**Leej Txiv Txoj Kev Mob Ntshav Qab Zi**  
*A Father’s Experience with Diabetes*  
SoLaHmo Radio Story about Healthy Family Lifestyles

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

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

<table>
<thead>
<tr>
<th>Sound effects</th>
<th>Audio (English)</th>
<th>Audio (Hmong)</th>
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</thead>
<tbody>
<tr>
<td>Opening music fades in . . .</td>
<td>The SoLaHmo Partnership for Health and Wellness is a program of West Side Community Health Services. We are made up of Somali, Latino and Hmong community members working together with researchers and health care providers to make a difference in the health of our communities. The story you are about to hear is based on true events. We thank the families who shared their real life experiences to make this radio story possible. All names of characters in the story have been changed to protect their privacy.</td>
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<tr>
<td><strong>Narrator:</strong> This story is about Cherzong and his diabetes. Cherzong came from Laos to the United States in 1996. He and his wife live with his 15-year-old daughter Mai and his two sons in a small rambler on a quiet street just a few blocks from the park.</td>
<td><strong>Narrator:</strong> Txoj lus yeeb yam dab neeg no yog piav txog Txawj Zoo thib nws txoj kev mob ntshav qab zib. Txawj Zoo thib nws tsev neeg tau khiav tebxawj ploog tuaj poob rau hauv California xyoo 1996. Tam sim no, Txawj Zoo thib nws poj niam menyuam nyob rau hauv St. Paul.Nkawv muaj ib tug mi ntxhais, Maiv thib ob tug tub. Lawv nyob ib lub</td>
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<td><strong>Scene 1:</strong></td>
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<td><strong>Narrator:</strong> On this Saturday morning, he goes to wake up Mai to eat. Cherzong walks into Mai’s room and turns on the light. He shakes Mai awake.</td>
<td><strong>Narrator:</strong> Thaum sawv ntxov no, Txawj Zoo tab tom mus tsa kom Maiv sawv los noj mov.</td>
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<td><strong>Cherzong:</strong> Mai wake up and come eat.</td>
<td><strong>Txawj Zoo:</strong> Maiv sawv los noj tshais os!</td>
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<tr>
<td><strong>Mai:</strong> Shhh..I’m still sleeping and I don’t want to eat.</td>
<td><strong>Maiv:</strong> Shhh...Kuv tseem pw na. Nej kav tsij noj nej.</td>
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<tr>
<td><strong>Cherzong:</strong> It’s already late. Being lazy like that, no one is going to want to marry you.</td>
<td><strong>Txawj Zoo:</strong> Twb lig lig lawm cas koi tsis tau sawv na! Tub keeg li ko tsis muaj leeg twg xav yuav os!</td>
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<tr>
<td><strong>Mai:</strong> Ugh. Leave me alone! It’s only 7am.</td>
<td><strong>Maiv:</strong> Ugh. Tsum tsis txhob txob txob kuv thiab lau. Nyuam qhuav yog xya moo xwb na.</td>
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<tr>
<td><strong>Cherzong:</strong> Get up right now and come eat! You kids! All I want to do is take care of you. All I ask is for you to eat and you give me this attitude! You are not worth loving.</td>
<td><strong>Txawj zoo:</strong> Nej cov menyuam ntawm nej tsis tsim nyog txais kuv txoj kev hlub li os. Kuv tsuas hais kom los noj mov xwb es niam yuav tub qaug yus thiab.</td>
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<tr>
<td><strong>Narrator:</strong> This is what happens most mornings in Cherzong’s home. As he starts walking to the kitchen, his daughter’s door slams shut.</td>
<td><strong>Narrator:</strong> Txhua tag kis yeej zoo li no. Txawj Zoo nyuam qhuav tig kiaj tawm mus lawm xwb, Maiv tseev siv kaw qhov rooljaw qab kiaig.</td>
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**Birds chirping.**
**Foot steps.**
**Pounding on the door.**
**Door slams shut.**

| **Scene 2:** | **Scene 2:** |
|———|———|
| **Narrator:** Yeeb is in the kitchen preparing a breakfast of white rice, deep-fried chicken wings, and stir-fried pork belly and greens. | **Narrator:** Yeeb tseem tab tom ua tshais noj. Nws cub mov dawb, kib nqaij qaib, thiab kib zaub paj xyaw plab npua. |
| **Yeeb:** Husband, calm down. Forget it. We’ll eat first. This is not worth your stress. If you keep this up, you’re going to raise your blood pressure. Calm down. These kids are too Americanized. They just don’t understand. | **Yeeb:** Koj txiv. Kav liam os. Wb mam noj wb. Tsis tsim nyog ua rau koi nyuaj siab os. Koj pheej npau npau taws li ko ces koi yuav muaj ntshav siab. Cov me nyuam no ces ua meskas dhau lawm. Lawv tsis paub xav li. |

**Boiling Water.**
**Pots clinking.**
### Scene 1:

**Chair being pushed back.**

**Dishes clinking.**

**Click.**

**Click.**

**Cherzong:** Okay. Are you done cooking? Let’s eat then.

**Yeeb:** Wait wait wait. We have to test your blood sugar first.

**Cherzong:** Ah. I’m hungry. Let’s just eat.

**Yeeb:** No. No. No. We have to test your blood sugar first. Come here.

**Cherzong:** *sigh* Fine. I’m coming. Go ahead and test yours first.

**Yeeb:** Okay. Mine is 89. Come here. Let me test yours.

**Cherzong:** *sigh* Hurry up. I hate doing this.

**Yeeb:** Husband, your blood sugar is so high! It’s 380! That seems so high. It can’t be normal.

**Cherzong:** Oh it’s only 380. That’s nothing to worry about.

**Yeeb:** Husband, 380 is too high. My blood sugar is only 89. You need to go and see Dr. Sarah.

**Narrator:** Yeeb decides to schedule an appointment for Cherzong. A week later, Cherzong and Mai go to see Dr. Sarah. Mai is helping to translate for Cherzong.

### Scene 3:

**Dr. Sarah:** Nyob zoo, Cherzong and...

**Mai:** Mai. Cherzong is my dad.

**Dr. Sarah:** How are you feeling, Cherzong?

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### Scene 3:

**Dr. Sarah:** Nyob zoo, Cherzong and...

**Mai:** Mai. He’s my dad.

**Dr. Sarah:** How are you feeling, Cherzong?
Cherzong: I am good.

Dr. Sarah: We are going to check and see how you’re managing your diabetes. I am going to take your blood and check your glucose level.

Mai: Dad, do you know what she’s saying?

Cherzong: Of course I do! She doesn’t have to say so much. I already know.

Dr. Sarah: It looks like your blood sugar is much higher than it was the last time you were here.

Mai: Dad, she said that your blood sugar is really high now. Did you know this?

Cherzong: Oh yea. I know. The other day your mom and I measured our blood sugar and mine was 380. It’s a little higher than before but it’s nothing. Nothing to worry about.

Mai: Three hundred and eighty? Doctor, he said that his level was 380 when he checked it the other day. He said it’s higher than it’s been in the past. Is that normal? 380?

Dr. Sarah: No. A healthy blood glucose level should be around 120 for someone with diabetes like Cherzong. His blood glucose level is three times higher than what it should be. If he doesn’t make drastic changes, his diabetes will worsen. It could make it more difficult for wounds to heal and result in a higher likelihood of infections.

Mai: Dad, isn’t this what happened to your arm? Remember when you got that cut on your arm and it wouldn’t heal? It was weeks before it got. This is what the doctor is
Saying. Diabetes can make it harder wounds like yours to heal.

**Dr. Sarah:** That’s not all. Diabetes can cause heart disease. The majority of people your father’s age who have diabetes die as a result of heart disease. It can also cause blindness and kidney failure.

**Mai:** Dad, she said that diabetes can cause heart disease, blindness, and kidney failure. Doctor, what can we do?

**Dr. Sarah:** I am going to refer you to Seng Vang who is our diabetes educator. He will work with you to put together a diet and exercise plan that will help you manage your diabetes. If you wait a moment, I’ll send him in to talk with you. Thank you for coming in today.

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**Scene 4:**

**Seng:** Nyob zoo, Cherzong. I am Seng Vang. Dr. Sarah told me that your blood sugar is really high. If you don’t change the way you eat, it will only get worse. It could even mean death.

**Mai:** Death? Dad, do you hear what he’s saying? Well, what can we do?

**Seng:** I will help you put together a diet and exercise plan that works for your lifestyle. First, reduce your intake of carbohydrates that raise your blood sugar. This means reducing your white rice intake, breads, and sugary drinks.

**Cherzong:** But we are Hmong! We have always eaten white rice. Did you know in Laos, all we had was white rice? Many times, we didn’t have any meat. We were so...
hungry and all we could eat was rice mixed with water. We are Hmong. How can we not eat white rice?

Seng: I understand. It would be best if you eat whole grain rice instead. What kind of rice do you currently eat?

Cherzong: We eat short grained rice.

Seng: Okay. Well that’s better than sticky rice. If you must eat white rice you should eat long grain rice.

Cherzong: So what you’re saying is that long grain rice is better than short grained rice and short grained rice is better than sticky rice.

Seng: That’s correct but again, it is best to eat whole grain rice. And that’s not all. You have to eat much less. You see this bowl here. It’s the size of the palm of your hand. You should only eat as much rice as fits in this bowl or in your palm. Do you understand?

Cherzong (This is Cherzong still in denial but responding only to placate Seng): Yes.

Seng: Yes. Now, I know that a lot of Hmong families prefer two big meals during the day but what you should do is eat five small meals spread throughout the day. Eat these meals at a regular time.

Cherzong: Okay.

Seng: You have to have some food in your stomach every 3-4 hours. You can also get sick if you don’t have enough food in your stomach.

Cherzong: Okay.
| **Seng:** You understand how important this is right, Cherzong? You have to change the way you eat if you want to control your diabetes. |
| **Mai:** Okay. Dad, did you hear what he said? I can help you. Thank you, Seng. I’ll make sure that he does that. |
| **Xeeb:** Txawj Zoo, koj yuam tsum hloov koj txoj kev noj es koj thiob li yuav khoo tau koj qhov ntshav qab zib no. |

**Scene 5:**
**Narrator:** Cherzong and Mai leave Seng’s office. They get into the car to drive home.

**Cherzong:** Oh heavens! The size of my palm? I’m only supposed to eat what fits inside my palm? How am I supposed to do this? Seng is crazy.

**Mai:** But Dad, he has a point. You have to change the way you eat. You heard what Dr. Sarah and Seng said. You could die if your diabetes gets worse.

**Cherzong:** I am not going to die! This doctor doesn’t know what he is saying.

**Mai:** Well Dad, you did say that your blood sugar is 380 and that it’s higher than it was before. You need to change the way you eat. I’m going to help you. I’ll talk to Mom too. Dad, I’ll help you get through this. Dad..?

**Mai:** Dad! What are you doing? We almost hit another car! Dad! Stop the car right now. What happened to you?

**Cherzong:** Oh I don’t know why I’m so tired. I just blacked out for a second. Maybe I just didn’t sleep enough.

**Mai:** Dad, don’t you see what diabetes is doing to you? It’s like what Dr. Sarah said.

**Xeeb:** Nyob, koj yuam tsum hloov koj txoj kev noj es koj thiob li yuav khoo tau koj qhov ntshav qab zib no.

**Mai:** Tab sis Txiv nws yeej hais yog lawm os. Koj yuam tsum hloov koj txoj kev noj kev haus. Koj twb hnov Dr. Sarah thiab Xeeb hais ne. Yog koj tsis khoo koj cov ntshav qab zib ces tej zaum peb yuav tsis muaj koj lawm nav.

**Scene 5:**
**Narrator:** Nkawv ntsib Xeeb tas ces nkaws txawm mus nkag rau lub tsheb.

**Txawj Zoo:** Ntuj aw! Haum kuv txhais tes xwb? Nws kom kuv tsuas noj mov kom haum txaus kuv txhais tes xwb? Es kuv yuav ua li cas ma? Tus Xeeb no vwm lawm os.

**Mai:** Tab sis Txiv nws yeej hais yog lawm os. Koj yuam tsum hloov koj txoj kev noj kev haus. Koj twb hnov Dr. Sarah thiab Xeeb hais ne. Yog koj tsis khoo koj cov ntshav qab zib ces tej zaum peb yuav tsis muaj koj lawm nav.

**Mai:** Tab sis Txiv nws yeej hais yog lawm os. Koj yuam tsum hloov koj txoj kev noj kev haus. Koj twb hnov Dr. Sarah thiab Xeeb hais ne. Yog koj tsis khoo koj cov ntshav qab zib ces tej zaum peb yuav tsis muaj koj lawm nav.

**Mai:** Well Dad, you did say that your blood sugar is 380 and that it’s higher than it was before. You need to change the way you eat. I’m going to help you. I’ll talk to Mom too. Dad, I’ll help you get through this. Dad..?

**Mai:** Dad! What are you doing? We almost hit another car! Dad! Stop the car right now. What happened to you?

**Cherzong:** Oh I don’t know why I’m so tired. I just blacked out for a second. Maybe I just didn’t sleep enough.

**Mai:** Well Dad, you did say that your blood sugar is 380 and that it’s higher than it was before. You need to change the way you eat. I’m going to help you. I’ll talk to Mom too. Dad, I’ll help you get through this. Dad..?

**Mai:** Dad! What are you doing? We almost hit another car! Dad! Stop the car right now. What happened to you?

**Cherzong:** Oh I don’t know why I’m so tired. I just blacked out for a second. Maybe I just didn’t sleep enough.

**Mai:** Dad, don’t you see what diabetes is doing to you? It’s like what Dr. Sarah said.

**Xeeb:** Nyob, koj yuam tsum hloov koj txoj kev noj es koj thiob li yuav khoo tau koj qhov ntshav qab zib no.
### Scene 6:
**Narrator:** That night Mai decides to help her mom cook so that she can share with her mom what she learned from Dr. Sarah and Seng.

**Mai:** Mom, remember how we deep-fried the fish last week? Well for tonight, we should bake it instead. The doctor said that baking is better than deep fryling.

**Yeeb:** Daughter that is a great idea. Why don’t you salt and wrap that fish in a banana leaf.

**Mai:** And Seng said that we should boil instead of stir-fry. Mom, wait wait wait wait! Don’t use the pork. Boil the chicken instead.

**Yeeb:** Chicken? Why not pork?

**Mai:** The doctor said that we should cook with lean proteins like chicken and fish instead of pork.

**Yeeb:** Okay. I’ll use the chicken then. Dinner will be done in a bit. Tell your dad to come eat.

### Scene 7:
**Mai:** Dad, let me help you with that. I’ll scoop the rice for you. Remember what Seng said? You should only eat a small portion of rice.

**Cherzong:** Eating this much isn’t enough. I’m going to be hungry and eat again in an hour. How can Seng expect me to get full on such a small portion?

**Mai:** But Dad, Seng said you should only eat that much. You shouldn’t eat more than that...
SoLaHmo Voices: Hmong - Type 2 Diabetes

Cherzong: Well, Seng isn’t here. He won’t know.

Mai: Dad, your diabetes is going to get worse if you don’t change the way you eat.

Cherzong: Well if I eat like this I’ll never be happy. Don’t you know. Having diabetes already makes me so nyuaj siab. And now, I can’t even eat to be full and happy?

Mai: Dad I do want you to be happy. Only eat enough so that you are full but not too full. It’s like Seng said, listen to your stomach. When your stomach is full, then you should stop eating.

Cherzong: How can I be happy? Everyday I am reminded that I have diabetes. Everyday I wonder when my time will come. How do you expect me to be happy?

Yeeb: Remember Aunt Shoua. Her diabetes got so bad that her kidneys failed and she died. I am so scared that it will kill your father too.

Cherzong: That’s your Aunt Shoua. That’s not me. I won’t die any time soon.

Mai: Mom, didn’t you say that Aunt Shoua refused to see her doctor? She didn’t want to take her medicine and she didn’t want to change the way she ate? Don’t you think maybe her diabetes killed her because she wasn’t willing to change? Dad is still here and we can help him. Dad, we can start with this meal. Can we just try it for today?

Cherzong: No and that is final. You are only a child. Don’t speak to me that way. I will eat portion.


Mai: Pushing her chair


### Scene 8:

**Narrator:** In truth, Cherzong fears for his life. He can feel that his body is no longer as strong as it used to be. He thinks about death every day but doesn’t want his family to know how scared he was. As Cherzong sits contemplating his health, Mai approaches Cherzong.

**Mai:** Dad, I’m sorry about what I said. I’m just worried about you. Dr. Sarah and Seng said you could die and you keep mentioning how nyuaj siab you are. I just want to help. Do you think maybe it will help you if you talk with other Hmong people who have diabetes? Maybe it’ll help you feel better?

**Cherzong:** Daughter, you shouldn’t have said that but I understand that you are worried. But who would I talk to? How would that help?

**Mai:** Well, my friend told me about a group that his dad goes to. They meet every Wednesday.

**Cherzong:** What do they do at this group?

**Mai:** They talk about how their experiences and how they manage their diabetes. My friend said his father is in a much better mood since he’s gone to the meetings.

**Cherzong:** Well, I suppose it wouldn’t hurt to try.

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### Scene 8:

**Narrator:** Qhov tseeb mas Txawj Zoo nej hnub txhawj txog nws txoj sia. Nws hnov nws lws ces tsis muaj zog npauv thauam i lawm. Nws yeej nej hnub txhawj tab sis nws tsis xav kom nws tsev neeg paub. Nws tsis xav kom lawm paub hais tias nws txhawj thiab ntshai npuam li cas. Txawj Zoo tseem zaum xav xav na has Mai los zaum ntawm nws ib sab.

**Mai:** Txiv, thov zam txim rau tej yam ua kuv tau hais os. Kuv tsuas yog txhawj txog koj xwb os. Dr. Sarah thiab Xeeb pheej hais tias koj yuav tuag no thiab koj pheej hais tias koj nyuaj nyuaj siab no. Kuv tsuas xav pab koj xwb na. Koj puas xav xais tias yuav pab koj yog koj tau mus tham nrog lwm cov Hmoob es muaj ntshav qab siab thiab? Tej zaum yuav ua rau koj kaj siab zog.

**Txawj Zoo:** Mi ntxhais, qhov tseeb mas tsis yog koj na thib hais tej ko rau kuv tab sis kuv yeej paub hais tias koj tsuas yog txhawj txog kuv xwb. Es koj hais tias mus tham no yuav tham li cas thiaj li pab ma?

**Mai:** Kuv tus phooj ywg hais tias nws txiv mus koom nrog ib pab kev kawm rau cov uas muaj ntshav qab zib.

**Txawj Zoo:** Es pab kev kawm no, lawv ua dabtsi?

**Mai:** Lawv tham txog tej yam ua lawv tau ua es pab khoo lawv cov ntshav qab zib. Thiab lawv tham txog hais tias lawv muaj tus mob no lawv ho xav li cas, nyuaj siab li cas. Kuv tus phooj ywg hais tias txij thauam nws txiv mus koom nrog pab kev kawm no zoo nkaus li nws kaj siab zog lawm.

**Txawj Zoo:** Hmm...Kuv lam mus seb ho zoo li cas.
### Scene 9:
**Narrator:** After their conversation, Mai enrolls Cherzong in the diabetes support group. A week later Cherzong attends his first meeting. A veteran of the diabetes support group, Moua shares his story.

**Txooj Muas (Chong Moua):** Do you want to know how I lost my foot? Well, I didn’t listen to what my doctor told me. I couldn’t feel my toe when I stepped on a nail, then it wouldn’t heal and got infected, and the doctor told me that if I didn’t cut off my foot, I would lose my leg and possibly die.

**Cherzong:** What does that have to do with diabetes?

**Txooj Muas:** My doctor had said that diabetes could cause me to lose sensation in my limbs. I didn’t believe him. Now I don’t have a foot. I wish that I had done something sooner to take care of my diabetes. If I had done something sooner, I would still have my foot.

**Cherzong** (thinking to himself): I hope that never happens to me. I should be so grateful that I still have all of my limbs. Maybe I do need to reconsider how I eat and how I exercise.

**Facilitator:** Moua, thank you for sharing your story. Dawb, I know that you’ve done a great job managing your diabetes. Can you share with everyone how you do it?

**Dawb:** Well, everyday, I take my medicine...
twice. Once in the morning and once in the evening. And then right as I start to eat, I take my insulin. I always make sure that I take it at the same time every day.

**Facilitator:** Dawb, you have also done a lot to change your exercise habits too. Can you share with us what you do?

**Dawb:** I like to go walking. When it’s warm out like this, I always walk for at least 30 minutes around the neighborhood. When it’s cold I ask my son or daughter-in-law to take me to Hmong Village. I walk up and down the aisles. I get to see people that I know and I get to exercise. Sometimes we go to the mall too.

**Facilitator:** Dawb, what have you found most difficult?

**Dawb:** Well, I am so nyuab siab. I am worried about my husband who has cancer. He is in the hospital right now and he is so weak because the cancer is eating away at his body... I don’t know when he might die...

**Cherzong (Thinking to himself):** Her husband has cancer? And he is in the hospital? He is so young. How can I be so nyuab siab and thinking about death when my disease does not eat away at my body like cancer does? It is something that I can manage if I take care of myself. I should be grateful that this is all I have, that I still have control over my body.

**Facilitator:** Dawb, koj tau hloov koj kev dhia ua si kom tawm fwslawm thiab. Koj puas kam piav rau hais tias seb koj ua dab tsi?

**Dawb:** Aws. Kuv nyiam mus taug kev. Thaum caijntuj sov ces kuv mus taug kev ncig peb qab vaj tsib taug li 30 naas-this. Thaum caij ntuj no lawm ces kuv thov kuv tus tub los tus nyab kom nkawv ib tug coj kuv mus rau tim Hmong Village. Kuv mus ncig kem ub kem no. Pom neeg yus paub thiai tau taug kev ua si. Tej thaum ces peb mus rau tim mall thiab.

**Facilitator:** Dawb, koj xam hais tias dabtsi yog qhov nyuaj tshaj rau koj?

**Dawb:** Ohhh..Kuv ces nyuuaaaj siab. Kuv txhawj txog kuv tus txiv. Nws mob cancmermuab nws lub cev noj ta lawm tsis muaj zog li lawm... yeej tsis paub thauam twg nws yuav tso peb tseg li...

** Txwj Zoo (Xav rau nws tus kheej):** Nws tus txiv mob cancmer? Nws pw tim hau maum? Nws twb tseem hluas sav... Cas kuv yuav nyuaj siab xav txog kev tuag ua dab tsi? Kuv qhov mob no tsis yog mob phem li cancer es yuav muaj kab mob no ib ces. Kuv qhov mob no yog ib qho kuv tseem kho tau yog kuv saib xyuas kuv tus kheej.

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<th>Scene 10:</th>
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<td><strong>Narrator:</strong></td>
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<td>That night Cherzong resolves to take better care of himself. The next day, he decides to recruit Mai to walk around the lake with him.</td>
<td>Hmo ntawv, Txwj Zoo txiv txim siab hais tias nws yuav hloov ua tej yam ua yuav zoo rau nws lub cev. Hnub tom qab, nws hais kom Maiv nrog nws mus taug kev ncig lub pas dej ua si.</td>
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<tr>
<td><strong>Cherzong:</strong> Mai, let’s go for a walk.</td>
<td><strong>Txwj Zoo:</strong> Maiv, los wb mus taug kev ua si.</td>
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**Footsteps.**

People talking and laughing.

**Scene 11:**

**Narrator:** That night Mai helps her mom to cook boiled chicken, brown rice, boiled squash soup, and steamed Chinese broccoli. As the family sits down to eat, Mai brings to the table a measuring bowl that they

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**Maiv:** Where are you going walking?

**Cherzong:** Let’s go to the lake over there. Dr. Sarah said that I should be more active. A lot of the people at the group go walking to manage their diabetes. I’d like to do that too.

**Maiv:** Dad, I’m happy that you decided to go walking and that you invited me. What changed your mind?

**Cherzong:** Well I met people at the support group whose diabetes had gotten so bad that they lost their limbs. I also met a woman whose husband is dying from cancer. I realize that diabetes, it’s just diabetes. I can control it. If I manage it well, it won’t kill me.

**Maiv:** That’s what Dr. Sarah and Seng were saying. So what do you think you’ll do?

**Cherzong:** Well, I would like to make it a regular thing, to walk around the lake every day or at least a couple times a week.

**Maiv:** That’s good. The exercise will be good for you and for me.

**Cherzong:** But exercise isn’t the only thing. We’ll need to change the way we eat too.

**Maiv:** Yes! How about we start that tonight?

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**Scene 11:**

**Narrator:** Hmo ntawv, Maiv pab Yeeb hau qaib, cub mov daj, hau taub tsuag, thia cub pas-kas-nas. Thaum tsev neeg los zaum noj mov, Maiv rho lub tais ntsuas mov ua Xeeb tau muab rau nkawv.
received when she and Cherzong went to see Seng.

**Mai:** Let’s use this to measure our portions tonight. That way we don’t eat too much.

**Cherzong:** Here, I’ll start.

**Mai:** Dad, look! Our plates are full. It was a good idea to use smaller plates. Even though we are eating less it seems like we are still eating a lot because the plates are full.

**Cherzong:** True. I’m glad that we’re doing this. Diabetes is scary but it’s something that I can manage. I can control. Mai, I’m glad that even though you are a young girl, you are thoughtful and encouraged me to do something about my diabetes.

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**Scene 12:**

**Narrator:** A few months later, Cherzong returns to the diabetes support group.

**Cherzong:** Facilitator, I have something to share.

**Facilitator:** Sure. What would you like to say, Cherzong?

**Cherzong:** I am old and I have experienced a lot. What I realize is that it is not our disease, our diabetes that will kill us. It is our kev nyuaj siab. Diabetes is just diabetes. It’s not a disease that will cause you pain. It’s something that you can manage. If you manage it well it won’t kill you. What will kill you is the kev nyuaj siab. If you don’t manage your diabetes and you allow the kev nyuaj siab about your diabetes to take over, it may kill you. But that’s why we are all here.

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**Scene 12:**

**Narrator:** Ob peb hli rhau, Txawj Zoo rov qab mus koom nrog pab kev kawm sib tham txog ntshav qab zib.

**Txawj Zoo:** Tus coj, kuv muaj ib qho kuv xav hais rau sawv daws hmloog.

**Facilitator:** Tau kawg. Koj xav hais dab tsis os Txawj Zoo?

**Txawj Zoo:** Kuv zoo siab hais tias peb hloov peb kev no li no. Ntshav qab zib yog ib qho txaus ntshai, tab sis yog ib qho kuv kho tau, kuv tswj tau. Mi ntxhais, kuv zoo siab heev hais tias txawm koj tseemhluas los koj txawj xav, thiab koj pab txawb kom kuv saib xyuas kuv qhov mob ntshav qab zib no.
today. We need to talk about our diabetes. We need to share with one another so that we are not so nyuaj siab about our sickness.

**Facilitator:** What made you come to that realization, Cherzong?

**Cherzong:** Well, this group. And my daughter helped me.

**Facilitator:** How has that affected you?

**Cherzong:** After eating better and walking more, I feel more energetic. I don’t feel tired anymore. Now I feel like I have control of my body and of this disease. I don’t feel nyuaj siab anymore. I am not afraid that it is going to kill me because it won’t kill me. It is the kev nyuaj siab that kills. We have the power to change the way we eat and how active we are. We have the power to change our mindset so that we are not nyuaj siab. If I can do this. You can do it too.

**Facilitator:** Vim li cas koj thiaj li xav tau li ko, Txawj Zoo?

**Txawj Zoo:** Pab kev kawm no, thiab kuv tus mi ntxhais Mai pab hloov kuv txoj kev xav.

**Facilitator:** Es, ho hloov tau li cas?

**Txawj Zoo:** Txij thau m kuv hloov los noj zaub mov kom haum thiab mus taug kev ua si, zoo nkaus li kuv muaj zog tuaj lawm. Kuv tsis nkees nkees li yav tas los. Kuv tswj tau kuv tus kheej thiab kuv tus mob no lawm. Kuv tsis muaj txoj kev nyuaj siab thibk kuv tsis ntshai hais tias qhov mob no yuav ua rau kuv sia tu. Peb muaj peev xwm hloov peb tej kev xav kom peb thiaj li tsis nyuaj siab. Yog kuv tus kheej ntawm no ua tau... nej sawv daws los yeej ua tau thiab.

Ending

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