduma, now that you have this disease, you have to make changes to improve your health. I will work with you to develop a customized diet for you that will help you manage your diabetes. Let’s talk about what you currently eat at home. What is a typical meal like for you?</p> <p>Faduma: The usual...</p> <p>Asma: Mom...</p> <p>Faduma: I eat rice or pasta, pancakes and mostly goat meat.</p> <p>Asma: Mom also drinks a lot of black tea with cream and a lot of sugar.</p>	<p>Asma: Hooyo...u jawaab...Haa, Dr. Brown waxay noo sheegtay inaad macluumaad naga siin kartid sidaan raashinka u baddali lahayn. Hooyadey kuma faraxsana inay halkaan timaado.</p> <p>Mary: Waan fahmi karaa sida ay noqotay. Faadumo, maadaama aad hadda cudurkaan qabtid, waa inaad samaysaa isbaddalo hagaajiya caafimaadkaaga. Waxaan kaala shaqeeynayaa sidaan u sameyn lahayn hab raashin oo kuu gaar ah oo kaa caawiya sidaad u wajahii lahayd sokorta ku haysa. Aan ka hadalno waxa aad hadda guriga ku cuntid. Raashinka aad cuntid sida caadiga ah maxaa ka mid ah?</p> <p>Faduma: Inta caadiga ah...</p> <p>Asma: Hooyo...</p> <p>Faduma: Waxaan cunaa baris iyo baasto, canjeero iyo inta badan hilib ari.</p> <p>Asma: Hooyo waxay kaloo cabtaa shaah badan oo caano iyo sokor laga buuxiyay.</p>
<p>When the dietician lists the food, make sure she speaks slowly and clearly so people understand and remember.</p>	<p>Mary: Well, now that you have been diagnosed with this disease, the first thing you need to do is to reduce or eliminate sugary drinks and the amount of sugar you put in your tea. It is also important to reduce the amount of carbohydrates you eat such as white rice, pasta, potatoes, sweets, and bread. It is better to eat brown rice, more greens and other vegetables like peppers, broccoli, cabbage or spinach and lean meats.</p>	<p>Mary: Hadda maadaama cudurkan lagugu sheegay, waxa ugu horreeya ood sameeynayso waa inaad iska yaraysaa amaba iska daysaa sharaabka sokorta leh iyo sokorta aad shaaha ku dartid tiradeeda. Waxaa kaloo muhiim ah inaad yaraysid raashinka loo yaqaano carbohydrates oo ay ka mid yihiin bariiska cad, baastada, baradhada, mac-macaanka iyo rootiga. Waxaa kuu wanaagsan inaad cuntid bariiska bunniga ah,</p>



<p>Since they are having a long conversation, maybe we can add sound effects of them moving the chairs round.</p> <p>Have Faduma clear her throat couple of times.</p> <p>Actors: Should make different tones of sound when</p>	<p>Do you eat any vegetables?</p> <p>Faduma: Only the mixed vegetables we put in the pasta sauce.</p> <p>Mary: How about salads?</p> <p>Faduma: Well, I don't like salads, it's like you are eating grass.</p> <p>Mary: I understand that you are used to eating certain ways and you enjoy it too. However you have to change this for your well-being. I recommend that you cut-down on your red meat and eat less meat all around, or eat fish. It is also important to bake or steam your food instead of frying it. And use olive oil or canola in your cooking instead of butter or other animal fats. Again, you have to cut-down red meat, pasta, rice, and pancakes. It's best that you increase the amount of vegetables in your diet.</p> <p>Faduma: Is she crazy? Are you telling me that I can't fry my meat? No, I can't do that! It's tasteless! I don't even like fish! I prefer goat meat, like the rest of my family.</p> <p>Asma: Mary, what about goat meat? Do we have to stop that?</p> <p>Mary: Overall, any kind of animal</p>	<p>cagaar badan iyo khudaar kale sida barbarooniga, brokoliga, kaabashka, koostada iyo hilibka aan baruurta lahayn. Ma cuntaa wax khudaar ah?</p> <p>Faduma: Kaliya kuwa isku darsan oon ku karsano suugada baastada.</p> <p>Mary: Ka waran aansalaatada?</p> <p>Faduma: Ma jeceli aansalaatada, waa adigoo caws cunay oo kale.</p> <p>Mary: Waan fahansanahay inaad u baratay inaad siyaabo kuu gaar ah u baratay inaad wax u cunto ood jeceshahayna. Balse waa inaad caafimaadkaaga dartiis isku baddashaa. Waxaan kugula talinayaa inaad hilibka cas iska yarayso ood hilibka sidiisaba iska yarayso ama aad kalluun cuntid. Waxaa kaloo muhiim ah inaad cuntada dubto ama huriso intaad shiili lahayd. Waxaadna isticmaashaa oliyo liifada ama kanola markaad wax karsanayso intaad isticmaali lahayd xaydha subaga ama xaydha kaloo xoolaha. Mar kale waa inaad iska yaraysaa hilibka cas, baastada, bariiska iyo canjeerada. Waxaa kuu roon inaad raashinkaaga ku badisid khudaarta.</p> <p>Faduma: Miyay waalan tahay? Ma waxaad i leedahay hilibka ha shiilan? Maya, am samayn karo saas! Ma lahan dhadhan! Ma anaaba jecel kalluunka? Waxaan ka jecelahay hilib ariga, sida qoyskayga intooda kale camal.</p> <p>Asma: Mary, hilibka ariga ka waran? Ma inaan iska joojinnaa?</p> <p>Mary: Guud ahaan, xaydha xoolaha</p>
--	---	---



<p>Faduma is talking in this scene, show how angry she is.</p>	<p>fat is bad for us, so avoiding meat and using healthy oils is best. But as far as meat goes, goat meat is much less fatty than beef, and is even comparable to chicken.</p> <p>Asma: Thanks for explaining that. I am sure we can cut down.</p> <p>Faduma: Cut down? Are you crazy? Are you joining her in attacking our diet? What do you mean?</p> <p>Asma: Mom, I understand this will be hard but we will all help you with this you don't have to do it alone.</p> <p>Asma: Do we have to eat organic food from now on?</p> <p>Mary: It is really not true that you must eat organic in order to be healthy, but certainly eating organic can be a good idea, if your family wants to do that. Foods don't have to be organic. The most important things for people with diabetes are: adding more vegetables, eating fewer carbohydrates like pasta and cutting down on meats. I am going to give you a packet for you to take home so please read it. In it you will find information on how to cook food for people with diabetes along with different physical activities to do. Please come back and see me in one month so I can help you more. And call me if you have any questions before then.</p>	<p>oo dhan nooma wanaagsana. Sidaas darteed waxaa fiican in la iska daayo hilibka oo la isticmaalo saliidaha caafimaadku ku jiro. Laakiin marka laga hadlayo hilibka, kan arigu in badan ayuu ka xaydh yar yahay midka lo'da, wuxuuna u dhigmaa digaaga.</p> <p>Asma: Waad ku mahadsan tahay inaad noo faahfaahisay. Waan hubaa inaan iska yarayn karno.</p> <p>Faduma: Yareeyn aa? Miyaad waalatay? Ma ayadaad igala safatay ood cuntadeena wax ka sheegaysaa? Maxaad u jeedaa?</p> <p>Asma: Hooyo, waan fahansanahay inay tani kugu adkaan doonto laakiin kuligeen waan kaa caawinaynaa si aadan kaligaa ugu noqon.</p> <p>Asma: Ma waxaa nalaka rabaa inaan cuntada organic-ga ah kaliya cunno hadda ka dib?</p> <p>Mary: Xaqiiqo ma ahan inaad ku khasban tahay inaad cunto organic si aad u caafimaad qabto, laakiin hadday qoyskiinu sidaas rabaan, cuntada organic-ga ah cunisteedu way fiican tahay. Khasab ma aha inuu raashinku yahay organic. Waxaa ugu muhiimsan dadka qaba sokorta waa inay khudaarta badsadaan, inay iska yareeyaan carbohydrates-ka sida baastada iyo inay iska yareeyaan hilibka. Waxaan ku siinayaa waraaqo aad guriga u qaadato ee fadlan akhriso. Waxaad ka helaysaa macluumaad ku saabsan sida wax loogu kariyo dadka sokorta qaba iyo jimicsiyo kala duwan oo la sameeyo. Fadlan igu soo noqo bil ka dib si aan caawinaad dheeraad ah kuu siiyo.</p>
---	---	--



	<p>Asma: Thank you! We will do our best to help my mom.</p> <p>Faduma: [Whispers] Oh no. This will not work... No, No, No.</p>	<p>Sidoo kale i soo wac haddii aad wax su'aalo ah qabtid inta ka horreysa.</p> <p>Asma: Mahadsanid! Waan ku dadaaleeynaa inaan caawino hooyadeen.</p> <p>Faduma: [Whispers] Maya. Tani ma shaqgenayso ... Maya, maya, maya.</p>
<p>Sound effect: Beverage pouring.</p> <p>TV on the back</p> <p>Sound effect of someone putting down a cup.</p>	<p>Scene 6: Narrator: Several weeks have passed and Faduma continues to be in denial. When her daughters are not around, Faduma eats what she wants and drinks her sugary black tea. Asma has prepared her breakfast today before Faduma goes to work cleaning hotel rooms.</p> <p>Faduma: What is this tasteless thing you brought for me?</p> <p>Asma: I didn't make it with the sugar, here is the sugar bowl. I brought you the bowl so that you can add just a little bit.</p> <p>Faduma: I can't drink this! It tastes terrible when you add sugar on top. Why didn't you just make it just like we always make it?</p> <p>Asma: I am sorry mom. I am just trying to follow what the dietician said about cutting down on sugary tea.</p> <p>Faduma [angry]: What do they know? Allah knows when my time will come and all these different restrictions are too difficult to follow. I have started</p>	<p>Qeebta 6: Narrator: Dhowr usbuuc ayaa ka soo wareegay iyadoo Faadumo ay wali ismoogaysiin ku sugan tahay. Markay gabdhaheedu ka maqan yihiin, Faadumo waxay cuntaa wixii ay doonto waxayn iska cabtaa shaheedii sokorta badnaa. Maanta waxay Asma u diyaarisay hooyadeed quraac intaysan Faadumo aadin shaqadeedii ahayd inay nadiifiso qolalka hudheelada.</p> <p>Faduma: Naa waa maxay waxaan aan dhadhanka lahayn ood ii keentay?</p> <p>Asma: Kumaan darin sokor, waa kan baaquligii sokorta. Waxaan kuugu soo qaaday baaquliga si aad ugu darsato wax yar.</p> <p>Faduma: Waxaan ma cabi karo! Dhadhan ma leh markaad korka uga darto sokorta. Maxaad sidii aan waligeen u sameeysan jirnay ugu soo sameeyn wayday?</p> <p>Asma: Raali noqo hooyo. Waxaan uun isku dayayay inaan raaco wixii ay noo soo sheegtay gabadhii raashinka ku takhasustay oo ahayd inaad iska yareeyso shaaha sokorta leh.</p> <p>Faduma [angry]: Maxay garanayaan? Ilaahey uunbaa ogmarkuu wakhtigaygu imanayo wayna igu adag</p>



<p>Door opens/shuts</p>	<p>taking xabad-sowdo and I believe that it is the best medicine for me.</p> <p>Asma: Yes, but Mom you have diabetes now. You have to be careful.</p> <p>Faduma [frustrated]: Don't tell me what to do. You are just a little girl and doctors don't know everything.</p> <p>Asma: Do you want me to make you a new cup of tea?</p> <p>Faduma [angry]: No, I will be late for work, but next time just make my tea the way I like it. I will just add sugar to this one and take it.</p>	<p>yihiin inaan aqbalo waxaanoo cadaadis ah. Waxaan bilaabay inaan cuno xabad-sowdo waxaan qabaa inay tahay dawada iigu wanaagsan.</p> <p>Asma: Haa, laakiin hadda waxaad qabtaa sokor hooyo. Waa inaad iska taxadartaa.</p> <p>Faduma [frustrated]: Ha i amrin aniga. Waxaad tahay dhocil yar dhaqaatiirtuna wax walba ma garanayaan.</p> <p>Asma: Ma waxaad rabtaa inaan kuu soo sameeyo koob shaah ah oo cusub?</p> <p>Faduma [angry]: Maya, shaqadaan ka habsaamayaa, laakiin marka dambe waa inaad shaaha iigu soo sameeyso sidaan jeclahay. Kan ayaan sokor ku darsanayaa oon qaadanayaa.</p>
<p>Sound effect of: Someone falling.</p> <p>Phone dialing.</p>	<p>Scene 7:</p> <p>Narrator: By the middle of her shift, Faduma starts to feel weaker and tired. All of the sudden, she faints and collapsed on the floor in a hotel room. Fortunately her supervisor is there, sees her on the floor, and desperately goes to her rescue.</p> <p>James: Faduma! Faduma! Oh my God! Faduma can hear me? Can you move? Oh my God, she is not moving! I have to call 911.</p> <p>James: Hello? Yes, I need an ambulance! One of my employees passed out on the floor and she not responding. Please hurry!</p>	<p>Qeebta 7:</p> <p>Narrator: Shaqadii markay dhex u marayso ayay Faadumo iska dareentay daciifnimo iyo daal. Si kadis ah ayay intay suuxday qolka hudheelka ku dhex dhacday. Nasiib wanaag, waxaa joogay ninkii ay u shaqeeynaysay oo intuu arkay iyadoo dhulka taala si naxdin leh ugu soo cararay.</p> <p>James: Faadumo! Faadumo! Alla Ilaahayow! Faadumo ma i maqashaa? Ma nuuxsan kartaa? Alla Ilaahayow! Maba nuuxsaneeyso! Waa inaad wacaa 911.</p> <p>James: Hello? Haa, waxaan u baahanahay aambalaas! Shaqaalahayga mid ka mid ah ayaa suuxday mana ii jawaabayso. Fadlan</p>



<p>Phone dialing</p> <p>Sound of ambulance.</p>		<p>soo dhaqsada!</p>
<p>Hospital environment sound.</p> <p>Footsteps doctor walks in.</p>	<p>Scene 8: Narrator: Paramedics rush Faduma to the emergency room. She has regained consciousness but is still groggy and weak. Dr. Williams runs a number tests and finds that her sugar level is very high. After administering IV fluids and a dose of insulin, Faduma starts to feel better. Her daughter Asma is by her side when the doctor comes with more test results.</p> <p>Dr. Williams: Hello, how are you feeling now Fadumo?</p> <p>Faduma: I have a big headache and I am really tired. What happened? Where am I? The last thing I remember is bending down to make the bed at work.</p> <p>Dr. Williams: Well, you collapsed at work and were brought in an ambulance to the emergency room. Faduma, your blood glucose was very high. It was 510. High sugars like that can kill you. How long have you had diabetes?</p> <p>Faduma: I was recently diagnosed. What do you mean by 510?</p> <p>Dr. Williams: Your blood glucose is the natural sugar in your blood that your body uses for energy. For someone with diabetes like you the level should be below 200. Yours was</p>	<p>Qeebta 8: Narrator: Gargaarayaashii caafimaadka ayaa Faadumo ula cararay dhakhtarka. Way soo naaxdey hadda laakiin wali way wareersan tahay tabarna ma leh. Dr. Williams ayaa ka qaaday baaritaano dhowr ah, wuxuuna arkay inay sokorteedu aad u sarreyso. Ka dib markuu suray faleebo uu raaciyay daawada sokorta ayay Faadumo roonan dareentay. Asma oo la joogta ayuu dhakhtarku u soo galay si uu u siiyo jawaabo kale.</p> <p>Dr. Williams: Iska waran Faadumo, sideed dareemaysaa hadda?</p> <p>Faduma: Madaxaa aad i xanuunaya waxaan dareemaya daal fara badan. Maxaa dhacay? Xageen joogaa? Waxaa iigu war dambaysay anigoo shaqada jooga oo u foorarsaday inaan sariir goglo.</p> <p>Dr. Williams: Shaqada ayaad ku suuxday oo waxaa aambalaas lagugu keenay rugta caafimaadka deg-dega ah. Faadumo sokorta dhiigaaga aad ayay u sarreeysaa. Waxay ahayd 510. Sokorta sidaa u sarreysa waad u dhiman kartaa. Muddo intee ah ayaad qabtay sokorta?</p> <p>Faduma: Dhowaan ayaa la igu soo sheegay. Maxaad ka wadaa 510?</p> <p>Dr. Williams: Glucose-tu waa sokorta dabiiciga ah oo dhiigaaga ku jirta oo uu jirkaagu ka dhigto tamarta uu ku shaqeeyo. Qofka sidaadoo kale</p>



	<p>consulting her, Asma takes Faduma for a check up with the physician.</p> <p>Dr. Brown: Fadumo, I understand that you have been really sick.</p> <p>Faduma: Yes, I was rushed in to the emergency room.</p> <p>Dr. Brown: Your chart shows that your first blood glucose level was 510. That is extremely dangerous. Let’s do some testing today and see if there have been any changes for the past two days.</p> <p>Narrator: The doctor tested Faduma and her blood glucose is at 450.</p> <p>Dr. Brown: I am sorry to say this, but your blood glucose is still very high. It is 450. Let’s talk about your diabetes management plan. I agree with the doctor who saw you the other day that you have to start insulin injections.</p> <p>Faduma: Oh no, not injections! I hate needles.</p> <p>Dr. Brown: Many people do. But let me reassure you that the needles are so small, and that people get over their fear. Once you feel better, you may even agree that the insulin was a good idea.</p> <p>Faduma: [In a low voice] I doubt it.</p> <p>Dr. Brown: I know you are scared but</p>	<p>dayayaan inay wax fahan siiyaan. Iyadoon hooyadeed la tashan ayay Asma keentay dhakhtarka.</p> <p>Dr. Brown: FAAdumo waxaa la ii sheegay inaad aad u xanuunsatay.</p> <p>Faduma: Haa, waxaa la iila cararay rugta caafimaadka deg-dega ah.</p> <p>Dr. Brown: Waxaa muuqata in dhiigaaga sokortii u horreysay ee laga cabiray ay ahayd 510. Aad ayaad u sigatay. Maantana aan kaa baarno si aan u eegno inay wax isbaddaleen labadii maalmood oo la soo dhaafay.</p> <p>Narrator: Dhakhtaradii ayaa Faadumo cabirtay, waxayna sokorta dhiigeedu noqotay 450.</p> <p>Dr. Brown: Waan ka xumahay inaan sidan ku dhaho, laakiin sokorta dhiigaaga aad ayay wali u sarreysaa. Waa 450. Aan ka hadalno qaabka loo maareeynayo sokortaada. Waxaan ku raacsanayahay dhakhtarkii maalintii dhowayd inaad u baahan tahay in lagugu bilaabo cirbado daawada sokorta ah.</p> <p>Faduma: Maya, iga daa cirbadaha! Waan necebahay cirbadaha.</p> <p>Dr. Brown: Dad badan ayaa neceb. Laakiin aan niyadda kuu qaboojiyo waayo cirbaduhu aad ayay u yaryar yihiin, dadkana way ka ba’daa cabsidu. Markaad ladnaatid, waxaa laga yaabaa inaad nagu raacdo inay cirbaduhu fikrad fiican ahaayeen.</p> <p>Faduma: [In a low voice] Isma lihi.</p> <p>Dr. Brown: Waan ogahay inaad</p>
--	--	--



<p>it’s really important for you to take this daily injection. Your daughters are very involved with your health so they can help you with your injections. The nurse will come in to demonstrate how to use the insulin and your daughter can learn too.</p> <p>Faduma: [In a low voice] We’ll see.</p> <p>Dr. Brown: I also want to talk to you about what else you are doing to manage your diabetes. I know your dietician made some diet and exercise recommendations. How is that going?</p> <p>Asma: Dr. Brown, my mother is not really following the dietician’s recommendations. She changed her diet initially, but now she eats the same way she was before her diagnosis.</p> <p>Faduma: It is really hard to change your habits after a lifetime of eating one way. Besides that kind of eating is tasteless to me.</p> <p>Dr. Brown: I know that changing habits and adjusting to new ways is a challenge. But, in order for you to improve, you have to change the way you eat. For example, there are different ways for you to sweeten your tea like adding a sugar substitute. Asma, do you know what those are?</p> <p>Asma: You mean, like aspartame and</p>	<p>baqaysid laakiin waxaa aad muhiim u ah inaad cirbadaan qaadatid maalin walba. Maadama ay gabdhahaagu aad ugu hawlan yihiin caafimaadkaaga, iyagaa kaa caawin kara cirbadaha. Kalkaalisada ayaa idiin imaaneysa si ay idiin tusto sida la iskugu mudo dawada gabadhaaduna way kula baran kartaa.</p> <p>Faduma: [In a low voice] Waan arki doonaa.</p> <p>Dr. Brown: Waxaan kaloo rabaa inaan kaala hadlo waxa kaloo aad ka qabatay maareeynta sokortaada. Waan ogahay inay aqoonyahanadii nafaqada ku siisay talooyin ku saabsan raashinka iyo jimicsiga. Halkee wax kuu marayaan?</p> <p>Asma: Dr. Brown, hooyadeey runtii ma aysan raacin talooyinkii aqoonyanadii nafaqada. Markii hore way baddashay raashinkeeda, laakiin hadda waxay wax u cuntaa sidii intaan lagu soo sheegin cudurka ay ahayd.</p> <p>Faduma: Aad ayay u adag tahay inuu qofku baddalo qaabka uu noloshiisoo dhan wax u cuni jiray. Ta kale, raashinka caynkaas ah iimaba dhadhamayo.</p> <p>Dr. Brown: Waan ogahay inay adag tahay in dabecad la baddalo oo qaab cusub la qabatimo. Laakiin, si aad u ladnaatid waa inaad baddashaa qaabka aad wax u cuntid. Tusaale ahaan, waxaa jira waxyaabo sokorta u dhigma ood shaaha ku macaaneeysan kartid. Asma, ma garaneysaa waxay yihiin?</p>
--	---



	<p>stevia?</p> <p>Dr. Brown: Yes, just like those. You can also experiment with adding different ingredients to your salads like nuts to make them tastier. I will send you back to the dietician.</p> <p>Faduma: Ok, but she didn't help me. She told me to make too many changes.</p> <p>Dr. Brown: Ok, then let's make an agreement. Of the many changes, which one could you do?</p> <p>Faduma: I want to keep my sweet tea.</p> <p>Dr. Brown: Ok, then put the sugar substitute in your tea.</p> <p>Faduma: And then I can eat as much rice and pasta as I want?</p> <p>Dr. Brown: I suggest making that your second change. Once you have switched the type of sweetener in your tea, then eat less rice or pasta. How much you are eating now?</p> <p>Narrator: Faduma pointed to a bowl in the doctor's office.</p> <p>Fadumo: About that size.</p> <p>Dr. Brown: This is too much. This is about 4 cups. You ultimately need to cut down to ½ cup and eat it with more vegetables.</p> <p>Faduma: I can't only eat ½ cup!</p>	<p>Asma: Ma waxaad u jeedaa kuwa la midka ha aspartame iyo stevia?</p> <p>Dr. Brown: Haa, kuwaasoo kale. Waxaad kaloo isku dayi kartaa inaad waxyaabo kala duwan ku darsatid aansalaatada sida lawska si ay kuugu macaanaadaan. Waxaan dib kuugu dirayaa aqoonyahanadii nafaqada.</p> <p>Faduma: Haye, laakiin ima aysan caawin. Waxay igu dhahday waxyaabo aad u badan iska baddal.</p> <p>Dr. Brown: Haye, marka aan is afgarano. Waxyaabihii badnaa oo lagu yidhi baddal, kuweed ka sameyn kartaa?</p> <p>Faduma: Waxaan rabaa inaan wado shaaheeyga macaan.</p> <p>Dr. Brown: Haye, marka ku darso shaaha waxyaabaha sokorta u dhigma.</p> <p>Faduma: Markaas bariiska iyo baastada ma sidaan rabo ayaan u cunaa?</p> <p>Dr. Brown: Waxaan kugula talin lahaa inaad taas ka dhigato isbaddalkaaga labaad. Markaad baddasho waxa aad ku macaaneeyso shaaha, waxaad yareeysaa baastada iyo bariiska inta aad ka cunto. Intee ayaad hadda cuntaa?</p> <p>Narrator: Faduma waxay dhakhtarada u tilmaantay baaquli xafiiskeeda yaalay.</p> <p>Fadumo: Kaasoo kale.</p> <p>Dr. Brown: Intani aad ayay u badan</p>
--	---	--



	<p>Dr. Brown: I understand that. I suggest you decrease by ½ cup, down to 3.5 cups for one week and then return to see the dietician.</p> <p>Faduma: Ok. Dr. Brown I will try harder.</p>	<p>tahay. Waa qiyaas ahaan 4 koob. Waxaa lagaa rabaa inaad iska dhinto ood ka dhigato ½ koob ood ku badsato khudaarta.</p> <p>Faduma: Ma cuni karo ½ koob kaliya!</p> <p>Dr. Brown: Waan fahansnahay. Waxaan kuu soo jeedinayaa inaad ka dhinto ½ koob, oo aad cunto 3.5 koob ka dibna aad u noqoto aqoonyanadii nafaqada.</p> <p>Faduma: Haye Dr. Brown, waan sii dadaalayaa.</p>
Female crying	<p>Scene 10: Narrator: But Faduma is not yet ready for that change. One day she calls her family in Africa to cheer herself up. All of a sudden she discovers her family is mourning the death of her dearest uncle. Due to diabetes, he suffered a kidney infection that caused kidney failure and led to his death. Faduma cries continually and is inconsolable.</p> <p>Faduma: [Crying]...Diabetes...diabetes... I can't believe it. Allah, please help me. This is what the doctor was warning me about. I need to start changing or I will end like my dear uncle. Allah, please help me overcome this hardship. InshaAllah, I will overcome diabetes.. diabetes... InshaAllah.</p>	<p>Qeebta 10: Narrator: Laakiin Faadumo wail diyaar uma ahan inay isbaddasho. Maalintii dambe waxay wacday ehelkeedii Afrika joogay si ay niyadda ugu dhisato. Waxaa kadis ku noqtay inay wacday reerkii oo u fadhiya tacsida abtigeed oo ay jeclayd. Sokor darteed ayaa cudur ka galay kalyaha kaasoo ku keenay inay kalyihii fadhiistaan, wuuna u dhintay. Faadumo waxay kala goyn wayday oohin waana la aamusin waayay.</p> <p>Faduma: [Crying]...Sokor...oskor... Ma rumaysan karo. Ilaahow ii gargaar. Waa wixii ay dhakhtaradu iiga digaysay. Waxaan u baahanahay inaan isbaddalo haddii kale waxaan noqonayaa sida abtigay macaan oo kale. Ilaahow iga soo gaar dhibaatadaan. InshaAllah waan ka adkaan doonaa sokorta... sokorta... InshaAllah.</p>
Female crying	<p>Scene 11: Narrator: Her husband comes home to find Faduma crying. For the first time in months, Faduma is able to</p>	<p>Qeebta 11: Narrator: Ninkeedii ayaa wuxuu guriga yimid faadumo oo wali ooyaysa. Markii ugu horraysay</p>



	<p>openly talk about her diagnosis and her fears, searching for advice.</p> <p>Ahmed: You have to start doing something about this disease before it cuts your life short. As a Muslim, I believe our day is written, but I remember the prophet [SAW] said “Trust in God but tie up your camel...” In this case your camel is your health and you have to take care of it even though we know that our time is written.</p> <p>Faduma: You are right. The prophet was wise [SAW]. I want to be a good example for my children and granddaughter. I promise that I will follow all the doctor’s recommendations.</p> <p>Ahmed: I am happy to hear that. I have been so worried about you.</p>	<p>muddo bilo ah, ayay Faadumo awood u yeelatay inay si cad uga hadasho cudurka laga soo sheegay iyo cabsiyaha ay qabto, iyadoo talo doonaysa.</p> <p>Ahmed: Waa inaad wax ka qabataa cudurkaan intuusan nolashaada kaa kala goyn. Muslim ahaan, waxaan aaminsanahay inay malintaadu qoran tahay, laakiin waxaan xasuustaa inuu nabigu yidhi (SCW) “Ilaahey aamin laakiin neefkaaga geela ah dabro.” Hadda neefkaaga geela ah waa caafimaadkaaga, waana inaad ka taxadartaa inksatoo aan ognahay inuu wakhtigeenu qoran yahay.</p> <p>Faduma: Waa runtaa. Nabigu wuu xikmad badnaa (SCW). Waxaan rabaa inaan tusaale fiican u noqdo caruurtayda iyo gabadhaan ayeeyada u ahay. Waxaa ballan ah inaan dhakhtarada talooyinkeeda oo dhan raaci doono.</p> <p>Ahmed: Waan ku farxay inaan taas maqlo. Aad ayaan kaaga walwalsanaa.</p>
<p>Sound of family laughing/sound of dishes etc.</p>	<p>Scene 12: Narrator: Faduma has started to change her habits. The family is currently in the kitchen where they are trying new healthier recipes and learning from a diabetes cookbook. This evening the family is making brown rice with a side of string beans and a green salad.</p> <p>Faduma: Asma this tastes so good! You have to show me this recipe so that I can prepare it more often.</p> <p>Asma: I am so happy for you, Mom! It</p>	<p>Qeebta 12: Narrator: Faadumo waxay bilowday inay baddasho dabeecadaheedii. Xilligan waxay qoysku ku sugan yihiin jikada oo ay ku tijaabinayaan qaabab cuntada loo sameeyo oo caafimaad fiican oo ay ka baranayaan buug laga qoray raashinka dadka sokorta qaba sida loo diyaariyo. Caawa waxay qosku sameeynayaan bariiska bunniga ah iyo digirta isku taxan iyo aansalaato cagaaran.</p> <p>Faduma: Asma raashinkani waa macaan! Waa inaad i tustaa qaabkan</p>



	<p>will be fine. We will do our best to help you live a normal life and manage your diabetes.</p> <p>Faduma: I am thankful to Allah for blessing me with a daughter like you!</p>	<p>loo sameeyo si aan marar badan u sameeysto.</p> <p>Asma: Hooyo aad ayaan kuugu faraxsanahay! Waad fiicnaaneysaa, anaguna waxaan isku dayaynaa inaan kaa caawino inaad nolol caadi ah adoo ku nool maareeyso sokortaada.</p> <p>Faduma: Waxaan Ilaahey uga mahad celinayaa inuu igu mannaaystay gabar adiga kula mid ah.</p>
	<p>Scene 13: Narrator: That evening after their meal, the family decided to go for a walk at the lake by their house. Faduma’s grand-daughter Khadijah is biking and Faduma is being urged to walk faster by her older daughter. Her husband is walking with her other daughter.</p> <p>Asma: Mom and Dad, I am really happy that we are walking together. Maybe after a week of walking we can start jogging together!</p> <p>Faduma: I don’t think I am able to jog.</p> <p>Ahmed: And I have not jogged in 20 years.</p> <p>Asma: Yes, but if we start slowly we can do it. Maybe we can began by walking for five minutes and jogging for three minutes and alternating for 30 minutes.</p> <p>Faduma: That is a good idea! We will start that next week.</p>	<p>Qeebta 13: Narrator: Habeenkaas markay casheeyeen ka dib, waxay qoysku go’aan ku gaadheen inay ku soo lugeeyaan wabi gurigooda u dhow agtiisa. Fadumo gabadhey ayeeyada u ahayd Khadiija waxay wadataa baaskiil, Faadumana waxaa gabadheeda curadda ah ay ku guubaabinaysaa inay dhaqso u socoto. Ninkeeduna wuxuu la lugeeynayaa gabadheedii kale.</p> <p>Asma: Hooyo iyo aabo, waxaan aad ugu faraxsanahay inaan isla lugeeynayno. Waxaa laga yaaba in markaan usbuuc lugeeyno aan rucleyn ku wada darno!</p> <p>Faduma: Uma maleeynayo inaan rucleeyn karo.</p> <p>Ahmed: Aniguna 20 sano ma rucleeyn.</p> <p>Asma: Haa, laakiin haddaan tartiib u bilowno waan sameeyn karnaa. Malaha waxaan sameeyn karnaa inaan shan daqiiqo socono oon saddexna rucleeyno oon sidaas iskugu baddalno intaan ka gaadheeyno 30 daqiiqo.</p>



		<p>Faduma: Taasi waa fikrad wanaagsan! Waxaan bilaabeeynaa usbuuca dambe.</p>
<p>Laughter/cheerful</p>	<p>Scene 14: Narrator: Three months later, Faduma returns to see her doctor.</p> <p>Dr. Brown: Faduma I am really happy with the results of your test. Your fasting blood sugar today it is 130. Your A1C, which reflects your average blood sugar over 3 months, is 7.2. This is the range I want it to be. This is very good news. Faduma, what brought upon this remarkable change?</p> <p>Faduma: Well, I finally realized how precious life is, when I recently lost my uncle to diabetes.</p> <p>Dr. Brown: Oh Faduma I am so sorry about what happened to you.</p> <p>Faduma: So now my entire family has been making changes. We cook our food differently and we also exercise together. The biggest challenge for me was stopping the sweet Somali tea, but the sugar substitute helped! But most importantly because everyone in my family has made the same changes, it has been easier for me to stick with it the diet. And I learned to eat more green salads and other vegetables because we learned to cook them in different ways that taste good.</p> <p>Dr. Brown: Yes, it is easier when it is a team effort. I am very proud of you and of your family. Please continue with these changes and I will re-</p>	<p>Qeebta 14: Narrator: Saddex bilood ka dib, Faadumo waxay soo noqotay dhakhtaradeedii.</p> <p>Dr. Brown: Faadumo, waxaan aad ugu farxay natiijada dhiigi lagaa baadhay. Sokorta dhiigaaga inta aadan wax cunin waa 130. Sokorta dhiigaaga, inta aadan cuntayn oo loo yaqaano AIC, marka la isku cel-celiyo saddexdii bilood oo la soo dhaafay waa 7.2. Waa halkan halka aan kaa doonayo. Tani waa akhbaar fiican Faadumoy. Maxaa keenay isbaddalkan la yaabka leh?</p> <p>Faduma: Waxaan ugu dambayntii fahmay qiimaha ay noloshu leedahay markuu abtigay u dhintay sokor darteed.</p> <p>Dr. Brown: Faadumo waan ka xumahay waxa kugu dhacay.</p> <p>Faduma: Hadda marka qoyskayga oo dhan waxay sameeynayaan isbaddalo. Waxaan raashinka u karinaa sidii hore si ka duwan waanan wada jimicsanaa. Waxaa iigu adkaa inaan shaahii macaanaa ee Soomaalida iska daayo, laakiin sokorta midii la midka ahayd ayaa i caawisay! Waxaase ugu muhiimsan inay qoyskayga oo dhan isbaddaladan oo kale sameeyeen taasoo ii sahashay inaan raashinka fiican ku adkaysto. Waxaan bartay inaan cuno ansalaatada cagaaran iyo khudaar kale sababta oo ah waxaan baranay</p>



	<p>evaluate you in four weeks. Your feeling better is your best reward.</p>	<p>inaan u karino siyaabo kala duwan oo macaan.</p> <p>Dr. Brown: Haa, waxay sahlan tahay marka koox ahaan la isku kaashado. Aad ayaan idiin amaanayaa adiga iyo qoyskaaga. Fadlan sii wad isbaddalada waxaan dib kuu qiimeynayaa afar usbuuc ka dib. Abaal-gudka kuugu wayn waa inaad ladnaatay.</p>
<p>Sound of TV.</p> <p>Sound of lake environment/ birds</p> <p>People talking ect..</p>	<p>Scene 15: Narrator: Faduma gets home from the doctor in a very good mood. She finds her grand-daughter Khadijah in the couch watching TV and snacking on cookies and soda.</p> <p>Faduma: Khadijah, what are you doing? We talked about this! Why are drinking soda and eating sweet cookies?</p> <p>Khadijah: Ayeeyo, I don't do this all the time, you know that, but today I felt like having some sweets. It has been a long day at school and I just needed to take my mind off things.</p> <p>Faduma: But Khadijah, you don't need unhealthy food to deal with your emotions. Come with me for my evening walk and bring some fruits and water. I don't want you exposing yourself to the risk of diabetes by eating unhealthy foods. Remember we talked about diabetes being hereditary.</p> <p>Khadijah: You are right, Grandma. I will bring some bottled water and</p>	<p>Qeebta 15: Narrator: Faadumo waxay dhakhtarka ka soo noqotay iyadoo farxasan. Waxay u timid gabadhey ayeeyada u ahayd Khadiija oo kursiga ku daawanaysa TV iyadoo cunaysa buskud iyo sodha.</p> <p>Faduma: Khadija, maxaad sameynaysaa? Waan ka wada hadalnay waxaan! Maxaan u cabaysaa sodhaha ood u cabeesaa soodhaha macaan?</p> <p>Khadijah: Ayeeyo, mar walba ma sameeyo waxaan, waad ogtahay, laakiin maanta waxay iga qabatay inaan mac-macaan cuno. Wuu igu dheeraaday maanta iskuulku waxaan rabay inaan isku ilawsiiyo.</p> <p>Faduma: Laakiin Khadija, uma baahnid cunto xun inaad dareenkaaga isuk moogaysiiso. Ii soo raac lugayntayda caawa soona qaado biyo iyo khudaar. Ma rabo inaad halis isku galisid sokor cuntadan xun ood cunayso darteed. Xasuusnow inaan ka wada hadalnay inay sokortu tahay fir.</p> <p>Khadijah: Waa runtaa ayeeyo. Waxaan noo soo qaadayaa biyo dhalo</p>



<p>Ending with upbeat music...</p>	<p>fruits so we can go for a long walk.</p> <p>Narrator: Faduma and her granddaughter decided to go for walk. They are walking away from diabetes to embrace life.</p> <p>Standard Ending Statement: 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 UCare Fund and the Clinical and Translational Science Institute at the University of Minnesota. List Authors, Actors and Editor.</p>	<p>ku jira iyo khudaar si aan socod dheer u aadno.</p> <p>Narrator: Faadumo iyo gabadhey ayeeyada u ahayd waxay go’aan ku gaadheen inay socdaan. Waxay ka lugeeynayaan sokorta si ay noloshooda u hantaan.</p> <p>Standard Ending Statement: Sheekadaan raadiyaha waxaa soo saaray Isbahaysiga SoLaHmo ee Caafimaadka iyo Ladnaanta oo ah barnaamij ka tirsan West Side Community Health Services, Jaamacadda Minnesota Kulliyadeeda Saxada Bulshada iyo Jaamacadda Gustavus Adolphus. Waxaa lagu duubay oo lagu tifaftiray KMSU studios. Barnaamijkaan waxaa suura galiyay deeqda laga helay UCare fund iyo Clinical and Translational Science Institute ee Jaamacadda Minnesota. Waxaa qoray waxaana matalay ... tifafturuhuna waa.</p>
---	---	---