



Aisha’s Weight Loss Journey Script English- Somali SoLaHmo Radio Story about Healthy Family Lifestyles

Main Characters: Aisha (young Somali)

Secondary Characters: Narrator, Omer (Aisha’s husband), Dr. Nicholson, Laura (clinic nurse) Deqa (Aisha’s friend), Amina (ER patient), Dr. Johns (ER doctor), Muna (nutritionist), Julie (gym receptionist)

Synopsis: Aisha is a married female 35yrs old with six children, diagnosed with high cholesterol during pregnancy with the 3rd child. Lived in America since 1995, she is a stay home mom who no longer has the condition but is trying to lose weight because she is concerned that the extra weight could bring the condition back or result in other health risks. Aisha changes the entire family diet and cooks very healthy. She wants to be a role model for her kids by providing healthy meals and exercising and hopefully to loss the weight.

Sound effects/music	Audio	Audio
	<p>Narrator: Aisha is a young Somali mother who had her first child six weeks ago. Aisha and her husband, Omer, are both excited about the birth of their son Mohamed. The couple is originally from Somalia and resettled with their families in Minnesota as refugees due to the long-term civil war in Somalia. Aisha has lived in Minnesota since 2006 and Omer came in 2000. Aisha has worked as an interpreter since she lost her factory job at the height of the recession in 2009. Omer is a taxi driver and also takes classes at Normandale community college. He hopes to become a pharmacist one day. They met at the mosque and married a year and a half later. Today, Aisha is at the clinic for her six weeks postpartum visit.</p>	<p>Narrator: Caisha waa hooyo dhalinyaro ah oo Somaaliyeed oo lix usbuuc ka hor dhashay ilmaheedii ugu horreeyay. Caisha iyo ninkeeda, Cumar, waxay labaduba ku faraxsanyihiin dhalashada curadkooda Maxamed. Qoysku waxay markii hore ka yimaadeen Soomaaliya waxayna iyaga iyo reerhoodu soo dageen Minnesota iyagoo ka soo qaxay dagaalkii muddada dheer ka socday Soomaaliya. Caisha waxay Minnesota dagganayd taniyo 2006, halka uu Cumarna ka yimid 2000. Caisha waxay ku shaqaynaysay turjubaan ahaan taniyo markay 2009-kii shaqadeedii warshadda ku wayday hoos u dhaca dhaqaalaha Maraykanka. Cumar wuxuu wadaa tagsi wuxuuna dhigtaa kulliyadda</p>



		<p>Normandale. Wuxuu rajaynayaa inuu barto cilmiga farmashiyaha. Lammaanuhu waxay ku kulmeen masaajidka, waxayna is guursadeen sanad iyo bar ka dib. Maanta, Caisha waxay joogtaa dhakhtarka bukaan socodka oo ay ku leedahay ballanteedii ummul-ka baxa.</p>
<p>Knock</p>	<p>Scene 1: at the clinic Dr. Nicholson: Good Morning Aisha, how are you?</p> <p>Aisha: Hi doctor. I am doing well thank you.</p> <p>Dr. N: It is nice to see you again. How is baby Mohamed doing?</p> <p>Aisha: He is ok. My husband and I are still getting used to having a baby! He feeds well since the lactation nurse came to my house and helped him latch on better.</p> <p>Dr. N: That is good to hear. Now Aisha, let’s talk about you.</p> <p>Aisha: Ok doctor.</p> <p>Dr. N: Sit on the table so I can examine you.</p> <p>Narrator: After the exam is done Dr. Nicholson look at Aisah with concern.</p>	<p>Qeebta 1: At the clinic Dr. Nicholson: Subax Wanaagsan Caisha, sidee tahay?</p> <p>Aisha: Nabad dhakhtaradey. Waan fiicanahay, mahadsanid.</p> <p>Dr. N: Waan ku faraxsanahay inaan mar kale ku arko. Wiilkaagii Maxamed yare ka waran?</p> <p>Aisha: Wuu fiican yahay. Wali waxaan aniga iyo ninkayga la qabsannaynaa inaan cunug yar haysanno! Si fiican ayuu hadda caanaha u cabaa taniyo markay ii timid kalkaalisadii i bartay sida naaska loo siiyo.</p> <p>Dr. N: Waan ku faraxsanahay. Hadda Caisha, aan adiga kaa hadalno.</p> <p>Aisha: Haye dhakhtarad.</p> <p>Dr. N: Miiska soo fariiso aan ku wiisiteeyee.</p> <p>Narrator: Markay wiisitadii dhamaatay, Dr. Nicholson ayaa Caisha si walwal ku jiro u eegtay.</p>



	<p>Dr. N: Aisah, you seem to be doing well. However, we have to talk about your weight.</p> <p>Aisha: Yes, I gained a lot of weight during my pregnancy and my 40 days.</p> <p>Dr. N: 40 days?</p> <p>Aisha: Yes, in my culture, after a woman has her first baby, she stays home for 40 days. This is period is called <i>ummul</i> in the Somali language. My mother stayed with us for the first months to help. She did all the cooking. It is customary to eat a lot of goat meat stew, porridge, drink a lot of sweet tea and other foods that will help a new mother generate milk for the newborn and also help her recover from childbirth.</p> <p>Dr. N: I see. I am glad to learn about Somali’s traditions to take care of young mothers. And I am glad your mother could help you. Did you do any home exercises while you were at home?</p> <p>Aisha: No, a new mother generally gets a lot of rest during this time.</p> <p>Dr. N: I am concerned about your weight. Based on your height of 5.5 and your current weight of 192 pounds, your</p>	<p>Dr. N: Caisha, waxay u muuqataa inaad fiican tahay. Laakiin, waa inaan ka wada hadalno miisaankaaga.</p> <p>Aisha: Haa, aad ayaan u cayilay intaan urrka lahaa iyo 40-kii bari.</p> <p>Dr. N: 40 kee bari?</p> <p>Aisha: Haa, dhaqankayga markay gabadhu dhasho waxay guriga joogtaa 40 cisho. Muddadan waxaa afka Soomaaliga lagu yidhaahdaa ummul. Hooyadey ayaa nala joogtay bishii hore oo na caawinaysay. Wax walba iyadaa karinaysay. Waxaa caado ah in la cabo maraq hilib ari, boorash, shaah macaan iyo in la cuno raashin kaloo hooyada cusub u sahlaya inay ummusha ka kabsato oo ay caano yeelato uu ilmuhu nuugo.</p> <p>Dr. N: Waan gartay. Waan ku faraxsanahay inaad i bartay dhaqanka Soomaalida ee daryeelka hooyooyinka dhalinyarada ah iyo inay hooyadaa ku caawinaysay. Wax jimicsi ah ma sameeynaysay intaad aqalka joogtay?</p> <p>Aisha: Maya, hooyada cusub inta badan way iska nasataa muddadan.</p> <p>Dr. N: Waxaan ka walaacsanahay miisaankaaga. Marka la eego dhirirkaaga ah 5</p>
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	<p>body mass index is 30. This means that you are not in your healthy weight range. Obesity is a risk factor for many diseases including high cholesterol, heart disease, diabetes, high blood pressure as well as arthritis with knee and back pains.</p> <p>Aisha: But doctor, I thought obesity means someone who is too fat to do anything like walk properly? I know I have gained some weight but I don't think I am that big.</p> <p>Dr. N: Aisha, the reason we are talking about this today is because I don't want you to get to that point. Because your weight gain is very recent, this is an ideal time to address it. You are healthy now, but we want to avoid future problems.</p> <p>Aisha: What is a healthy weight for someone like me?</p> <p>Dr. N: Ideally we want your BMI to be below 25. What that means for someone who is 5.5 in height is between 115-150 pounds.</p>	<p>feet iyo 5 inches iyo miisaankaaga hadda oo ah 192 pound, cadadda baaxadda jidhkaaga waa 30. Taasi waxay ka dhigan tahay in miisaankaagu uu ka baxay xadkii caafimaadku ku jiray. Cayilkan badan wuxuu keena cuduro ay ku jiraan xaydha oo dhiigga ku badata, wadna xanuun, macaan, dhiig kar iyo lafa xanuun wata jilbo iyo dhabar xanuun.</p> <p>Aisha: Laakiin dhakhtaradey, waxaan u maleeyay cayilka halista ah inuu yahay kan ay dadku la dhaqaaqi waayaan? Waan ogahay inaan yar naaxey laakiin ismaan lahayn sidaas ayaad u buuran tahay.</p> <p>Dr. N: Caisha, sababta aan tan maanta uga wada hadlayno waa inaan rabin inaad heerkaas gaadho. Maadama aad dhawaan cayishay, waa wakhtigii ugu fiicnaa oo wax laga qaban lahaa. Hadda waad caafimaad qabtaa, balse waxaan rabnaa inaan dhibaatooyin mustaqbalka ah kaa ilaalino.</p> <p>Aisha: Qof anigoo kale ah miisaanka ugu caafimaadka badan waa maxay?</p> <p>Dr. N: Halka ugu fiican ee cadadda baaxadda jidhkaaga laga rabo waa inay ka yartahay 25. Sidaas darteed qof dhererkiisu yahay 5.5 sidaadoo kale waa inuu miisaankiisu ahaadaa 115 illaa 150 pound.</p>
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	<p>Aisha: 115-150! How am I going to lose 80 pounds?!</p> <p>Dr. N: Aisha, I am not suggesting that you lose 80 pounds quickly. What I want you to do is change some of your habits to reduce your weight. It is not about rapid weight loss. This is a long process. If you eat more fruits, vegetables and lean proteins like chicken and fish and reduce the amount of food you eat at each meal and incorporate about 30 minutes of some form of exercise most days you should see a gradual change. It is not ideal to lose more than 1-2 pounds a week.</p> <p>Aisha: It sounds like a lot of change all at once.</p> <p>Dr. N: I didn't mean to overwhelm you with information. Take this card. This is our staff dietician. If you make an appointment with her, she will help you figure out your diet needs as a breastfeeding mother. Please also incorporate exercise into your daily routine.</p> <p>Aisha: You have given me a lot to think about. I will do my best.</p>	<p>Aisha: 115-150! Sideen isaga ridayaa 80 pound?!</p> <p>Dr. N: Caisha, kuma lihi hal mar iska rid 80 pound. Waxaan rabaa inaad baddasho caadooyinkaaga qaar si aad u dhinto miisaankaaga. Tani waa nidaam dheer ee ma ahan miisaan deg-deg lagu ridayo. Haddii aad cuntid miro iyo khudaar badan iyo hilibka aan baruurta lahayn sida digaaga iyo kalluunka, oo aad cuntada aad cunayso iska yarayso, kuna darto 30 daqiiqo oo xarakaad ah maalin walba, waxaad arkaysaa isbaddal tartiib-tartiib ah. Ma kuu wanaagsana inaad iska riddo in ka badan 1 ama 2 pound usbuucii.</p> <p>Aisha: Waxay ila tahay isbaddal badan in hal mar la iga rabo.</p> <p>Dr. N: Kumaan talo jirin inaan kugu wareeriyo macluumaad aad u badan. Kaarkan qaado. Waxaa iska leh aqoonyahanadda noo qaabilsan nafaqada. Haddii aad ballan ka sameeysatid, waxay kaa caawinaysaa sidii aad u baran lahayd nafaqada aad u baahan tahay maadaama aad tahay hooyo nuujinaysa. Sidoo kale, fadlan jimicsi ku dar dhaq-dhaqaaqyadaada maalinimo.</p> <p>Aisha: Waxaad igu kordhisay fikrado badan. Waan dadaalayaa.</p>
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	<p>Dr. N: You can do it Aisha. Remember, this is a preventive measure. We want to avoid problems instead of treating them. I want you to focus on making lifestyle changes.</p> <p>Aisha: Thank you.</p> <p>Dr. N: Take care Aisha, I will see you next time.</p>	<p>Dr. N: Waad sameeyn kartaa Caisha. Xasuusnow, tani waa tallaabo ka hor tag ah. Waxaan rabnaa inaan cudurada ka hortagno intaan dawayn lahayn. Waxaan rabaa inaad xoogga saartid isbaddalka nolashaada.</p> <p>Aisha: Waad mahadsan tahay.</p> <p>Dr. N: Nabadey Caisha, mar kale hanoo ahaato.</p>
	<p>Scene 2: Narrator: Aisha goes back home after her visit with the doctor. Her husband Omer is in the living room watching TV where Aisha joins him.</p> <p>Omer: Assalamu Aleykum Aisha.</p> <p>Aisha: Wallaykum salaam. How was Mohamed while I was gone? I looked in and saw he was sleeping.</p> <p>Omer: He is great. He fell asleep after I gave him milk and changed his diaper a little while ago. How was your visit with Dr. Nicholson?</p> <p>Aisha: It was good for the most part.</p> <p>Omer: Did something happen? Are you healthy?</p> <p>Aisha: Yes, I am healthy. But Dr. Nicholson said that I have gained too</p>	<p>Scene 2: Narrator: Caisha gurigeeda ayay ku noqotay markay booqashadii dhakhtarka dhamaysatay. Ninkeeda Cumar oo telefshan ku fiirsanaya qolka fadhiga ayay u timid.</p> <p>Omer: Assalamu Caleykum Caisha.</p> <p>Aisha: Wacalaykum salaam. Siduu Maxamed ahaa intaan ka maqnaa? Waan eegay hadda oo wuu hurdaa.</p> <p>Omer: Wuu fiican yahay. Wuxuu gam'ay markaan goor dhow ka baddalay xafaayadda oon caano siiyay. Ballantii aad Dr. Nicholson la lahayd ka waran?</p> <p>Aisha: Inta badan way fiicnayd.</p> <p>Omer: Maxaa dhacay? Ma caafimaad qabtaa?</p> <p>Aisha: Haa, waan caafimaad qabaa. Laakiin Dr. Nicholson</p>



	<p>much weight, which puts me at risk for things like high cholesterol and heart disease.</p> <p>Omer: But you said she did not find anything wrong with you.</p> <p>Aisha: Nothing is wrong with me now. She is concerned about my weight if it does not go down.</p> <p>Omer: I don't think you are fat enough to get sick over it! Americans are strange. Don't all women gain weight after they have a child?</p> <p>Aisha: That's what I thought! But, then again it might just be because of our culture of staying home for forty days and not doing much after having a child.</p> <p>Omer: How much weight do you have to lose?</p> <p>Aisha: Well, anywhere from 40-80 pounds.</p> <p>Omer: That is a lot! Is she serious?</p> <p>Aisha: Yes, she said it is to protect myself from all the diseases that are associated with obesity.</p> <p>Omer: I still don't think you are obese. What did she suggest then?</p>	<p>waxay igu tidhi aad ayaad u cayishay, waxaan halis ugu jiraa cuduro ay ka mid yihiin cholesterol iyo wadna xanuun.</p> <p>Omer: Soo ma aadan dhihin wax jiro ah igama aysan helin?</p> <p>Aisha: Waxba hadda ma qabo. Waxay ka walaacsan tahay haddii uusan miisaankayga is baddalin.</p> <p>Omer: Cayil aad la xanuunsato kuma hayo! Maraykanku waa dad la yaab leh. Soo dumarkoo dhan ma cayilaan markay cunug dhalaan?</p> <p>Aisha: Anba sidaasaan u haystay! Laakiin waxaa laga yaabaa inay taasi ka timaado dhaqankeena ah inaan guryaha fadhino 40-ka bari ee ummusha oo aan wax badan la qabaneyn.</p> <p>Omer: Meeqaa lagaa rabaa inay kaa dhacaan?</p> <p>Aisha: Adiga 40 illaa 80 pounds.</p> <p>Omer: Aad ayay u badantahay! Ma ka dhab baa?</p> <p>Aisha: Haa, waxay dhahday waxay kaa badbaadinaysaa cudurada lala xidhiidhiyo cayilka.</p> <p>Omer: Aniga igama dhaadhacsana inaad sidaas u cayilan tahay. Maxay marka kugula talisay?</p>
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	<p>Aisha: She told me to change my diet and also to exercise.</p> <p>Omer: Change your diet? It’s not like you live on Big Macs. We eat good food.</p> <p>Aisha: I know, but she thinks I can still change some things. She told me to see a dietitian to assess my needs as a breastfeeding woman. It is overwhelming to think about all this now. Let’s change the subject.</p> <p>Omer: Ok, but please listen to the doctor. Little Mohamed and I need you to be healthy.</p> <p>Aisha: I will.</p>	<p>Aisha: Waxay igula talisay inaan raashinkayga baddalo oo aan jimicsado.</p> <p>Omer: Raashinkaaga baddal aa? Waxay ka dhigtay inaan McDonald Big Mac ku nool nahay. Raashin fiican ayaan cunnaa.</p> <p>Aisha: Waan ogahay, laakiin waxay u aragtaa inaan wax ka baddali karo. Waxay igu dhahday la xidhiidh aqoonyahanad nafaqada qaabilsan si ay u qiimayso waxyaabaha aan u baahanahay maadaama aan nuujinayo. Waxaan hadda kama fakari karo oo waa igu dhib. Wax kale aan ka hadalno.</p> <p>Omer: Haye, laakiin fadlan dhakhtarada taladeeda raac. Aniga iyo Maxamed yare waxaan rabnaa inaad caafimaad qabtid.</p> <p>Aisha: Waan raacayaa.</p>
	<p>Scene 3: Narrator: It has been two weeks after Aisha’s visit to the doctor. She has not yet called the dietician and has not changed her diet because she does not feel that she knows enough to make significant diet changes without seeing a specialist. Aisha is in a good mood today. It is the first Eid since she had her baby. This is the Eid after Hajj, Eid-ul Adha, and she is excited because she is hosting family and friends for lunch. She was not able to attend the Eid prayer this morning because Mohamed had a fussy night so she is looking forward to</p>	<p>Qeebta 3: Narrator: Laba usbuuc ayaa ka soo wareegay markay Caisha dhakhtarada u tagtay. Wali ma aysan wicin aqoonyahanadii nafaqada qaabilsanayd, waxbana kama aysan baddalin raashinkeeda sababtoo ah waxay baddasho way garan la’dahay iyadoo aan la tashan qof ku takhasusay nafaqada. Caisha maanta way faraxsan tahay sababtoo ah waa ciidii ugu horraysay taniyo markay ummushay. Ciid-ul-Adxa</p>



	<p>seeing everyone. She made a lot of food including rice and goat meat, lasagna, fried chicken and fish. She also baked Somali cakes and bought <i>halwa</i> [a traditional Somali sweet], coconut and sesame candy and Somali cookies from the halal market. As she is setting the table, Omer comes to talk to her.</p> <p>Omer: I just spoke to your family. They are on the way. I also texted directions to my friends. They should all be here within 30 minutes.</p> <p>Aisha: Ok, thanks. I also just spoke to my friends and they are almost here too. I'll be done with the table in a moment.</p> <p>Omer: I do have something on my mind though before everyone arrives.</p> <p>Aisha: Yes?</p> <p>Omer: I noticed that you baked cakes and also bought a lot of sweets for today.</p>	<p>weeye maanta waxayna ku faraxsan tahay inay ehelkeeda iyo asxaabteeda ku casuuntay inay la qadeeyaan. Saaka kama aysan qayb galin salaadii ciida sababtoo ah Maxamed ayaa habeenkii hurdadu ka xumaatay. Sidaa darteed, Caisha waxay sugi la'dahay inay dadkoo dhan aragto si ay ciida ula qaadato. Waxay karisay cunto badan oo ay ku jiraan bariis iyo hilib ari, lasagna, digaag la shiilay iyo kalluun. Waxay sidoo kale samaysay doolshe, waxayna hilib xalaalka ka soo iibisay xalwo, qumbe, sisin iyo buskud. Cumar ayaa u yimid iyadoo miiska diyaarinaysa.</p> <p>Omer: Waxaan hadda la hadlay reerkaaga. Way soo socdaan. Saaxiibadayna waxaan u diray text message. Kuligood way imaanayaan nusu saac gudaheed.</p> <p>Aisha: Haye, mahadsanid. Anna haddaan saaxiibaday la hadlay oo way soo dhow yihiin iyaguna. Wax yaraa iiga dhiman inaan miiska diyaariyo.</p> <p>Omer: Wax baan niyadda ku hayaa oon rabay inaan kaala hadlo intaysan dadkoo dhan imaanin.</p> <p>Aisha: Hee?</p> <p>Omer: Waxaan arkay inaad doolshe dubtay maanta ood mac-macaan badanna soo iibisay.</p>
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	<p>Aisha: Yes, so? It is Eid and there will be children coming.</p> <p>Omer: Yes, but Aisha remember what the doctor told you about eating healthy. I really haven't seen you make any changes. Also, there is no way all these sweets are going to be finished today and then we'll be left with a house full of sweets to eat. We can't throw away good food, it's a sin to do that.</p> <p>Aisha: You need to stop giving me a hard time. Ever since my appointment you've been talking about what I should be doing to lose weight. I don't want to be in a bad mood because I am excited about celebrating Eid and showing everyone how well Mohamed is doing. Stop hassling me and go get ready for your guests.</p> <p>Omer: No need to get upset. I was just reminding you.</p> <p>Aisha: I don't need a reminder so please let me finish what I am doing. Narrator:</p> <p>Narrator: Aisha and Omer's party was very successful and their guests lingered long after dinner time. As her husband had predicted, there were still plenty of sweets and left over food after their guests left.</p>	<p>Aisha: Haa, markaas? Waa ciid waxaana noo imaanaya caruur.</p> <p>Omer: Haa, laakiin Caisha xasuusnow inay dhakhtaradaadu kugu tidhi waa inaad cunto caafimaad leh cuntaa. Wax isbaddal ah kuguma aanan arag. Dadka imaanaya ma dhamayn karaan waxaanoo mac-macaan ah waxayna nooga tagayaan guri wada mac-macaan ah. Waa xaaraan in cuntada la daadiyo, markaas anagaa wada cunayna.</p> <p>Aisha: Wareerka iga jooji. Taniyo ballantaydii waxaad mar walba ka hadashaa sidaan cayilka isaga ridi lahaa. Ha iga xanaajin sababtoo ah waxaan ku faraxsanahay inaan ehelkeena la ciido oo aan Maxamed tuso qaraabadeena. Wareerka iga daa oo orod oo isku diyaari martidaada.</p> <p>Omer: Wax laga xanaaqo meesha ma yaalaan. Waan ku xasuusinaayay uun.</p> <p>Aisha: Xasuus uma baahni ee fadlan hawsha aan hayo aan kaa dhamaysto.</p> <p>Narrator: Xafladdii Caisha iyo Cumar waxay noqotay mid aad u fiican, martidiina waxay joogeen illaa cashadii ka dib. Siduu Cumar sheegay, waxaa soo haray cunto iyo mac-macaan badan markay martidii</p>
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		tageen.
<p>Doorbell</p> <p>Door opens</p> <p>Steps</p>	<p>Scene 4: Narrator: The next day, Aisha’s friend Deqa is coming to meet the baby. Deqa was visitin Africa when Mohamed was born so this is the first time she is seeing the baby.</p> <p>Aisha: Come in! Oh! Let me give you a big hug! I’ve missed you so much.</p> <p>Deqa: I’ve missed you too habeebty! I can’t believe you are a mom now!</p> <p>Aisha: Come in to the living room. I have made delicious tea and sweets for us. Come and tell me all about your trip to Africa.</p> <p>Deqa: I want to see the little guy first. Is he up?</p> <p>Aisha: He just fell asleep and I put him in his crib. Let’s peek in. ***in hushed tones*** This is my little Mohamed!</p> <p>Deqa: Oh Allah! He is so precious! MashaAllah!</p> <p>Aisha: Thank you! Let’s go back to the living room before he wakes up and starts screaming.</p> <p>Deqa: Yeah let’s do that ***they move to the other room and resume normal tone***</p>	<p>Qeebta 4: Narrator: Maalintii dambe, Caisha saaxiibteed Deeqa ayaa soo booqatay si ay wiilka yar u soo aragto. Deeqa waxay ku maqnayd Afrika markay Caisha ummushay marka haddaa Maxamed ugu horraysa.</p> <p>Aisha: Soo gal! Oh! Kaalay aan hab ku siiyee! Waan ku tabay walaahi.</p> <p>Deqa: Anba waan ku tabay xabiibti! Waan rumaysan la’ahay inaad hadda hooyo noqotay.</p> <p>Aisha: Soo gal fadhiga. Shaah macaan iyo mac-macaan ayaan noo sameeyay. Kaalay aad iiga warrantid safarkaagii Afrikee.</p> <p>Deqa: Ninka yaraan rabaa inaan arko marka hore. Miyuu soo jeedaa?</p> <p>Aisha: Hadduu gam’ay oon ku riday sariirtiisa. Aan soo fiirino. ***in hushed tones*** Waa kan Maxamed yarahaygii!</p> <p>Deqa: Oh Allah! Waa nin qurux badan! MashaAllah!</p> <p>Aisha: Mahadsanid! Qolka fadhiga aan ku noqono intuusan qaylo la soo toosin.</p> <p>Deqa: Haye, na keen. ***they move to the other room and resume normal</p>



<p>Sounds of tea pouring into cup and plate being placed on table.</p>	<p>Aisha: Sit down so I can give you tea and some of the <i>Quruxlow halwa</i> you like so much.</p> <p>Deqa: Oh this is so delicious! While I was gone, I missed our tea dates where we’d eat all sorts of sweets.</p> <p>Aisha: Oh don’t even mention that! You see how much weight I’ve gained since the baby?</p> <p>Deqa: You look gorgeous, and every woman gains weight in <i>ummusha</i> anyway.</p> <p>Aisha: Well, my doctor said I need to lose weight if I don’t want to get sick with high cholesterol and other things.</p> <p>Deqa: Are you sick now?</p> <p>Aisha: No, in fact I’ve never felt better. Maybe that’s why I haven’t really taken what she said seriously. But it’s also creating tension between Omer and myself.</p> <p>Deqa: What do you mean? Surely he did not call you fat?</p> <p>Aisha: No! No! He has better sense that that!</p>	<p>tone***</p> <p>Aisha: Soo fadhiiso aan ku siiye shaah iyo xalwadii Quruxlow ood jeclayd.</p> <p>Deqa: Alla macaan badanaa! Intaan maqnaa waxaan u xiisay shaahii iyo mac-macaankii aan mar walba isku raaci jirnay.</p> <p>Aisha: Haba igu soo qaadin! Ma aragtaa sidaan u cayilay markaan ummulay ka dib?</p> <p>Deqa: Quruxdiiyaa ka badatay, dumarkoo dhanna way ku cayilaan ummusha.</p> <p>Aisha: Dhakhtaradayda waxay dhahday waa inaad miisaanka iska dhintaa haddii aadan rabin inaad jirrato oo cholesterol iyo waxyaalo kale aysan kugu dhicin.</p> <p>Deqa: Hadda ma xanuunsan tahay?</p> <p>Aisha: Maya, waligay haddaan ugu caafimaad badanahay. Waxaan u malaynaayaa waa sababta aanan niyadda u galin waxay ii sheegtay. Laakiin aniga iyo Cumar ayay arrintan khilaaf naga dhex abuurtay</p> <p>Deqa: Maxaad u jeedaa? Waad cayishay miyuu ku yidhi?</p> <p>Aisha: Maya! Maya! Asba dantiisa wuu yaqaanaa! ***laughter***</p>
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<p>Laughter</p>	<p>***laughter***</p> <p>Aisha: He acts like my heart is going to stop at thirty years old! And who said doctors know everything anyway? Only Allah knows what diseases I will get and when I will die. It is so frustrating. I snapped at him yesterday when he asked me about all the sweets I prepared for the Eid party</p> <p>Deqa: Oh Aisha! Don't yell at your husband. You know he is just worried because he loves you.</p> <p>Aisha: I know, and I'm feeling a bit guilty about my defensiveness. But, it's a sensitive topic for me. I don't want my husband to think of me as fat or unattractive.</p> <p>Deqa: Stop it! You know Omer would never think that about you! Besides, Somali guys like their women with some meat on them.</p> <p>Aisha: You're funny! Seriously though, I've been thinking about it more lately even though I haven't done much about it.</p> <p>Deqa: Well, why don't you join the gym? There's no point stressing about it if you're not doing something about it. I'm sure your <i>hooyo</i> [mother] would be willing to watch Mohamed while you do</p>	<p>Aisha: Maya wuxuu u dhaqmaa sidii inuu wadnuhu i istaagayo anigoo 30 jira! Yaase dhahay dhakhaatiirta ayaa wax walba og? Allah uunbaa garanaya wixii cudur aan qaadi doono iyo goortaan dhimanayo. Wuu i wareeriyay, illaa aan shalay canaantay markuu wax iga waydiiyay mac-macaankii badnaa een ciida u diyaariyay.</p> <p>Deqa: Oh Caisha! Ha ku qaylin ninkaaga. Waad ogtahay in lexe jeclo uu kuu qabo uu kaaga walwalayo.</p> <p>Aisha: Waan ogahay, waanan ka xumahay sidaan difaaca ugu jiray. Laakiin waa arrin igu culus. Ma rabo inuu ninkaygu ii arko qof aad u cayilan ama fool-xun.</p> <p>Deqa: Jooji waxaas! Waad ogtahay inuusan Cumar waxaas is dhahaynin! Waadna ogtahay inay ragga Soomaaliyeed jecel yihiin inay dumarkoodu xoogaa hilib ah leeyihiin.</p> <p>Aisha: Qosoleey aa tahay! Runtii laakiin, waan ka fakarayay baryahaan inkastoo aanan wax saas ah ka qaban.</p> <p>Deqa: Haye hadde, maad gym-ka tagtid? Wax micno ah kuma fadhido inaad ka fakarto haddii aadan waxba ka qabaneyn. Waan hubaa inay hooyadaa</p>
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<p>Door opens</p>	<p>that.</p> <p>Aisha: I know <i>hooyo</i> won't mind, but I'm planning to return to my interpreting job this coming Monday. I want to wait and see how I feel with working and being a new mom before I pay for a gym I might not even go to.</p> <p>Deqa: Well, I have to get going. It has been such a pleasure to see you. Your little guy is enjoying his nap and I have a couple of other relatives to visit as well.</p> <p>Aisha: Bye! Next time you should plan on spending the whole afternoon here. I'll make us lunch on Saturday.</p> <p>Deqa: Ok, I am looking forward to that!</p>	<p>kuu hayn karto Maxamed intaad ku maqantahay gym-ka.</p> <p>Aisha: Waan ogahay inaysan hooyo culays ku ahayn, balse waxaan rabaa inaan ku noqdo shaqadeeydii turjubaanimada Isniintaan. Waxaan rabaa inaan bal arko siday noqon doonto inaan shaqeeyo anigoo hooyo cusub ah intaan lacag ka bixin gym laga yaabo inaan taginba.</p> <p>Deqa: Haye, aniga waan kaa tagaayaa saaxiibey. Waan ku farxay inaan ku arkay. Ninka yar hurdadiisaa u macaan anigana waxaan rabaa inaan qaraabo salaan kale aado.</p> <p>Aisha: Haye, nabadey! Laakiin marka dambe ku tasho inaad galab dhan nala joogaysid. Qadaan noo samaynaayaa Sabtida ee ii imow.</p> <p>Deqa: Haye! Ma anaaba sugi kara!</p>
	<p>Scene 5 Narrator: It has been 2 weeks since Aisha went back to work as an interpreter. Her agency has kept her busy. She spends a lot of time driving to different clinics and hospitals. Unlike her schedule before she had the baby Aisha now has to schedule many appointments as she can during between 9AM and 5PM when her mother is able to watch Mohamed. Aisha is having dinner with her husband. She was too tired to cook when she came home so she ordered pizza.</p>	<p>Scene 5 Narrator: Waxaa ka so wareegay laba usbuuc taniyo markii ay Caisha shaqadeedii turjubaanimada ku noqotay. Shirkadda ay u shaqeeyso ayaa baryahaan shaqo badan u dirayey, waxayna wakhti badan ku qaadataa gaadhigeeda iyadoo u kala socota isbitaalo kala duwan. Caisha siday wiilkeeda u dhashay waxbaa iska baddalay shaqadeeda. Waxay hadda ku qasbantahay inay ballamaha turjubaanka ka dhigato inta u</p>



	<p>Omer: Aisha, I don't mean to offend you but I am concerned about you.</p> <p>Aisha: What do you mean?</p> <p>Omer: Well, we're having pizza for dinner for the second time this week. Also, we have been eating take-out food more often since you went back to work.</p> <p>Aisha: That's because I am exhausted from all the driving around and sometimes I am just too tired to cook so I grab food on the way home. I know it is expensive, but I am trying my best. It's just that with the baby and work I don't always have time to cook.</p> <p>Omer: I was not talking about the cost at all honey.</p> <p>Aisha: Then what are you talking about?</p>	<p>dhaxaysa 9-ka subaxnimo illaa 5-ta galabnimo waayo waa wakhtiga ay hooyadeed Maxamed hayn karto. Caisha xilligan waxay la cashaynaysaa ninkeeda. Way daalaneeyd markay shaqada ka timid oo waxba ma aysan awoodin inay kariso, marka waxay dalabtay pizza.</p> <p>Omer: Caisha, ma rabo inaan kaa xanaajiyo balse waan kaa walwalsanahay.</p> <p>Aisha: Maxaad ka wadaa?</p> <p>Omer: Usbuucan waa markii labaad oon pizza ku casheynayno. Sidoo kale waxaan in badan cunnaa raashin dibadda laga soo iibiyay sidaad shaqada ugu noqotay.</p> <p>Aisha: Taas waxaa keentay inaan ku daalo gaadhi wadidda badan oon mar marka qaar cuntaba aanan karin karin. Sidaas darteed ayaan cunto u soo maraa markaan xaafadda u soo socdo. Waan ogahay inay lacag badan tahay, laakiin waan dadaalayaa intii aan karo. Markaan shaqo iyo cunuga u dhexeeyo, mararka qaar firaaqo uma helo inaan wax kariyo.</p> <p>Omer: Macaan qarashka kama aanan hadleeynin.</p> <p>Aisha: Maxaad marka ka hadleysaa?</p>
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	<p>Omer: I meant to say that I am concerned that we are eating food from outside that is unhealthy. Restaurant food is high in calories, fat and salt. It is not good for us. Remember what your doctor told you about losing weight to stay healthy?</p> <p>Aisha: You’ve started again! I swear I can’t get a day in this house without you bringing that up!</p> <p>Omer: Calm down Aisha! I am not trying to offend you!</p> <p>Aisha: Well, you have! I don’t want to talk about this anymore. I am going to eat in Mohamed’s room.</p> <p>Omer: But, Aisha!</p> <p>Aisha: No, I don’t want to hear another word from you tonight!</p>	<p>Omer: Waxaan ka waday waxaan ka walwalsanahay inaan cunayno raashin dibadda laga keenay oon nafaqo fiicnayn. Raashinka maqaayadaha waxaa ku badan xaydha iyo cusbada. Soo ma xasuusatid inay dhakhtaradaadu kaala hadashay inaad miisaanka iska dhinto si aad u caafimaad qabtid?</p> <p>Aisha: Waad billowday haddana! Walaahi maalin aan gurigaan raaxo ku joogo oonad arrinkaas soo qaadin ma jirto!</p> <p>Omer: Is daji Caisha! Ma doonayo inaan kaa xanaajiyo!</p> <p>Aisha: Waad iga xanaajisay hadde! Ma doonayo inaan arrintaan ka hadlo mar kale. Waxaan ku cashaynayaa Maxamed qolkiisa.</p> <p>Omer: Laakiin, Caisha!</p> <p>Aisha: Maya, kalmad dambe yaanan kaa maqlin caawa!</p>
	<p>Scene 6:</p> <p>Narrator: The next day, Omer bought a recipe book with quick dinner recipes and an exercise DVD for his wife. When he got home from work for dinner, he found Aisha just waking up from a nap on the couch.</p> <p>Aisha: Bismillah look how late it is! I fell asleep on the couch after I fed Mohamed. I didn’t even start dinner</p>	<p>Qeebta 6:</p> <p>Narrator: Maalintii ku xigtay, Cumar wuxuu soo iibiyay buug cuntada laga barto oo ay ku qoran yihiin cuntooyin dhaqso loo karin karo. Wuxuu kaloo xaaskiisa u soo gaday DVD lagu jimicsado. Markuu xaafada yimid wuxuu u soo galay Caisha oo kursiga ku gama’sanayd oo markaas soo kacday.</p> <p>Aisha: Bismillah bal xilliga ay tahay eeg! Kursigaan ku gam’ay markaan Maxamed</p>



	<p>yet!</p> <p>Omer: It is ok, I can wait. Look what I bought for you. Open the bag and see.</p> <p>Aisha: It’s a recipe book and an exercise DVD. Why did you buy this for me?</p> <p>Omer: Well I thought we could use it to make quick meals in the evenings. I still think you should take what the doctor said more seriously. I also want to learn how to cook from the book so I can help you.</p> <p>Aisha: Listen carefully, I don’t appreciate being reminded that I am fat all the time.</p> <p>Omer: When did I ever call you fat?</p> <p>Aisha: Everytime you remind me what the doctor said, everytime you tell me ***in a deeper voice to mimick her husband*** “Aisha, you should not drink sweet tea, Aisha you should not eat from outside, Aisha you should not get us food from outside!”</p> <p>Omer: that is not fair! I am not calling you fat. I am worried about your health! I don’t want you to get sick.</p>	<p>wax siiyay. Casho xataa ma saarin!</p> <p>Omer: Waa iska caadi, waan sugi karaa. Fiiri waxaan kuu soo iibiyay. Fur bacda oo arag.</p> <p>Aisha: Waa buug cunto iyo DVD jimicsi. Maxaad iigu soo iibisay?</p> <p>Omer: Waxaan is dhahay aad cunto deg-deg ah ku karsataan fiidaddii. Wali waxaan u arkaa inay tahay inaad dhakhtarada waxay ku tidhi si dhab ah u maqashid. Anigana waxaan rabaa inaan wax karinta ka barto buuga si aan kuu caawiyo.</p> <p>Aisha: Si fiican ii maqal, kuma faraxsani in mar walba aad i xasuusid inaan cayilanahay.</p> <p>Omer: Goormaan waligay ku dhahay waad buuran tahay?</p> <p>Aisha: Mar walboo aad i xasuusid waxay dhakhtaradu tidhi, mar walboo aad igu dhahdid ***in a deeper voice to mimick her husband*** “Caisha, shaah macaan inaad cabtid ma ahan, Caisha dibadda wax ha ka cunin, Caisha, cunto dibadda ha nooga soo iibin!”</p> <p>Omer: Taas xaq ma aha! Kuma aanan dhihin waad cayilan tahay. Waxaan ka walwal sanahay caafimaadkaaga! Ma rabo inaad xanuunsatid.</p>
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	<p>Aisha: Omer, I am tired and I don't want to talk about this. I am going to go start dinner.</p> <p>Omer: But I want to talk about this. I swear it's not because I think you are fat. I am just afraid that you might get sick.</p> <p>Aisha: Since when is illness in Dr. Nicholson's hands? If Allah wills for me to die from heart disease or whatever other disease because I am overweight, it is already written. I am healthy now and that is what I want you to focus on. I feel like you are judging me as if I were lazy when you talk about my weight. I don't have the energy for this.</p> <p>Omer: I apologize, honey. I did not mean to upset you and I did not realize that you felt this way.</p> <p>Aisha: Well now you know. I am going to cook now.</p> <p>Omer: Ok, I am sorry. I'm going to check on Mohamed then I will take a shower before dinner.</p>	<p>Aisha: Cumar, waan daalanahay inaan waxaan ka hadlana ma rabo. Cashaan saarayaa.</p> <p>Omer: Laakiin anaa raba inaan ka hadalno. Walaahi sababtu ma aha inaan u arko inaad cayilan tahay. Waxaan ka baqayaa uun inaad xanuunsato.</p> <p>Aisha: Goormuu xanuunku Dr. Nicholson gacmaheeda ku jiri jiray? Hadduu Allah ii garto inaan u dhinto wadno xanuun ama wixii kaloo cudur ah oo cayilkaygu keeno, waa wax ii qornaa. Hadda cudur ma qabo waxaanan rabaa inaad taas niyadda ku haysid. Waxaan u arkaa uun inaad ii aragto inaan caajisley ahay mar walbood ka hadasho cayilkayga. Waxaan uma hayo tabar.</p> <p>Omer: Raali ahow macaan. Ma rabin inaan kaa xanaajiyo mana u maleeynayn inaad dareenkaas qabtid.</p> <p>Aisha: Waa adigaas hadda og. Cuntaan soo karinayaa.</p> <p>Omer: Haye, raali ahow. Waxaan eegayaa Maxamed ka dibna waan qubaysanayaa cashada ka hor.</p>
	<p>Scene 7: Narrator: It is one week since Aisha argued with her husband. Omer has been careful not to mention anything about her weight since their argument. Aisha calmed down and tried to exercise</p>	<p>Qeebta 7: Narrator: Hal usbuuc ayaa ka soo wareegay habeenkii muranku dhex maray Caisha iyo ninkeeda. Cumar wuxuu ka taxadarayay inuusan</p>



	<p>with the DVD her husband bought, but she got bored with it. Today she has stopped at the YWCA near her house on her way from work to pick up her son.</p> <p>Julie: Welcome to YWCA.</p> <p>Aisha: Thank you. I am here to get information about signing up.</p> <p>Julie: That’s great! My name is Julie and I will give you all the information you need. Let’s start by talking about what your needs are.</p> <p>Aisha: I want to start an exercise program for weight loss.</p> <p>Julie: You came to the right place. Have you ever joined an exercise club before?</p> <p>Aisha: No, this is my first time.</p> <p>Julie: Ok, I can take you on a tour once we are done with our conversation then. Let me start by telling you about our Y. We have a fully equipped exercise room with free weights and cardio equipment. We also have a swimming pool and fitness classes that are open to members. Most people combine classes like aerobics with cardio and</p>	<p>miisaankeeda wax ka sheegin murankii ka dib. Caisha intay iska qabowday ayay isku dayday inay ku jimicsato DVD-gii uu ninkeedu u soo iibiyay laakiin way ku caajistay. Maanta waxay soo martay gym-ka YWCA-da gurigeeda u dhow markay u socotay inay wiilkeeda soo qaado.</p> <p>Julie: Ku soo dhowow YWCA.</p> <p>Aisha: Mahadsanid. Waxaan u imid inaan macluumaad ka helo sidaan isku qori lahaa.</p> <p>Julie: Waan ku faraxsanahay! Magacayga waxaa la yidhaahdaa Julie, waxaan ku siinayaa wixii aad macluumaad u baahan tahay. Aan ka bilowno waxa aad u baahan tahay.</p> <p>Aisha: Waxaan rabaa inaan jimicsi bilaabo si aan isku dhuubo.</p> <p>Julie: Meeshii lagaa rabay ayaad timid. Waligaa gym ma gashay?</p> <p>Aisha: Maya, haddaa iigu horreysa.</p> <p>Julie: Ok, waan ku soo dhex marsiin karaa markaan hadalkeena dhamaysanno haddaba. Waxaan ka bilaabayaa inaan kaaga warramo Y-deena. Waxaan leenahay qol buuxa oo lagu jimicsado oo leh qalabka jimicsigoo dhan. Waxaan kaloo</p>
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	<p>weightlifting to achieve their weightloss goals.</p> <p>Aisha: That sounds good. Tell me about the instructors. Are there any male teachers?</p> <p>Julie: We have both male and female instructors. Why do you ask?</p> <p>Aisha: Because I am not comfortable exercising around men due to my religion and culture.</p> <p>Julie: Oh! All our classes are co-ed. Even if the instructor is a female, you will be in the class with men who are also taking the class.</p> <p>Aisha: Thank you for your time. I won't be able to join then.</p> <p>Julie: I can give you a guest pass if you want to try it out.</p> <p>Aisha: No, that won't be necessary. Thank you though.</p> <p>Julie: Thank you for coming in.</p>	<p>leenahay barkadda dabaasha iyo fasallo jimicsi oo u furan macaamiisheena. Dadka inta badan waxay isku daraan fasallada jimicsiga iyo inay biro qaadaan si ay u gaadhaan hadafkooda is-caataynta.</p> <p>Aisha: Waa wax i anfacaya. Iiga waran macalimiinta. Niman ma ku jiraan?</p> <p>Julie: Macalimiin rag iyo dumarba waan leenahay. Maxaad ii weydiisay?</p> <p>Aisha: Sababtoo ah kuma ag jimicsan karo niman agtooda dhaqankayga iyo diintayda dartood.</p> <p>Julie: Oh! Fasalladeena oo dhan way isku darsanyihiin. Xataa hadday macalimaddu dumar tahay, waxaad fasalka la qaadanaysaa niman.</p> <p>Aisha: Waad ku mahadsan tahay wakhtigaaga. Kuma soo biirayo gymka haddaba.</p> <p>Julie: Waxaan ku siin karaa waraaq fasax ah haddii aad doonayso inaad isku daydo.</p> <p>Aisha: Maya, uma baahni. Mahadsanid laakiin.</p> <p>Julie: Waad ku mahadsan tahay booqashadaada.</p>
	<p>Scene 8: Narrator: The next day Aisha's agency called her early to go to an emergency appointment to interpret for a patient with chest pain. She was shown to the</p>	<p>Qeebta 8: Narrator: Maalintii xigtay Caisha shaqadeeda ayaa soo wacday aroortii si ay u tagto ballan deg-deg ah oo loo</p>



	<p>room where Amina was waiting for the ER doctor to come talk to her.</p> <p>Aisha: Assalamu Aleykum Amina.</p> <p>Amina: Walaykum Salaam <i>eedo</i>.</p> <p>Aisha: My name is Aisha and I will be your interpreter today. The doctor will be right in to talk to us.</p> <p>Amina: I am glad you are here. I was worried about not being able to understand them. My daughter is on her way, but she lives a few hours away.</p> <p>Aisha: No problem aunt, it is my pleasure to be here. I am sorry you are sick. Oh, I see the doctor heading our way.</p> <p>Dr. Johns: Hello my name is Dr. Johns and I am the physician on duty today. Are you the interpreter?</p> <p>Aisha: Yes, my name is Aisha.</p> <p>Dr. Johns: Thank you for coming Aisha. Do you want to let me talk first and you</p>	<p>turjumayo bukaan uu xabadku xanuunayo. Waxaa la tusay qolkii ay Amina ku sugaysay dhakhtarka emergency-ga inuu u yimaado.</p> <p>Aisha: Assalamu caleykum Amina.</p> <p>Amina: Walaykum Salaam <i>eedo</i>.</p> <p>Aisha: Magacaygu waa Caisha, anigaana maanta kuu turjumaya. Dhakhtarku hadduu noo imanayaa si uu noola hadlo.</p> <p>Amina: Waan ku farxay imaatinkaaga. Waxaan ka walaacsanaa inaan af-garan waayo qolyahan. Inantaydaa soo socota laakiin waxay dagan tahay meel dhowr saacadood noo jirta.</p> <p>Aisha: Dhib ma leh <i>eedo</i>, waan ku faraxsnahay inaan halkan joogo. Waan ka xumahay inaad xanuunsan tahay. Oh, waa kan dhakhtarkii noo soo socda.</p> <p>Dr. Johns: Iska warrama, magacayga waa Dr. Johns, waxaan ahay dhakhtarka shaqada ku qoran maanta. Adna ma turjubaankii baad tahay?</p> <p>Aisha: Haa, magacayga waa Caisha.</p> <p>Dr. Johns: Waad ku mahadsan tahay inaad timid Caisha. Ma</p>
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	<p>can summarize what I say to Amina here?</p> <p>Aisha: I have to tell her everything you say, but I can do simultaneous interpreting.</p> <p>Dr. Johns: Great! Amina, we figured out what was wrong. Your chest pain was due to a heart attack.</p> <p>Amina: Oh Allah!</p> <p>Dr. Johns: Thankfully it was not a major heart attack. It was caused by a blockage in your artery from the plaque that resulted from your high cholesterol. We want to take special pictures of the arteries in your heart called an angiogram and we will place a stent in your artery to keep it open.</p> <p>Amina: Is that necessary? Can't I take medicine instead?</p> <p>Dr. Johns: You are already taking medication for your cholesterol. We have to do this. However, if you make lifestyle changes, I am confident that you will prevent something like this from happening to you again.</p> <p>Amina: What can I do?</p> <p>Dr. Johns: Amina, at 50-years old, you</p>	<p>waxaad rabtaa inaan anigu hor hadlo si aad ugu koobto Amina waxa aan idhaahdo?</p> <p>Aisha: Waa inaan u sheego wax walbood dhahdo, laakiin intaad hadlaysaan ayaan turjumi karaa.</p> <p>Dr. Johns: Kaba fiican! Amina, waan ogaanay waxa ku haya. Xabadku wuxu kuu xanuunayay wadno istaag dartiis.</p> <p>Amina: Ya Allah!</p> <p>Dr. Johns: Nasiib wanaag ma ahayn wadno istaag wayn. Waxaa keenay xididka wadnaha oo ay xirtay xaydha cholesterolka. Waxaan ka qaadaynaa raajo u gaar ah xididdada wadnaha oo la yidhaahdo angiogram, waxaana tuubo lagaa galinayaa xididka wadnaha si loogu furo.</p> <p>Amina: Lagama maarmaan miyaa taasi? Daawo ma la iigu baddali karaa?</p> <p>Dr. Johns: Daawo hadda waadiga u qaata cholesterolka. Waa lagama maarmaan. Laakiin haddii aad noloshaada wax ka baddasho waxaan hubaa inuusan waxaanoo kalo mar kale kugu dhici doonin.</p> <p>Amina: Maxaan sameeyn karaa?</p> <p>Dr. Johns: Amina, waxaad</p>
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	<p>are fairly young. You should definitely take some steps to control your weight, which has a direct impact on your cholesterol. We called your doctor who said your cholesterol problem started when you gained weight two years ago. Optimally you should lose 120 pounds to be in a healthy weight range, but you should start with a manageable goal like 5 pounds. I tell my patients that being healthy is about every aspect of your life. This means that you have to eat well, exercise and lose weight if you want to get better. Medicine alone can't cure you. You have to be a partner in your own health.</p> <p>Amina: That is what my doctor has been telling me, but I kept putting it off. Change is hard.</p> <p>Dr. Johns: I know change is hard. However, you can't put it off any longer. Starting is the hardest part. Get your family involved and get their support. Sometimes it is hard for one person alone to do it.</p> <p>Amina: That is a good idea.</p>	<p>tahay 50 jir oo gabow kuma hayo. Waa inaad miisanka iska dhintaa sababtoo ah cayilkaaga ayaa kuu keenay cholesterolka sida uu noo sheegay dhakhtarkaaga markaan la xidhiidhnay. Wuxuu noo sheegay in cholesterolka uu kugu dhacay markaad naaxday laba sano ka hor. Waxaa loo baahan yahay inaad iska riddo 120 pound si aad ugu soo noqoto miisankaaga xadkii lagaa rabay, laakiin waa inaad tartiibsataa oo hadaf aad gaadhi karto sida 5 pound aad ka bilowdo. Sidaan u sheego bukaanka ii yimaada, caafimaad qabku waa qayb walba oo nolashaada ka mid ah. Waxaan ka wadaa waa inaad raashin fiican cuntaa, aad jimicsataa, miisaankana iska dhintaa haddaad rabto inaad fiicnaato. Kaniini uun kuma bogsaneysid. Waa inaad qayb ka qaadato caafimaadkaaga.</p> <p>Amina: Dhakhtarkayguba sidaasuu igu yidhi, laakiin waan dib dhigayay mar walba. Isbaddalku wuu adag yahay.</p> <p>Dr. Johns: Waan ogahay inuu isbaddalku adag yahay. Laakiin, mar kale dib uma dhigan kartid. Bilowgaa ugu adag. Qoyskaaga kaasho si ay kuu taageeraan. Mararka qaar qof kaligiis way ku adag tahay inuu wax sameeyo.</p> <p>Amina: Waa fikrad fiican.</p>
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	<p>Dr. Johns: All right, I will be back in a short while. The nurse will come in to explain more about the angiogram.</p>	<p>Dr. Johns: Haye, wax yar ka dib ayaan kuu soo noqonayaa. Kalkaalisadaa kuu imaanaysa si ay kuugu sii faahfaahiso raajada wadnaha lagaa saarayo.</p>
	<p>Scene 9: Narrator: Aisha spent the entire day at the hospital. She is exhausted and can not stop thinking that she would end up like the patient she had just seen at the hospital. She is afraid that her son would be without a mother and her face shows her distress as she comes home that evening. Omer greets her as she walks into the house.</p> <p>Omer: Salaam Aisha. Welcome home. You have had a really long day.</p> <p>Aisha: I had a really hard day.</p> <p>Omer: Do you want to tell me about it? Come and sit with me, you look really sad. What happened to you? Aisha! Are you crying? What happened? ***in a crying voice***</p> <p>Aisha: I saw my future today.</p> <p>Omer: What do you mean? You are scaring me Aisha! ***stops crying***</p>	<p>Qeebta 9: Narrator: Caisha maalintii oo dhan ayay isbitaalka joogtay. Daalkii baa ka batay waxaana niyadda uga taagnaa inay sida bukaankii ay isbitaalka ku aragtay oo kale noqon doonto. Waxay ka cabsi qabtaa in wiilkeedu uu rajo noqdo, wajigeedana waxaa ka muuqday murugadaas markay guriga ku soo noqotay fiidkii. Cumar ayaa salaamay markay guriga soo gashay.</p> <p>Omer: Waan ku salaamay Caisha. Soo dhowow. Maanta hawshaa kugu badatay.</p> <p>Aisha: Maanta aad ayay iigu adkaatay.</p> <p>Omer: Ma iiga warramaysaa? Kaalay ila soo fadhiiso, murugaa kaa muuqata. Maxaa kugu dhacay? Caisha! Ma ooyaysaa? Maxaa dhacay? ***in a crying voice***</p> <p>Aisha: Maanta waxaan arkay mustaqbalkayga.</p> <p>Omer: Maxaad ka waddaa? Caisha ha iga nixin! ***stops crying***</p>



	<p>Aisha: I am sorry to be so emotional. Today I worked with a woman who had a heart attack. Do you know what was wrong with her?</p> <p>Omer: You said she had a heart attack. ***Aisha starts to cry again***</p> <p>Aisha: Yes, she had a heart attack because she got high cholesterol from being overweight! She was not even that old Omer! That was my future I was looking at today. What will happen to my son if I die from a heart attack?</p> <p>Omer: Don't say that, honey, that does not have to be the case with you. I don't know what I would do if something happened to you!</p> <p>Aisha: You are right. We shouldn't be talking about that right now. My head really hurts. I am going to lay down for a little while.</p>	<p>Aisha: Waan ka xumahay inaan qiiraysanahay. Maanta waxaan u turjumay gabadh wadna istaag ku dhacay. Ma ogtahay waxay qabtay?</p> <p>Omer: Waxaad dhahday wadno istaag ayaa ku dhacay. ***Aisha starts to cry again***</p> <p>Aisha: Haa, wadnaha waxaa istaajiyay xaydh cholesterol oo ka timid cayilkeeda! Da'deeda xataa aad uma waynayn. Mustaqbalkayga ayaa i hor yimid maanta. Wiilkayga maxaa ku dhici doona haddan wadno istaag u dhinto?</p> <p>Omer: Saas ha dhihin macaan, adiga qasab ma ahan inaad sidaas oo kale noqotid. Ma garanayo waxaan sameeyn doono hadday wax kugu dhacaan!</p> <p>Aisha: Waa runtaa. Waxaas inaan hadda ka hadalno ma aha. Madaxaa aad ii xanuunaya, waan yara seexanayaa.</p>
	<p>Scene 10: Narrator: Aisha took a long nap after her talk with Omer. She has just woken up and comes to join her husband in the living room.</p> <p>Omer: <i>Haye</i> Aisha. Please sit and I will bring you something to eat and tea.</p> <p>Aisha: I don't want anything right now. I can't even think about food right now. I</p>	<p>Qeebta 10: Narrator: Caisha in badan ayay huruday markay Cumar wada hadleen ka dib. Hadda markay soo kacday waxay u timid ninkeedoo fadhiga jooga.</p> <p>Omer: <i>Haye</i> Caisha. Fadlan fadhiiso waxaan kuu keenayaa waxaad cunto iyo shaah.</p> <p>Aisha: Waxba hadda ma rabo. Ma anaaba cunto ka fakari</p>



	<p>feel like never eating again.</p> <p>Omer: I understand that you are upset my dear, but you have to eat.</p> <p>Aisha: Later then. Let me tell you something.</p> <p>Omer: Tell me, what’s on your mind?</p> <p>Aisha: I have been having a really hard time with motivation to exercise or change our food. I tried to use the DVD you bought me, but I got really bored with it. I then went to the gym to sign up for classes but I didn’t because it is mixed men and women.</p> <p>Omer: Would it help if I exercised with you every evening?</p> <p>Aisha: Yes! That’s exactly what the doctor told the pateint today. He told her to involve her family in her efforts to change.</p> <p>Omer: I am ready! When do you want to start?</p> <p>Aisha: Tomorrow night. Tomorrow is Saturday so I have to go to the mosque in the afternoon for the women’s <i>tafseer</i> [Quran translation] class. I am</p>	<p>kara hadda. Waxaa i haysaa inaanan waligay dambe wax cunin.</p> <p>Omer: Waan dareemayaa inaad murugaysan tahay qaaliyey, laakiin waa inaad wax cuntaa.</p> <p>Aisha: Hadhow haddaba. Waxbaan kuu sheegi lahaa.</p> <p>Omer: Ii sheeg, maxaad niyadda ku haysaa?</p> <p>Aisha: Waxaa igu adkaatay inaan niyad u hayo jimicsiga ama raashinkeena baddalkiisa. Waxaan isku dayay inaan isticmaalo DVD-gii aad ii soo iibisay, laakiin aad ayaan ugu caajisay. Waxaan markaas tagay gym-ka si aan isku soo qoro fasallo laakiin ma aan is qorin waayo waa rag iyo dumar isku darsan.</p> <p>Omer: Ma ku caawinaysaa haddii aan fiid walba kula jimicsado?</p> <p>Aisha: Haa! Waa sidii uu kula taliyay dhakhtarku gabadhii maanta. Wuxuu ku yidhi qoyskaaga la kaasho dadaalkaaga isbaddalka.</p> <p>Omer: Diyaar baan ahay! Goormaad rabtaa inaan billowno?</p> <p>Aisha: Habeen dambe. Barri waa Sabti marka waa inaan tago masaajidka galabtii oo waxaa jira tafsiirkii dumarka.</p>
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	<p>too tired tonight.</p> <p>Omer: It’s a plan!</p>	<p>Caawa aad ayaan u daalanahay.</p> <p>Omer: Waa noo balan!</p>
	<p>Scene 11: Narrator: It is Saturday afternoon and Aisha is walking into the mosque when a woman calls her name.</p> <p>Muna: Aisha is that you?</p> <p>Aisha: Muna! Oh my God! I haven’t seen you in years!</p> <p>Muna: I finished college since you last saw me and I work at the University of Minnesota. I am a nutritionist. I am here to recruit participants for a nutritioin class I will be starting here at the mosque every Sunday.</p> <p>Aisha: Is that so?</p> <p>Muna: Yes, I know that this neighborhood has a lot of Somalis and so I am here to. It is a class for Somali mothers.</p> <p>Aisha: This is fate! I have been thinking of seeing a nutritionist, but I just never got around to it.</p> <p>Muna: Well, here I am! Do you have many friends here? Maybe you can help me recruit some women to take the</p>	<p>Qeebta 11: Narrator: Waa galanimadii Sabtida waxaana Caisha u dhawaaqday qof dumar ah iyadoo masaajidka sii galaysa.</p> <p>Muna: Caisha ma adigii baa?</p> <p>Aisha: Muna! Ya Allah! Sanado badan kuma arag!</p> <p>Muna: Markii iigu kaa dambaysay ka dib waxaan dhameeyay jaamacad haddana waxaan u shaqeeyaa Jaamacadda Minnesota. Waxaan ku takhasusay nafaqada. Waxaan halkan u imid inaan dad u diiwaan galiyo fasal cilmiga nafaqada ah oon masaajidkan ku qaban doono Axad walba.</p> <p>Aisha: Ma saasaa?</p> <p>Muna: Haa, waan ogahay inay Soomaali badan daggan yihiin xaafaddan oo sidaasaan u imid. Waa fasal loogu talo galay hooyooyinka Soomaaliyeed.</p> <p>Aisha: Waaba calaf! Waxaan ka fakarayay inaan qof nafaqqada wax iga bara u tago, laakiin wali maan haleelin.</p> <p>Muna: Waa i kan haddaba! Asxaab badan ma ku leedahay halkaan? Malaha waabad ila</p>



	<p>class.</p> <p>Aisha: That is easy! I know everyone here. Let’s wait till the lesson is over and we are waiting for the evening prayer.</p> <p>Muna: That sounds great!</p>	<p>diiwan galin kartaa dumar qaata fasalka.</p> <p>Aisha: Taasi waa sahal! Qof walba oo jooga waan garanayaa. Aan sugno inta salaada maqrib la sugayo markuu casharku dhamaanado.</p> <p>Muna: Waa arrin wanaagsan!</p>
	<p>Scene 12: Narrator: One week later, the women of the mosque gather on Sunday afternoon for the first nutrition class. They are happy to be getting a free class.</p> <p>Muna: Thank you for coming today. I am delighted to have a large class. The goal of this class is to help Somali mothers and their families live healthy lives by eating healthy and exercising. As you know, our lives in the United States are different from our lives back home in Somalia. Here we mostly drive to places, so we don’t get the chance to walk or move much. Also in the United States there are a lot of ready-made and fast foods and we get used to eating a lot of them. As our lessons progress through the coming weeks, I will bring in videos that demonstrate healthy cooking and how to make traditional Somali foods healthier. I am confident that by the end of this class, we will have transformed our way of eating and doing more moving. We will also be discussing exercise and its role in staying healthy. Our aim is to stay healthy by changing our way of living. Does anyone have any questions before we start?</p>	<p>Qeebta 12: Narrator: Hal usbuuc ka dib, dumarkii masaajidku waxay isku yimaadeen Axaddi si ay u qaataan fasalkii nafaqada oo ugu horreyay. Way ku faraxsan yihiin inay helaan fasal lacag la’aan ah.</p> <p>Muna: Waad ku mahadsantihiin imaatinkiina maanta. Waan ku faraxsanahay inaad arday badan tihiin. Hadafka fasalkan waa in la baro hooyooyinka Soomaaliyeed iyo qoysaskooda siday cunto nafaqo leh u cuni lahaayeen una jimicsan lahaayeen. Sidaad u ogtihiin, nolosheena Maraykan way ka duwan tahay tii waddankeenii. Halkan inta badan meel walba gaadhi ayaan u kaxaysanaa, sidaas darteed ma helno fursad aan ku soconno ama xarakaad badan aan ku sameeyno. Sidoo kale waxaan Maraykan ugu nimid raashin diyaar ah oo aan wax badan ka cunno. Usbuucyada soo socda, waxaan keenaya cajalado aad ka daawanaysaan sida raashin fiican loo kariyo oona cuntada</p>



	<p>***all together*** All: No.</p> <p>Muna: Great! Let’s start by talking about the traditional Soamli diet and what we can do to improve it. As we all know, our Somali diet consists of a lot of <i>anjera</i> (traditional Somali pancake), rice, pasta and red meat like goat meat. The only fruit we regularly eat are bananas and we drink really sweet tea throughout the day. The first thing I want to talk about is the importance of balancing our meals. This chart has pictures of the different food groups. It is important to eat something from each food group every day, but for most of us, we need to eat less fat, rice, and pasta while eating more fruits and a variety of vegetables like spinach, broccoli, peppers, and cabbage. We Somalis like to eat a lot of goat meat but goat meat is very fatty, so we can replace that with less fatty meats like chicken and fish. We will also need to change the way we cook our food. Instead of frying our meats and vegetables, we should boil, grill, bake, or steam them. This reduces the amount of fat we add to the food. Also, it is important to use healthier cooking oils like olive oil or canola oil instead of butter, lard or animal fats that we use.</p>	<p>Soomalida si caafimaad leh loogu kariyo. Waxaan hubaa in fasalkan markuu dhamaado aan wada baddali doono sidaan wax u cunno xarakaadkana aan badin doonno. Waxaan kaloo ka hadli doonaa jimicsiga iyo doorka uu caafimadka ku leeyahay. Qof su’aal qaba ma jiraa intaan bilaaabin?</p> <p>***all together*** All: Maya.</p> <p>Muna: Aan ka billowno inaan ka hadalno raashinka Soomaalida iyo waxa aan ku hagaajin karno. Sidaan ognahay, raashin Soomaaligeena caadada noo ah waxaa ka buuxa canjeero, bariis, baasto iyo hilib cas sida hilibka ariga. Khudaarta kaliya oon mar walba cunno waa moos, waxaan maalino dhan cabnaa shaah macaankii ka batay. Waxa ugu horreeya oon idin kala hadlayo waa muhiimadda ay leedahay inaan raashinkeena miisaano. Waraaqdaan waxaa ku sawiran raashinka noocyadiisa kala duwan. Waa muhiim in nooc walba wax laga cuno maalin walba, laakiin inteen badan, waxaan u baahannahay inaan iska yarayno xaydha, bariiska iyo baastada halka aan ka badsanayno miraha iyo khudaarta ay ku jiraan koostada, kaabashka, barbarooniga, iyo brokoliga. Soomaalideena waxaan badsannaa hilibka ariga,</p>
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	<p>As people tend to overeat, it is important to reduce portion sizes when we try to lose weight. This is just the beginning. In the coming weeks we will talk about all these items in more detail.</p> <p>Narrator: For the rest of the lesson, Muna focuses on teaching about the different food groups.</p>	<p>laakiin waxaa ka buuxda xaydh, marka waxaan ku baddali karnaa hilibka ka xaydha yar sida digaaga iyo kalluunka. Waxaan kaloo u baahannahay inaan baddalno sidaan raashinka u karino. Intaan shiili lahayn hilibka iyo khudaarta waa inaan karkarinaa, solnaa, dubnaa ama huurinaa si aan u yarayno dufanka aan ku darayno raashinka. Waxaa kaloo muhiim ah inaan saliid caafimaad leh wax ku karino oon isticmaalno oliyo liifo ama kanoolada intii aan isticmaali lahayn subag ama xaydha xoolaha. Maadaama ay dadku raashin badan cunaan, waxaa muhiim ah in la iska yareeyo haddii aad doonayso inaad miisaanka iska dhinto. Tani waa billowgii uun. Usbuucyada soo socda waxaan sii faahfaahinaynaa mawduucyadan oo dhan.</p> <p>Narrator: Casharka intii ka dhimanayd, Muna waxay xoogga saartay inay wax ka barto noocyada uu raashinku u kala baxo.</p>
	<p>Scene 13: Narrator: When Aisha goes home and prepares dinner differently. She makes baked salmon and steamed vegetables. She puts the food on the table and calls her husband.</p> <p>Aisha: Dinner is ready.</p> <p>Omer: Thank you Aisha. What did you</p>	<p>Qeebta 13: Narrator: Caisha markay gurigeeda ku noqotay waxay cashadii u sameeysay si cusub. Waxay karisay kallunka salmon-ka oo duban iyo khudaar la huuriyay. Cuntadii intay miiska saartay ayay u dhawaaqday Cumar.</p> <p>Aisha: Cashadii waa diyaar.</p> <p>Omer: Mahadsanid Caisha.</p>



	<p>make?</p> <p>Aisha: I made baked salmon and steamed broccoli and carrots. I also have papayas and bananas for later.</p> <p>Omer: Did you make anything to eat with the fish?</p> <p>Aisha: Oh you mean rice or <i>malawah</i>. No, I did not make that. We will be eating a variety of foods instead of just eating a lot of rice or pasta at every dinner. Today was the first day of the nutrition class at the mosque that I was telling you about. One of the things I heard tonight was the importance of planning our meals ahead of time. We can write down our weekly meal plan so that I am not scrambling to come up with ideas when I get home in the evening.</p> <p>Omer: All this after one class! I am impressed and I am willing to support you in this. I won't insist on eating goat meat and rice all the time. I also want to be healthy. Now that we exercise every evening, I think we are ready to change our diet. I am proud of you Aisha! Teach me how to make healthy food as you learn it so I can help you with the cooking.</p>	<p>Maxaad karisay?</p> <p>Aisha: Waxaan kariyay salmon duban iyo brokoli iyo kaarooto aan huuriyay. Waxaan kaloo hayaa babay iyo moos aan hadhow cunayno.</p> <p>Omer: Wax kalluunka lagu cuno ma samaysay?</p> <p>Aisha: Oh waxaad ka wadaa bariis ama malawax. Maya, ma sameeynin. Waxaan cuni doonaa raashin kala gadisan intaan bariis ama baasto cuni lahayn habeen walba. Maanta ayaa iigu horraysay casharkii nafaqada oon ku dhahay waxaan ka qaadanayaa masaajidka. Waxyaabaha aan soo maqlay waxaa ka mid ah muhiimadda ay leedahay in raashinka hore loo sii qorsheeyo. Waxaan qori karnaa qorshaheena raashinka usbuuc walba si aanan anoo dag-dagaya uga fakarin markaan fiidkii imaado.</p> <p>Omer: Waxaanoo dhan hal cashar ka dib! Waan ka maqsuuday, waxaan diyaar u ahay inaan gacan kugu siiyo. Anigaba waxaan rabaa inaan caafimaad qabo. Maadaama aan habeen walba jimicsanno hadda waxaan diyaar u nahay inaan raashinkeena baddalno. Ma ku adkaysanayo inaan bariis iyo hilib ari cuno mar walba. Waan kugu ammanayaa Caisha dadaalkan! I bar sida loo sameeyo raashin nafaqo fiican si aan kaaga</p>
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	<p>Aisha: Thank you! I am fortunate to have a supportive husband.</p>	<p>caawiyo karinteeda.</p> <p>Aisha: Mahadsanid! Waa nasiibkayga inaan leeyahay nin i taageeraya.</p>
	<p>Scene 14: Narrator: It has been four weeks since Aisha and her husband began exercising together. Aisha and Omer have been eating better as Aisha’s nutrition classes at the mosque gave them the tools they needed. Aisha just got home from grocery shopping and she bought a bathroom scale. After she put away the groceries and fed Mohamed, she weighed herself.</p> <p>Aisha: I can’t believe this! I’ve lost five pounds! I have to call Omer and tell him! ***dials phone*** Salaam Omer.</p> <p>Omer: Salaam Aisha. How are you? Did you want me to get you something on my way home? ***in an excited tone***</p> <p>Aisha: No! No! I couldn’t wait till you got home to tell you about my good news. I lost five pounds! I am so excited.</p> <p>Omer: Aisha that is great! Five pounds is good because losing weight fast is not</p>	<p>Qeebta 14: Narrator: Waxaa laga joogaa afar usbuuc markay Casha iyo Cumar bilaabeen inay isla jimicsadaan. Raashinkooda wax fiican ayaa iska baddalay maadaama ay Caisha masaajidka ka soo baratay waxyaabaha ay u baahnaayeen. Caisha hadda waxay ka timid adeeg waxayna soo iibsatay miisaan. Markay adeegii xaraysay, Maxamedna ay wax siisay ayay is miisaantay.</p> <p>Aisha: Ma rumaysan karo! Waxaa iga dhacday 5 pound! Waa inaan cumar waco oon u sheego! ***dials phone*** Waan ku salaamay Cumar.</p> <p>Omer: Waan kaa qaadey Caisha. Sidee tahay? Ma waxbaad u baahnayd inaan kuu soo maro markaan guriga u soo socdo? ***in an excited tone***</p> <p>Aisha: Maya! Maya! Waan sugi waayay intaad guriga ka imaaney sid si aan kuugu sheego akhbaartayda fiican. Waxaa iga dhacday shan pound! Farxadda iga badatay!</p> <p>Omer: Caisha taasi waa farxad weyn! Shan pound way fiican</p>



	<p>good for you. I am so proud of you!</p> <p>Aisha: Thank you! I am happy you are exercising with me.</p> <p>Narrator: Aisha feels fortunate that she saw the woman at the ER that day and realize the importance of prevention. With her husband’s help Aisha change her diet and exercise. Both will be good role models for her baby Mohamed, who will grow up in a healthy household.</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>tahay waayo inuu miisaanku dhaqso kaaga dhaco uma fiicna jidhkaaga. Aad baan kuugu ammaanayaa dadaalka!</p> <p>Aisha: Mahadsanid! Waxaan ku faraxsanahay inaad ila jimicsatid.</p> <p>Narrator: Caisha waxay dareensan tahay inay nasiib lahayd maadaama ay aragtay gabadhii emergency-ga ku jirtay oo ay ku yaqiinsatay muhiimadda ka hortagga. Ayadoo kaashanaysa ninkeeda ayay Caisha baddashay raashinkeeda iyo jimicsigeeda. Labaduba waxay tusaale fiican u noqon doonaan Maxamed oo guri caafimaad leh ku kori doona.</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>
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