



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

**Main Character:** Mee Yang (woman)

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

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

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

| Sound effects          | Audio (English)  | Audio (Hmong)  |
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| Opening music fades in | 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. |  |
| Plates clinking        | <b>Scene 1:</b><br><b>Narrator:</b> Mee and Nhia Bee are a Hmong couple from Xiang Khouang, Laos. Nhia Bee courted Mee since they met amongst the corn crops. Each day, each night, he would   | <b>Scene 1:</b><br><b>Narrator:</b> Mim thiab Nyiaj Npis yog ib khub niam txiv Hmoob los ntawm sab tebchaws Xiang Khouang, Nplog Teb. Nkawv txoj kev nkauj kev nruag tau pib thaum nkawv sib |



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





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| <p>Overhead announcement (for x-ray? anything)</p> | <p>swelling, and need to sleep on a couple of pillows to breathe at night tell me that your heart is weaker than before. Probably your blood pressure has been high for such a long time that your heart cannot pump against the high pressure anymore. Your heart is slowing down because it is tired.</p> <p><b>Mee:</b> But I know a lot of people with high blood pressure and they feel fine. I don't feel anything. I can still clean the house.</p> <p><b>Dr. Chang:</b> High blood pressure is silent. When you notice the symptoms, there has already been a lot of damage to your body.</p> <p><b>Mee:</b> So why do I have this and others don't?</p> <p><b>Dr. Chang:</b> Well, how a disease affects each person is slightly different, but certain things can make the blood pressure higher, such as high stress, no exercise, eating a lot of salt, or not taking medications.</p> <p><b>Nhia Bee:</b> Dr. Chang, let me tell you one thing that is important. This year has been very stressful for us.</p> <p><b>Mee:</b> There's been nothing. Just the usual stuff.</p> <p><b>Nhia Bee:</b> Let me speak. I have seizures, so I lost my job. Then she got fired from her job. Then we lost the house and health insurance. Then my son and his family moved out to live on their own.</p> <p><b>Mee:</b> Stop talking about it. It's just the way of life.</p> | <p>raug ces, phaub phaub vog, thiab qhov uas koj tau siv ob peb lub hov ncoo thaum hmo ntuj es koj thiaj li ua taus pa qhia rau kuv hais tias koj lub plawv tsis muaj zoog li qub los lawm. Tej zaum koj cov ntshav nws tau siab los ntau ntau xyoo lawm es tsam no koj lub plawv thiaj li tsis muaj zog lawm.</p> <p><b>Mim:</b> Tab sis kuv twb paub coob leej es muaj ntshav siab es lawv twb tsis mob li cas ne. Kuv los kuj tsis hnov mob qhov twg. Kuv tseem tu vaj tu tsev taus na.</p> <p><b>Dr. Tsab:</b> Ntshav siab yog ib tug mob es thaum yuav qhuav pib mob ces tsis ua rau yus lub cev hnov mob li cas. Thaum yus hnov mob los sis hnov lub ces txawv lawm ces lub twb puas ntau ntau yam lawm.</p> <p><b>Mim:</b> Es ua li cas kuv ho muaj es lwm tus ho tsis muaj ma?</p> <p><b>Dr. Tsab:</b> Txoj kev mob ntshav siab txawv rau ib tus mus rau ib tus, tab sis muaj tej yam es ho ua tau rau yus muaj ntshav siab zog, zoo li yog yus muaj kev nyuaj siab, noj mov muaj ntsev ntau ntau, tsis dhia ua si kom tawm fws, los tsis noj tshuaj ntshav siab.</p> <p><b>Nyiaj Npis:</b> Dr. Tsab, cia kuv qhia koj ib yam es tseem ceeb heev. Xyoo no yog ib xyoo es nyuaj siab heev rau wb.</p> <p><b>Mim:</b> Tsis muaj dab tsi, os. Yeeb ib txwm zoo li no xwb.</p> <p><b>Nyiaj Npis:</b> Cia kuv hais lus ma. Kuv qhaug dab peg es kuv thiaj li poob hawj lwm lawm. Ces tais poob nws txoj thiab. Ces wb ho poob wb lub tsev thiab es-shas-lav (insurance) kuaj mob. Ces wb tus tub thiab nyab nkawv tsiv mus nyob nkawv lawm.</p> <p><b>Mim:</b> Txob hais hais lus ma. Txoj kev ua neej ces yeej zoo li ntawv xwb mos.</p> |
| <p>Chair squeaking</p>                             |  |  |



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|                            | <p><b>Nhia Bee:</b> We are not motivated to exercise, and I love to eat salty food, so Mee puts extra fish sauce (nab pas). I didn't know that high blood pressure could do this to Mee. We don't have any money. I beg you as a son to love us (niam tais thiab yawm txiv) and to help make her (niam tais) better.</p> <p><b>Narrator:</b> Dr. Chang talks about eating less salt, also called sodium. That means eating less premade foods that have a lot of salt, less fish sauce and less soy sauce. (fade out narrator, fade in Dr. Chang's voice.)</p> <p><b>Dr. Chang:</b> I want you to take three medications to reduce the blood pressure, increase the strength of your heart, and reduce the ankle swelling. Once the heart weakness is better, I encourage you and your husband to exercise hard enough that your heart beats faster and you start to sweat. Do it three times a week for at least 30 minutes each time. Also you need to relieve your stress by talking nicely to each other, and when you feel angry, step away to calm down before talking.</p> | <p><b>Nyiaj Npis:</b> Wb tsis muaj siab pais dhia ua si kom tawm fws, thiab kuv yog hom neeg nyiam noj khoom qab ntsev, ces Mim thiaj li rau nab pas ntau ntau rau cov mov. Kuv kuj tsis paub hais tias ntshav siab yuav ua tau li no rau Mim. Kuv thov koj pab hlub niam tais thiab yawm txiv thiab es pab kom niam tais zoo os.</p> <p><b>Narrator:</b> Dr. Tsab qhia rau nkawv hais tias yus yuav tsum noj ntsev los yog sodium thiab cov mov kos poom (canned foods) kom tsawg zog. Ntxiv mus, yus yuav tsum rau nab pas thiab nans-ial (Lao for soy sauce) kom tsawg zog thiab. (fade out narrator, fade in Dr. Chang's voice)</p> <p><b>Dr. Tsab:</b> Kuv xav kom koj noj peb hom tshuaj no. Ib hom pab kom ntshav txhob siab lawm, hom ob ua kom lub plawv muaj zog, ces hom peb ua kom ob txhais ceg tsis phaub phaub vog lawm. Thaum lub plawv muaj zog zog lawm ces kuv xav kom neb mus dhia ua si kom lub plawv dhia ceev zog thiab neb pib tawm fws. Ib van thiv no, yus yuav tsum ua li no peb zaug, ib zaug tau ua 30 nas tis. Ntxiv mus, qhov es yuav pab txo txoj kev nyuaj siab no yog hais tias yus yuav tsum hais lus zoo zoo. Thaum yus chim lawm ces nyias yuav tsum mus nyob nyias kom siab txias zog. Dhau ntawd lawm ces ma rov qab los sib tham los tau.</p> |
| <p>Movie in background</p> | <p><b>Scene 5:</b><br/><b>Narrator:</b> Though Mee has talked with the doctors and her son, she still believes that it is not necessary to take her medications because she feels fine. Today, Mee has decided to stay inside and watch Hmong movies.</p> <p><b>Nhia Bee:</b> Hun. You've been watching movies all day? Have you not taken any of your</p>  | <p><b>Scene 5:</b><br/><b>Narrator:</b> Txawm hais tias tus kws kho mob thiab ob tus tug tub Lis tau hais kom Mim noj tshuaj thiab pauv nws txoj kev noj mov thiab dhia ua si kom tawm fws los Mim tseem tseem tau hais tias nws lub cev tseem nyob zoo. Hnub no, Mim nyob tsev saib naam (movie) Hmoob.</p> <p><b>Nyiaj Npis:</b> Koj niam. Tsis yog hais tias koj saib naam (movie) ib hnub nkaus lawm los? Ua li</p>   |



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



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





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| <p>Sobbing</p> <p>Sobbing stops</p> <p>Reverberation of lines</p> | <p>Quiet, Quiet. Your grandpa and I will exercise and eat well so that we will live with you and your brother for a long time. Until we're 120 years old.</p> <p><b>Chee:</b> You promise, Grandma?</p> <p><b>Mee:</b> Yes. Grandpa and I will be healthy and strong so that we can live with you until we're 120 years old. Don't cry anymore.</p> <p><b>Narrator:</b> Mee and Nhia Bee cannot stop thinking about what their grandchild told them. <i>(Dream like conversation, reverberation of previous lines)</i> Chee, "You promise, Grandma?" Mee, "Yes."</p>   | <p><b>Mim:</b> Kuv tus me ntxais, kuv hlub koj tshaj plaws. Koj yawg thiab kuv wb zoo zog vim rau qhov koj pab zaws wb lawm. Wb yeej tseem noj qab nyob zoo thiab tseem muaj muaj zog. Txhob quaj, txhob quaj. Ntsiag os, ntsiag os. Koj yawg thiab kuv wb mam dhia ua si kom tawm fws thiab noj mov kom zoo kom wb tau nyob rog koj thiab koj tus nus ntev ntev heev, kom wb puv 120 xyoo.</p> <p><b>Ci:</b> Koj cog lus lod, pog?</p> <p><b>Mim:</b> Kuv cog lus, os. Wb yuav rog koj nyob kom wb puv 120 xyoo, os. Txhob quaj ntxiv lawm os.</p> <p><b>Narrator:</b> Mim thiab Nyiaj Npis xav tsis tas txog cov lus Ci tau hais rau ob tug. <i>(Dream like conversation, reverberation of pervious lines)</i> Chee: Koj cog lus lod, pog? Mim: Kuv cog lus, os.</p>  |
| <p>Door closing</p> <p>Heavy breathing</p>                        | <p><b>Scene 7:</b></p> <p><b>Narrator:</b> Mee has been taking medicines to help strengthen her heart and lower her blood pressure. Over the past few months her heart has been getting stronger. The doctor has okayed Mee and Nhia Bee to start going on walks. When the weather is cold, they walk up and down the house stairs, jump around the house, or go walk around the mall. When the weather is nice, they like to walk briskly around the neighborhood, and on some days, they will go to Phalen Lake. They make note that they have to walk fast enough so that their heart rate increases, they breathe a little heavy, and their bodies are sweating.</p> <p><b>Mee:</b> Hun, I didn't think you could make it around the lake twice.</p> | <p><b>Scene 7:</b></p> <p><b>Narrator:</b> Mim tau noj cov tshuaj kws kho mob tau xaj los pab lub plawv kom muaj zog thiab kom ntshav qis. Ob peb hlis dhau lawm ces Mim lub plawv ho muaj zog ntxiv lawm. Tus kws kko mob tso cai rau Mim thiab Nyiaj Npis mus dhia ua si kom tawm fws tau lawm. Thaum lub caij ntuj no, ob tug mus taug kev nce thiab nqis taw ntaiv hauv tsev, dhia ncig tsev, los mus taug kev tim lub taj laj (store) loj. Thaum huab cuab zoo no ces ob tug nyiam mus taug kev ib ncig ntawv nkawv qab tsib taug. Tej hnuv ces nkawv ho nyiam mus rau ntawm Phalen Lake. Nkawv nco tsoov hais tias nkawv yuav tsum taug kev kom ceev txaus es kom nkawv lub plawv dhia ceev zog, nkawv ua pa hlob zog, thiab kom ob tug lub ces tawm fws.</p> <p><b>Mim:</b> Koj txiv, kuv xav hais tias koj yuav taug kev cig Phalen Lake tsis taus zaum ob lawm no.</p> |



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| <p>Pressure cuff releasing</p>               | <p><b>Nhia Bee:</b> I told you not to question me. Next time, we should bring Chee, too. She seems to like walking with us.</p> <p><b>Mee:</b> We should. The walking makes me sweat and makes my breathing harder (txog txog siav), which makes me feel good. It seems that if you go for a run and take a bath, your body feels lighter.</p> <p><b>Nhia Bee:</b> Remember to measure your blood pressure and record it on the chart. I'll go put your medicines in the boxes (lub tais rau tshuaj).</p> <p><b>Mee:</b> Hun, don't worry about it. I'll do it.</p> <p><b>Nhia Bee:</b> Well, since you helped me with my seizure medications, I will help you.</p> <p><b>Narrator:</b> At home, Mee measures her blood pressure.</p> <p><b>Mee:</b> Hun! My blood pressure is 128/82! It's gone down so much since we started a few months ago!</p> | <p><b>Nyiaj Npis:</b> Kuv hais koj kom koj txob twv kuv neb. Lwm zaug wb tau coj Cis thiab. Nws nyiam nyiam nrog wb pais.</p> <p><b>Mim:</b> Lwm zaus mam coj. Mus taug kev li no ua rau kuv tawm fws thiab ua pa txog siav. Ho ua rau kuv hnov zoo nkaus li kuv lub ces zoo zog tauj lawm thiab, mloog zoo nkaus li lub cev sib zog lawm.</p> <p><b>Nyiaj Npis:</b> Nco qab mus ntsuas koj li ntshav seb siab li cas lawm os, thiab muab sau rau daim ntawv. Kuv mam li mus muab koj cov tshuaj rau ntawm koj lub tais rau tshuaj.</p> <p><b>Mim:</b> Koj txiv, txhob txhawj os. Kuv mam ua los tau.</p> <p><b>Nyiaj Npis:</b> Es, koj pab pab kuv rog kuv cov tshuaj ces kuv mam li pab koj.</p> <p><b>Narrator:</b> Tim tsev, Mim ntsuas nws li ntshav seb siab npaum li cas.</p> <p><b>Mim:</b> Koj tsiv! Kuv ntshav siab 128 rau tus sauv, 82 rau tus hauv! Ob peb hli dhau los no es ua li cas yuav mus poob ntau ua luaj le ne.</p> |
| <p>Students chattering in the background</p> | <p><b>Scene 8:</b><br/><b>Narrator:</b> Lee is at school. He wonders about how his parents are doing. He calls between his classes, concerned about his mom's health. He talks with his father.</p> <p><b>Lee:</b> How is mom's high blood pressure?</p> <p><b>Nhia Bee:</b> It was almost normal the other day. She was so happy.</p> <p><b>Lee:</b> Great. Has Mom been following the doctor's advice?</p>   | <p><b>Scene 8:</b><br/><b>Narrator:</b> Lis nyob tim tsev kawm ntawv. Nws xav txog seb nws niam thiab txiv nyob li cas lawm. Thaum nws lawb nws lub hoob, nws hu mus tsev nrog nws txiv tham.</p> <p><b>Lis:</b> Niam li ntshav puas tseem siab lawm os?</p> <p><b>Nyiaj Npis:</b> Ob hnuv no zoo nkaus li tsis muaj teeb meem dabtsi lawm. Nws zoo siab tiag tiag.</p> <p><b>Lis:</b> Zoo kawg! Niam ho ua li tus kws kho mobhais lawm thiab los?</p>   |



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|  | <p><b>Nhia Bee:</b> I’m helping her with her medicines, and we’ve been careful how much salt she eats.</p> <p><b>Lee:</b> I’m glad to hear that. How are you doing, Dad? I know you really liked the fried food and salty things. The food changes must be hard on you.</p> <p><b>Nhia Bee:</b> The exercise I can do, and the medications...well we’ve been helping each other, so it’s okay. You’re right, though, I miss the fried chicken and salty ribs. I guess it’s not all that bad, though. Your mom has been putting in more black pepper, ginger, basil, herbs, lime, and making more pepper sauce and (kua zaub tshuag). I can actually taste the meat and the freshness of the seasoning.</p> <p><b>Lee:</b> I know you’ve been supporting Mom, and it seems like what you have been doing has helped. Keep supporting her, and please be patient.</p> <p><b>Nhia Bee:</b> Okay, I’ll try.</p> <p><b>Lee:</b> And have you two been talking nice to each other like the doctor said?</p> <p><b>Nhia Bee:</b> We still argue everyday.</p> <p><b>Lee:</b> Dad, my mom has high blood pressure so whatever we want to say to Mom, we can say but only say it in a way that will not make [her angry at us] (chim chim rau wb). I will be done soon and will be back to help out at home. Class is starting, so I have to go. If there is anything, give me a call. Bye.</p> <p><b>Nhia Bee:</b> Okay. (le hov mas)</p> | <p><b>Nyiaj Npis:</b> Kuv pab koj niam nrog cov tshuaj thiab wb rau ntsev tsawg tsawg rau cov mov lawm os.</p> <p><b>Lis:</b> Kuv zoo siab tau hnov li no lawm mas. Es koj nyob li cas lawm xwb os, txiv? Neb muab mov pauv puas nyuaj rau koj thiab?</p> <p><b>Nyiaj Npis:</b> Qhov dhia ua si kom tawm fws mas kuv yeej ua taub os, thiab cov tshuaj...wb yeej sib pab ces tsis muaj dabtsi. Kuv yeej nco cov nqaij kib roj thiab koom qab qab ntsev. Tab sis cov mov tseem noj tau thiab. Koj niam rau hwj txob, txuj lom, maj naus (lime), thiab hau kua zaub tshuag. Noj li nov ho zoo thiab vim rau qhov yus hnov cov nqaij thiab cov zaub qab li cas.</p> <p><b>Lis:</b> Kuv paub hais tias koj yeej pab pab txhawb niam. Khws li ua rau niam zoo zog lawm thiab, es rau rau siab pab txhawb nws, thiab ua siab ntev, os.</p> <p><b>Nyiaj Npis:</b> Awm, mam ua li ntawd mas.</p> <p><b>Lis:</b> Thiab neb hais lus zoo zoo lawm lod?</p> <p><b>Nyiaj Npis:</b> Wb tseem sib ceg txhua hnuv.</p> <p><b>Lis:</b> Txiv, kuv niam muaj ntshav siab lawm, ces thaum wb yuav hais dabtsi rau nws los wb yuav tau hais cov lus kom tsis ua rau nws chim chim rau wb. kuv kawm thias ces ces kuv mas li los pab niam neb os. Lub hoob kawm ntawv pib lawm ces kuv yuav tau mus lawm os. Muaj dabtsi ces hu kuv nawj. Bye.</p> <p><b>Nyiaj Npis:</b> Awm. Ua li ntawd mas.</p> |
|  | <p><b>Scene 9:</b><br/><b>Narrator:</b> Later that night, Mee and Nhia Bee are getting ready for dinner.</p>  | <p><b>Scene 9:</b><br/><b>Narrator:</b> Hmo ntawd Mim thiab Nyiaj Npis npaj hmo noj.</p>  |





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



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| <p><b>Mee:</b> Hun, what you say is good, too, but one of those blood pressure medicines makes me urinate a lot of times every night. I can't get any sleep.</p> <p><b>Nhia Bee:</b> Mee, take your medicine like your doctor says. I like Dr. Chang because he speaks Hmong, and when I have questions, I feel more comfortable asking him in Hmong. He would give me his ideas...like you have to take it with water or it has to be 2 or 3 hours before you can eat something. So the doctor tells me this and I know how to take it and I take it that way and it helps me. Let's call the doctor and see what suggestions s/he has.</p> <p><b>Narrator:</b> Mee talks with the Hmong clinic nurse on the phone. When she hangs up, she tells Nhia Bee:</p> <p><b>Mee:</b> Wow. You had a great idea. The nurse said that the medicine makes me urinate out the fluid I had had in my body and my lungs...that is why my ankles aren't swollen and why I can sleep on one pillow now... The nurse said I should take the pill in the morning and not in the evening like I have been. That way I can pee during the day when I am awake.</p> <p><b>Nhia Bee:</b> See? Sometimes we just need more information about how to take our medicines.</p> <p><b>Mee:</b> Yeah. I will try that. To think about it, all of these changes have helped. Plus, I've lost 11 pounds already. Maybe I should keep doing this so that I can live longer and spend more time with my husband and grandchildren.</p> | <p><b>Mim:</b> Koj txiv, koj hais li ko yeej yog lawm thiab mas, tab sis muaj ib ntsiav tshuaj es ua rau kuv tau mus tso zis ib hmo nkaus na. Pw tsis taus zog khiag li na.</p> <p><b>Nyaj Npis:</b> Mim, noj koj li tshuaj. Kuv nyiam mus saib Dr. Tsab vim rau qhov nws txawj hais lus Hmoob. Yog kuv muaj lus nug li cas los kuv hais lus Hmoob los tau. Tus kws kho mob mam li muab tswv yim...zoo li yus tau hau dej nrog ntsiav tshuaj los yog yus noj ces yus tau tos ob los peb xaub moo (hours) ua ntej yus mam noj mov tau. Tus kws kho mob qhia kuv li no ces kuv noj li nws hais ces ho pab kuv thiab. Los wb sim hu rau Dr. Tsab seb nws puas muaj tswv yim li cas los pab koj.</p> <p><b>Narrator:</b> Mim hu xov tooj mus tham nrog tus nawj (nurse) Hmoob tim lub clinic. Thaum nws khwb xov tooj lawm ces nws ho hais rau Nyaj Npis hais tias:</p> <p><b>Mim:</b> Koj txiv, koj lub tswv yim zoo kawg li thiab, yom. Tus nawj (nurse) hais tias ntsiav tshuaj es ua rau kuv tso zib muab kuv cov dej taan-haaj (Lao for extra) nyob rau hau kuv lub ces thiab lub ntsws thau tawm kom tas...yog vim hais tias kuv noj ntsiav tshuaj ntawd es kuv ob txais ceg thiaj li tsis phaub phaub vog thiab kuv pw tau rog ib lu hauv ncoo (pillow) lawm. Tus nawj (nurse) ho hais kom kuv noj ntsiav tshuaj ntawd thaum yav sawv txov es kuv thiaj li tso zib thaum ruab hnuv xwb.</p> <p><b>Nyaj Npis:</b> Nev. Tej thaum yus yuav tau muv nrhiav kev pab txog txoj kev noj tsuaj.</p> <p><b>Mim:</b> Yog lawm. Kuv mam sim li ntawv mas. Kuv muab xav na, tag nro cov khoom es wb pauv yeej pab kom kuv zoo zog lawm thiab. Ntxiv mus, kuv ho poob 11 pound lawm. Tej zaum kuv tau rau siab ua li no es kom kuv ho tau nyob ntev zog nrog kuv tus txiv thiab cov menyuam.</p> |
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| <p>Plane taking off</p>      | <p><b>Narrator:</b> Mee continues to get healthier. Her husband still exercises with her and helps manage her hypertension. Many years pass. Now Mee is still healthy. She has more energy, no leg swelling, less dizziness, and is able to sleep on one pillow without becoming short of breath. Nhia Bee remembers his words. Today, he is taking Mee to the places she has never been before.</p>  | <p><b>Narrator:</b> Mim ho zoo zuj zus txiv lawm. Nyiaj Npis tseem rog Mim dhia ua si kom tawm fws thiab pab Mim tswj qhov mob ntshav siab. Ntau xyoo dhau lawm. Nws lub ces muaj zog tuaj lawm, ceg tsis phaub phaub vog, tsis daj muag lawm, thiab nws pw tau rog ib lu hauv ncoo (pillow) lawm xwb. Nyiaj Npis tseem nco nws cov lus. Hnub no, Nyiaj Npis coj Mim mus rau cov chaw es Mim tsis tau mus pom dua.</p> |
| <p>Music fades out . . .</p> | <p><b>Narrator:</b> Thank you for joining us today. If you have any questions about hypertension or any part of this story, you are encouraged to contact your health care provider.</p> <p><b>Ending:</b><br/>This radio story was a production of SoLaHmo Partnership for Health and Wellness, a program of West Side Community Health Services, and was recorded and edited at KMSU studios. This program was made possible with generous support from the UCare Fund and the Clinical and Translational Science Institute at the University of Minnesota.” (List authors and actors and the recording studio editor.)</p> | <p><b>Narrator:</b> Ua tsaug ntau rau nej lub sib hawm tuaj koom peb hnub no. Yog muaj lus nug txog mob ntshav siab los tej yam nyob rau hauv cov lus yeeb yam (story) no, thov nrog nej tus kws kho mob tham.</p> <p><b>Ending:</b></p>   |