**Main Characters:** Faduma Mohamed (Female Patient)

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

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

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

<table>
<thead>
<tr>
<th>Sound effects/music</th>
<th>Audio: English</th>
<th>Audio: Somali</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening music fades in...</td>
<td>Opening: Standard</td>
<td>Opening: Standard</td>
</tr>
<tr>
<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>
<td>Isbahaysiga SoLaHmo ee Caafimaadka iyo Ladnaanta waa barnaamiij ka tirsan West Side Community Health Services. Waxaan ka koobannahay xubno u dhashay jaaliyada Soomaalida, Laatinada iyo Hmong-k oo la shaqeeynaya cilm-baarayaal iyo shaqaaale caafimaad si aan isbaddal ugu sameeyno caafimaadka jaaliyadaheena. Sheekada aad dhageeysan doontid waxay ku salaysan tahay dhaqdooyin run ah. Waxaan u mahad celinaynaa qoysaska nala wadaagay dhaqdooyinka noloshooda oo dhabta ah kuwaasoo noo suurso galiyay inaan ka sameeyno sheekadan raadiyaha. Dhamaan magacyada ku jira sheekadan waa la baddalay si loo ilaaliyo xuquuqdooda qarsoodiga.</td>
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</table>
**Narrator:** Faduma is a 50-year-old Somali woman who has been feeling ill for some time. Upon several requests from her daughters, Faduma reluctantly accepts to visit her doctor to find out what is causing her illness. As Faduma and her daughter Asma check in at the clinic, Faduma voices her concern about the ability of Western medicine to heal her.

| **Door opens as they enter clinic** | **Scene 1:**  
Asma: Mom, we need to find out why you are so sick all the time.  
Faduma: We shall see, I doubt they will be able to do much for me.  
Asma: Hello, I am checking my mother in for her visit with Dr. Brown.  
Deb: Can I have your insurance card and ID please?  
Asma: Mom give me your purse so that I can get the insurance card.  
Faduma: Do they want the card every time?! Didn’t I give them the information last time?  
Asma: Yes, yes, Mom! |
|---|---|
| **Intercom:**  
Paging Dr. Smith |
| **Qeebta 1:**  
Asma: Hooyo, waxaan u baahannahay inaan ogaanno waxa aad mar walba aadka ugu xanuunsan tahay.  
Faduma: Bal aan aragno, uma maleeynayo inay wax badan iga qaban doonaane.  
Asma: Iska waran, waxaan xaadirinayaah hooyadey oo ballan la leh Dr. Brown.  
Deb: Ma ii dhiibti kartaa kaarkeeda caafimaadka iyo aqoonsigeeda fadlan?  
Asma: Hooyo ii dhiib boorsadaada si aan uga soo saaro kaarkaaga caafimaadka.  
Faduma: Mar walba ma waxay doonayaan kaarka?! Maalintii hore oon imid soo anigii siiyay macluumaadka?  
Asma: Bas, bas, hooyo! |
Foot steps towards the exam room

**Deb:** You are all checked in; please take a seat the nurse will get you once ready.

**Asma:** Mom, I understand but relying only on God’s will alone without seeking treatment is not enough to help you get better. This is not like Africa; you have access to resources that are to your benefit. I think you should utilize them.

**Faduma:** My faith in God has gotten me this far. I don’t need a doctor to tell me how much I have left on this earth. Now let’s get out of here!

**Asma:** No, Mom. Please, let’s at least find out what is wrong.

**Faduma:** Ok, but what is taking so long?

**Asma:** Be patient mom.

**Deb:** Waaan ku xaadiriyay. Fadlan fariista, kalkaalisada ayaa idiin yeedhi doonta markay diyaar tahay.

**Asma:** Hooyo, Waan ku fahansanahay, laakiin inaad Ilaahey amarkiisa uun isku xirto kaliya adigoo isdaawayn kuma ladnaanaysid. Halkan Afrika oo kale ma ahan oo waxaad haysataa kaalmo aad isticmaali kartid oo faaide kuugu jirto. Siday ila tahay waa inaad ka faaoidaysatid.

**Faduma:** Ilmaanka aan Ilaahey ku qabo ayaa halkan i soo gaadhsiiyay. Ugama baahni dhakhtar inuu ii sheego wakhtiga dunidan iigu hadhay. Inaga mari meeshan!

**Asma:** Maya, hooyo. Fadlan, aan ogaano kaliya waxa ku haya.

**Faduma:** Haye, laakiin maxay sidan noogu daahinayaan?

**Asma:** Iska samir hooyo.

Doctor knocks door.

**Scene 2:**

**Narrator:** Ten minutes later, Faduma and Asma are sitting in the exam room when the doctor comes and greets them.

**Dr. Brown:** So, Fadumo, how have you been since I saw you a year ago? What are you in for today?

**Asma:** We are here because my mom has not been feeling well lately.

**Dr. Brown:** What seems to be the problem?

**Asma:** Mom, what are your exact

**Qeebta 2:**

**Narrator:** Toban daqiiqo ka bid, Faadumo iyo Asma oo qolka wisiitada fadhiya ayay dhakhtaradii u soo gashay oo salaantay.

**Dr. Brown:** Haye, Faadumo, xaalkaaga ka waran sanadkii aanan ku arag? Maxaad maanta u timid?

**Asma:** Waxaan u nimid hooyadey ayaa xanuunsaneysa baryahan.

**Dr. Brown:** Muxuu yahay dhibka jira?

**Asma:** Hooyo, sidee laguu hayaa?
<table>
<thead>
<tr>
<th>Door opens/shuts after doctor exits</th>
<th>symptoms?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Faduma:</strong> I’m fine, nothing serious. Tell her, I don’t know what is wrong with me. I keep going to the bathroom a lot. I drink a lot of water, but it’s not quenching my thirst. Urine! Urine!</td>
<td></td>
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<tr>
<td><strong>Dr. Brown:</strong> I can see that you are concerned. Tell me, how long have you been feeling this way?</td>
<td></td>
</tr>
<tr>
<td><strong>Faduma:</strong> For about a month now, but it’s getting worse. And I am losing weight… I feel like I am disappearing in front of my eyes!</td>
<td></td>
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<tr>
<td><strong>Dr. Brown:</strong> I will send you to the lab to get a glucose test and other blood work. When I have the results, I will return to talk with you about them.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Doctor knocks on door and enters.</th>
<th><strong>Faduma:</strong> Waan fiicanahay, wax weyn ma jiraan. U sheeg, ma garanayo waxa i haya. Waxaan uun mar walba galaa musquusha. Biyo badan ayaan cabaa laakiin igama gooyaan haraadka. Kaadi uun! Kaadi!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dr. Brown:</strong> Waxaan arkaa inaad walaacsan tahay. Li sheeg, muddo intee dhan ayaad sidan dareemaysay?</td>
<td></td>
</tr>
<tr>
<td><strong>Faduma:</strong> Adigu illaa bil hadda, laakiin waan ka sii darayaa. Waanan dhuubtay...waxay ila tahay uun inaan sii siibanayo anoo u jeeda!</td>
<td></td>
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<tr>
<td><strong>Dr. Brown:</strong> Waxaan kuu dirayaa shaybaarka si ay kaaga baaraan sokorta oo dhiigag kalena ay kaaga qaadaan. Markaana jawaabta helo, waan kuu soo noqonayaa si aan kaala hadlo natiijada.</td>
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<thead>
<tr>
<th>Doctor typing on the computer</th>
<th><strong>Qeebta 3:</strong> <strong>Narrator:</strong> Soddon daqiiqo ka dib, Asma iyo Faadumo oo dhakhtaraddii sugaya ay u timid.</th>
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</thead>
<tbody>
<tr>
<td><strong>Dr. Brown:</strong> Faaduma, most of you lab work is not ready; it will take a couple of days for me to see all of the test results. But I am very concern about your glucose level. Your blood glucose level today is 360. That is too high! This is an indication that you are diabetic.</td>
<td></td>
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</tbody>
</table>
Faduma: What is she talking about?

Asma: Hooyo [Mom], the doctor said you have diabetes, wait, let’s find out more about it.

Faduma: Bismillah, tabarakAllah [prayer] What is diabetes?

Dr. Brown: You have type II diabetes. This is a disease in which the sugar (or glucose) level in the blood is high. The high sugar causes the symptoms you are having now: increased urination, extreme thirst and unexplained weight loss.

Asma: How serious is it? What can we do to help our mother get better?

Dr. Brown: Well, it is serious. Long-term diabetes complications that you could develop are vision problems; your feet and skin can develop sores and infections; and some times nerves in your body can get damaged, which causes pain, tingling and numbness. Even though this is a serious condition, people can successfully manage with diet and exercise changes and live a productive life. We will start you with medication immediately. I will refer you to our diabetes educator and dietician.

Asma: Thank you Dr. Brown, that will help us a lot.

Faduma: Maxay ka hadlaysaa?

Asma: Hooyo, dhakhtaradu waxay ku tidhi sokor ayaad qabtaa ee sug aan wax siyaado ah ka ogaanee.

Faduma: Bismillah, tabarakAllah. Waa maxay sokorna?


Asma: Halisteedu waa intee? Maxaan u qaban karna hooyadeen si ay u ladnaato?


Asma: Mahadsanid Dr. Brown, taasi aad ayay noo caawinaysaa.

Asma: Mahadsanid Dr. Brown, taasi aad ayay noo caawinaysaa.
<table>
<thead>
<tr>
<th>Scene 5: Narrator: Asma and Faduma visit a dietician two days later. Once she got over her initial shock, Faduma has been avoiding speaking about her illness to anyone.</th>
<th>Sound of hospital environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scene 5: Narrator: Asma and Faduma visit a dietician two days later. Once she got over her initial shock, Faduma has been avoiding speaking about her illness to anyone.</td>
<td>Sound of paper/chairs moving</td>
</tr>
<tr>
<td>Qeebta 5: Narrator: Asma iyo Faadumo waxay soo boqdeen khabirkiin nafaqada labo bari ka dib. Markay naxdintii hore ka soo kabsatay, Faadumo waxay diiday inay qofna kala hadasho cudurkeeda.</td>
<td>talking on the back.</td>
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<tr>
<td>Qeebta 5: Narrator: Asma iyo Faadumo waxay soo boqdeen khabirkiin nafaqada labo bari ka dib. Markay naxdintii hore ka soo kabsatay, Faadumo waxay diiday inay qofna kala hadasho cudurkeeda.</td>
<td>Crying female....</td>
</tr>
<tr>
<td>Qeebta 5: Narrator: Asma iyo Faadumo waxay soo boqdeen khabirkiin nafaqada labo bari ka dib. Markay naxdintii hore ka soo kabsatay, Faadumo waxay diiday inay qofna kala hadasho cudurkeeda.</td>
<td>Two females crying..</td>
</tr>
<tr>
<td>Dhakhtaradu u soo sheegtay. Waxay iyagoon kalmad is dhaafsan ka tageen dhakhtarkii iyagoo farmashiyaha si maray ka dibna guriqooda tagay. Labadoodaba waxaa haya murugo iyo walwal.</td>
<td>talking on the back.</td>
</tr>
<tr>
<td>Asma: Mom, don’t be scared, we will figure this out together and find out what we can do so your health gets better.</td>
<td>Crying female....</td>
</tr>
<tr>
<td>Faduma: It is all in God’s hands my dear. [Crys]</td>
<td>Two females crying..</td>
</tr>
<tr>
<td>Asma: Don’t worry Mom. You heard what the doctor said. You could live with the diabetes and successfully manage it through diet and exercise changes. We have an appointment with someone who will teach us how to make those changes. Please Mom, please don’t cry.</td>
<td>talking on the back.</td>
</tr>
<tr>
<td>Faduma: You are right, this is the time to turn to Allah for guidance. There is no reason to cry. It is all upto Allah</td>
<td>Crying female....</td>
</tr>
<tr>
<td>Asma: Hooyo, waxba ha baqin, waan u wada joognaa arrinkan waxaanandh wada baraneeynaa waa xan ka qaban karno si uu caafimaadkaagu u fiicnaado.</td>
<td>Two females crying..</td>
</tr>
<tr>
<td>Faduma: Wax waliba Ilaaheey gacantiisa ayay ku jiraan macaaneey. [Crys]</td>
<td>talking on the back.</td>
</tr>
<tr>
<td>Faduma: Waa runtaa, kani waa wakhtigii aan Ilaahey talo saaran lahaa. Wax waliba Ilaaheey ayay ku xidhan yihii.</td>
<td>Two females crying..</td>
</tr>
<tr>
<td>Mary: Welcome Faduma. Dr. Brown sent me your file. It looks like you were recently diagnosed with diabetes.</td>
<td>talking on the back.</td>
</tr>
</tbody>
</table>
**When the dietician lists the food, make sure she speaks slowly and clearly so people understand and remember.**

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

### Have Faduma clear her throat couple of times.

<table>
<thead>
<tr>
<th>Actors: Should make different tones of sound when</th>
<th>Do you eat any vegetables?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Faduma</strong>: Only the mixed vegetables we put in the pasta sauce.</td>
<td><strong>Faduma</strong>: Only the mixed vegetables we put in the pasta sauce.</td>
</tr>
<tr>
<td><strong>Mary</strong>: How about salads?</td>
<td><strong>Mary</strong>: How about salads?</td>
</tr>
<tr>
<td><strong>Faduma</strong>: Well, I don’t like salads, it’s like you are eating grass.</td>
<td><strong>Faduma</strong>: Only the mixed vegetables we put in the pasta sauce.</td>
</tr>
<tr>
<td><strong>Mary</strong>: I understand that you are used to eating certain ways and you enjoy it too. However you have to change this for your well-being. I recommend that you cut-down on your red meat and eat less meat all around, or eat fish. It is also important to bake or steam your food instead of frying it. And use olive oil or canola in your cooking instead of butter or other animal fats. Again, you have to cut-down red meat, pasta, rice, and pancakes. It’s best that you increase the amount of vegetables in your diet.</td>
<td><strong>Faduma</strong>: Only the mixed vegetables we put in the pasta sauce.</td>
</tr>
<tr>
<td><strong>Faduma</strong>: Is she crazy? Are you telling me that I can’t fry my meat? No, I can’t do that! It’s tasteless! I don’t even like fish! I prefer goat meat, like the rest of my family.</td>
<td><strong>Faduma</strong>: Only the mixed vegetables we put in the pasta sauce.</td>
</tr>
<tr>
<td><strong>Asma</strong>: Mary, what about goat meat? Do we have to stop that?</td>
<td><strong>Asma</strong>: Mary, what about goat meat? Do we have to stop that?</td>
</tr>
<tr>
<td><strong>Mary</strong>: Overall, any kind of animal</td>
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</tr>
<tr>
<td><strong>Mary</strong>: You have to cut-down red meat, pasta, rice, and pancakes. It’s best that you increase the amount of vegetables in your diet.</td>
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</tr>
<tr>
<td><strong>Faduma</strong>: Kaliya kuwa isku darsan oon ku karsano suugada baastada.</td>
<td><strong>Faduma</strong>: Kaliya kuwa isku darsan oon ku karsano suugada baastada.</td>
</tr>
<tr>
<td><strong>Mary</strong>: Ka waran aansalaatada?</td>
<td><strong>Mary</strong>: Ka waran aansalaatada?</td>
</tr>
<tr>
<td><strong>Faduma</strong>: Ma jecli aansalaatada, waa adigoo caws cunay oo kale.</td>
<td><strong>Faduma</strong>: Ma jecli aansalaatada, waa adigoo caws cunay oo kale.</td>
</tr>
<tr>
<td><strong>Mary</strong>: Waan fahansanahay inaad u baratay inaad siyaabo kuu gaar ah u baratay inaad wax u cunto ood jeceshayna. Balse waa inaad caafimaadkaaga dartii isku baddashaa. Waxaan kugula talinaya inaad hilibka cas iska yarayso ood hilibka sidistasaba iska yarayso ama aad kalluun cuntid. Waxa uu la roo inaad raashinkulla inaad loo baqsanayso inaad suugaan dhowin macluumaadka ah. Ha yar waa inaad cuntada dubto ama huriso intaad shiili lahayd. Waxaadna isticmaalaha oliooyin lidaama ama kanola markaad wax karsanayo inaad isticmaalaha lahayd xaydha subaga ama xaydha kaloo xoolaha. Mar kale waa inaad iska yaraysaa hilibka cas, baastada, bariiska iyo canjeerada. Waxa uu roon inaad raashinkalaaga ku badisid khudaarta.</td>
<td><strong>Mary</strong>: Overall, any kind of animal</td>
</tr>
<tr>
<td><strong>Asma</strong>: Mary, hilibka ariga ka waran? Ma inaan iska joojinaa?</td>
<td><strong>Asma</strong>: Mary, hilibka ariga ka waran? Ma inaan iska joojinaa?</td>
</tr>
<tr>
<td><strong>Mary</strong>: Guud ahaan, xaydha xoolaha</td>
<td><strong>Mary</strong>: Guud ahaan, xaydha xoolaha</td>
</tr>
</tbody>
</table>
**Faduma is talking in this scene, show how angry she is.**

Fat is bad for us, so avoiding meat and using healthy oils is best. But as far as meat goes, goat meat is much less fatty than beef, and is even comparable to chicken.

**Asma:** Thanks for explaining that. I am sure we can cut down.

**Faduma:** Cut down? Are you crazy? Are you joining her in attacking our diet? What do you mean?

**Asma:** Mom, I understand this will be hard but we will all help you with this you don’t have to do it alone.

**Asma:** Do we have to eat organic food from now on?

**Mary:** It is really not true that you must eat organic in order to be healthy, but certainly eating organic can be a good idea, if your family wants to do that. Foods don’t have to be organic. The most important things for people with diabetes are: adding more vegetables, eating fewer carbohydrates like pasta and cutting down on meats. I am going to give you a packet for you to take home so please read it. In it you will find information on how to cook food for people with diabetes along with different physical activities to do. Please come back and see me in one month so I can help you more. And call me if you have any questions before then.

**oo dhan nooma wanaagsana. Sidaas darteed waxaa fiican in la iska daayo hilibka oo la isticmaalaa saliidaha caafimaadku ku jiro. Laakiin marka laga hadlayo hilibka, kan arigu in badan ayuu ka xaydh yar yahay midka lo’da, wuxuuna u dhigmaa digaaga.**

**Asma:** Waad ku mahadsan tahay inaad noo faafahfaahisay. Waan hubaa inaan iska yarayn karno.

**Faduma:** Yareeyn aa? Miyaad waalatay? Ma ayadaad igala safatay ood cuntadeena wax ka sheegaysaa? Maxaad u jeedaa?

**Asma:** Hooyo, waan fahansanahay inay tani kugu adkaan doonto laakiin kuligeen waan kaa caawinaynaa si aadan kaligaa ugu noqon.

**Asma:** Ma waxaa nalaka rabaa inaan cuntada organic-ga ah kaliya cunno hadda ka dib?

### Scene 6:

**Narrator:** Several weeks have passed and Faduma continues to be in denial. When her daughters are not around, Faduma eats what she wants and drinks her sugary black tea. Asma has prepared her breakfast today before Faduma goes to work cleaning hotel rooms.

- **Faduma:** What is this tasteless thing you brought for me?
- **Asma:** I didn’t make it with the sugar, here is the sugar bowl. I brought you the bowl so that you can add just a little bit.
- **Faduma:** I can’t drink this! It tastes terrible when you add sugar on top. Why didn’t you just make it just like we always make it?
- **Asma:** I am sorry mom. I am just trying to follow what the dietician said about cuttting down on sugary tea.
- **Faduma** [angry]: What do they know? Allah knows when my time will come and all these different restrictions are too difficult to follow. I have started

### Qeetbta 6:

**Narrator:** Dhowr usbuuc ayaa ka soo wareegay iyadoo Faadumo ay wali ismoogaysiin ku sugan tayihay. Markay gabadhaheedu ka maqan yiihiin, Faadumo waxay cuntaa wixii ay doonto waxayn iska cabtaa shaheeedi sokorta badnaa. Maanta waxay Asma u diyaarisay hooyadeed quraac intaysan Faadumo aadin shaqadeedii ahayd inay nadiifiso qolalka hudheelada.

- **Faduma:** Naa waa maxay waxaan aan dhadhanka lahayn ood ii keentay?
- **Asma:** Kumaan darin sokor, waa kan baquligii sokorta. Waxaan kuugu soo qaaday baquliga si aad ugu darsato wax yar.
- **Faduma:** Waxaan ma cabi karo! Dhadhan ma leh markaad korka uga darto sokorta. Maxaad sidii aan walligeen u sameeysan jirnay ugu soo sameeyn wayday?
- **Asma:** Raali noqo hooyo. Waxaan uun isku dayay inaan raaco wixii ay noo soo sheegtay gabdhii raashinka ku takhasustay oo ahayd inaad iska yareeyso shaaha sokorta leh.
- **Faduma** [angry]: Maxay garanayaan? Ilaahey uunbaa ogmarkuu wakhtigaygu imanayo wayna iga adag
| Door opens/shuts | taking xabad-sowdo and I believe that it is the best medicine for me.  
| **Asma:** Yes, but Mom you have diabetes now. You have to be careful.  
| **Faduma** [frustrated]: Don’t tell me what to do. You are just a little girl and doctors don’t know everything.  
| **Asma:** Do you want me to make you a new cup of tea?  
| **Faduma** [angry]: No, I will be late for work, but next time just make my tea the way I like it. I will just add sugar to this one and take it.  
| yihii inaan aqbal wuxaanoo cadaadis ah. Waxaan bilaabay inaan cuno xabad-sowdo wuxaanoo qabaa inay tahay dawada iigu wanaagsan.  
| **Asma:** Haa, laakiin hadda waxaad qabtaa sokor hooyo. Waa inaad iska taxadartaa.  
| **Faduma** [frustrated]: Ha i amrin aniga. Waxaad tahay dhocil yar dhaqaatiirtuna wax walba ma garanayaan.  
| **Asma:** Ma waxaad rabtaa inaan ku soo sameeyo koob shaah ah oo cusub?  
| **Faduma** [angry]: Maya, shaqadaan ka habsaamayaa, laakiin marka dambe waa inaad shaaha iigu soo sameeyso sidaan jeclahay. Kan ayaan sokor ku darsanayaa oon qaadanayaa. |

| Sound effect of: Someone falling. | Scene 7:  
| **Narrator:** By the middle of her shift, Faduma starts to feel weaker and tired. All of the sudden, she faints and collapsed on the floor in a hotel room. Fortunately her supervisor is there, sees her on the floor, and desperately goes to her rescue.  
| **James:** Faduma! Faduma! Oh my God! Faduma can hear me? Can you move? Oh my God, she is not moving! I have to call 911.  
| **James:** Hello? Yes, I need an ambulance! One of my employees passed out on the floor and she not responding. Please hurry! |

| Phone dialing. | Qeebta 7:  
| **Narrator:** Shaqaadii markay dhex u marayo ayaay Faadumo iska dareentay daciifnimo iyo daal. Si kadis ah ayay intay suuxday qolka hudheelka ku dhex dhacday. Nasiib wanaag, waxaa joogay ninkii ay u shaqeeynaysay oo intuu arkay iyadoo dhulka taala si naxdin leh ugu soo cararay.  
| **James:** Faadumo! Faadumo! Alla Ilahayow! Faadumo ma i maqashaa? Ma nuuxsan kartaa? Alla Ilahayow! Maba nuuxsaneeyso! Waa inaad waa 911.  
<p>| <strong>James:</strong> Hello? Haa, waxaan u baahanahay aambalaas! Shaqaalahaayga mid ka mid ah ayaa suuxday mana ii jawabayso. Fadlan |</p>
<table>
<thead>
<tr>
<th>Phone dialing</th>
<th>soo dhaqsada!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sound of ambulance</td>
<td></td>
</tr>
<tr>
<td>Footsteps doctor walks in.</td>
<td>Dr. Williams: Iska waran Faadumo, sideed dareemaysaa hadda?</td>
</tr>
<tr>
<td>Scene 8: Narrator: Paramedics rush Faduma to the emergency room. She has regained consciousness but is still groggy and weak. Dr. Williams runs a number tests and finds that her sugar level is very high. After administering IV fluids and a dose of insulin, Faduma starts to feel better. Her daughter Asma is by her side when the doctor comes with more test results.</td>
<td>Faduma: Madaxaa aad i xanuunaya waxaanana dareemaya daal fara badan. Maxaa dhacay? Xageen joogaa? Waxaa iigu war dambaysay anigoo shaqada jooga oo u foorarsaday inaan sariir goglo.</td>
</tr>
<tr>
<td>Dr. Williams: Hello, how are you feeling now Fadumo?</td>
<td>Dr. Williams: Shaqada ayaad ku suuxday oo waxaa aambalaas laguuge keenay rugta caafimaadka deg-dega ah. Faadumo sokorta dhiigaaga aad ayay u sarreeyesaa. Waxay ahayd 510. Sokorta siday u sarreysa waad u dhiman kartaa. Muddo intee ah ayaad qabtay sokorta?</td>
</tr>
<tr>
<td>Faduma: I have a big headache and I am really tired. What happened? Where am I? The last thing I remember is bending down to make the bed at work.</td>
<td>Faduma: Dhowaan ayaa la igu soo sheegay. Maxaad ka wadaa 510?</td>
</tr>
<tr>
<td>Dr. Williams: Well, you collapsed at work and were brought in an ambulance to the emergency room. Faduma, your blood glucose was very high. It was 510. High sugars like that can kill you. How long have you had diabetes?</td>
<td>Dr. Williams: Glucose-tu waa sokorta dabiiiciga ah oo dhiigaaga ku jirta oo uu jirkaagu ka dhiigto tamarta uu ku shaqeeyo. Qofka sidadood kale</td>
</tr>
<tr>
<td>Faduma: I was recently diagnosed. What do you mean by 510?</td>
<td></td>
</tr>
<tr>
<td>Dr. Williams: Your blood glucose is the natural sugar in your blood that your body uses for energy. For someone with diabetes like you the level should be below 200. Yours was</td>
<td></td>
</tr>
</tbody>
</table>
SoLaHmo Voices: Somali – Type 2 Diabetes

Young female crying

510 and that is too high and it is dangerous.

Asma: Is it still high now?

Dr. Williams: No, it has improved with the IV insulin and IV fluids. It is now 320.

Asma: Praise be to Allah. This is so frightening.

Dr. Williams: I understand you are scared, but I have to tell your mom what the reality of her condition. I am going to increase your medicine Fadumo. I recommend you see your primary doctor as soon as possible. It could be best if you start giving yourself insulin with a needle. For now, I would suggest you stay home from work until your glucose levels are under better control, because we don’t want you collapsing like you did today.

Faduma [scared]: Thank you, doctor. I will do my best.

Music fading....

Scene 9:

Narrator: Faduma cannot stop thinking about what Dr. Williams just told her and feels depressed. She is concerned about losing her job. And she wonders how she is going to give herself shots when she is scared of needles? She even contemplates the idea of returning to Somalia, and forgetting that this disease even exists. Her family is desperate to make her be reasonable. Without

Qeebta 9:

Narrator: Faadumo waxay joojin la’da haxay fikirka ay ka qaaday wixii uu Dr. Williams ku soo yidhi waxayna dareemaysaa murugo. Waxay ka walaacsan tahay inay shaqadeeda waydo. Waxayna ka yaaban tahay siday isku duri doonto maadama ay cirbadahA ka cabsato. Waxay xataa ku fakartay inay cudurkaba iska ilowdo oo ay Soomaaliya isaga noqoto. Qoyskeedu waxay isku
consulting her, Asma takes Faduma for a check up with the physician.

**Dr. Brown:** Fadumo, I understand that you have been really sick.

**Faduma:** Yes, I was rushed in to the emergency room.

**Dr. Brown:** Your chart shows that your first blood glucose level was 510. That is extremely dangerous. Let’s do some testing today and see if there have been any changes for the past two days.

**Narrator:** The doctor tested Faduma and her blood glucose is at 450.

**Dr. Brown:** I am sorry to say this, but your blood glucose is still very high. It is 450. Let’s talk about your diabetes management plan. I agree with the doctor who saw you the other day that you have to start insulin injections.

**Faduma:** Oh no, not injections! I hate needles.

**Dr. Brown:** Many people do. But let me reassure you that the needles are so small, and that people get over their fear. Once you feel better, you may even agree that the insulin was a good idea.

**Faduma:** [In a low voice] I doubt it.

**Dr. Brown:** I know you are scared but...
it’s really important for you to take this daily injection. Your daughters are very involved with your health so they can help you with your injections. The nurse will come in to demonstrate how to use the insulin and your daughter can learn too.

Faduma: [In a low voice] We’ll see.

Dr. Brown: I also want to talk to you about what else you are doing to manage your diabetes. I know your dietician made some diet and exercise recommendations. How is that going?

Asma: Dr. Brown, my mother is not really following the dietician’s recommendations. She changed her diet initially, but now she eats the same way she was before her diagnosis.

Faduma: It is really hard to change your habits after a lifetime of eating one way. Besides that kind of eating is tasteless to me.

Dr. Brown: I know that changing habits and adjusting to new ways is a challenge. But, in order for you to improve, you have to change the way you eat. For example, there are different ways for you to sweeten your tea like adding a sugar substitute. Asma, do you know what those are?

Asma: You mean, like aspartame and...
**Stevia?**

**Dr. Brown:** Yes, just like those. You can also experiment with adding different ingredients to your salads like nuts to make them tastier. I will send you back to the dietician.

**Faduma:** Ok, but she didn’t help me. She told me to make too many changes.

**Dr. Brown:** Ok, then let’s make an agreement. Of the many changes, which one could you do?

**Faduma:** I want to keep my sweet tea.

**Dr. Brown:** Ok, then put the sugar substitute in your tea.

**Faduma:** And then I can eat as much rice and pasta as I want?

**Dr. Brown:** I suggest making that your second change. Once you have switched the type of sweetener in your tea, then eat less rice or pasta. How much you are eating now?

**Narrator:** Faduma pointed to a bowl in the doctor’s office.

**Faduma:** About that size.

**Dr. Brown:** This is too much. This is about 4 cups. You ultimately need to cut down to ½ cup and eat it with more vegetables.

**Faduma:** I can’t only eat ½ cup!

---

**Asma:** Ma waxaad u jeedaa kuwa la midka ha aspartame iyo stevia?

**Dr. Brown:** Haa, kuwaasoo kale. Waxaad kaloo isku dayi kartaa inaad waxyabo kala duwan ku darsatid aansalaatada sida lawska si ay kuugu macaanaadaan. Waxaan dib kuugu dirayaa aqoon yahay nafaqada.

**Faduma:** Haye, laakiin ima aysan caawin. Waxay igu dhahday waxyabo aad u badan iska baddal.

**Dr. Brown:** Haye, marka aan is afgarano. Waxyaabihii badnaa oo lagu yidhi baddal, kuweed ka sameyn kartaa?

**Faduma:** Waa aan rabaa inaan wado shaheeyay macaan.

**Dr. Brown:** Haye, marka ku darso shaaha waxyabaha sokorta u dhigma.

**Faduma:** Markaas bariiska iyo baastada ma sidaan rabo ayaan u cunaa?

**Dr. Brown:** Waxaan kugula talin lahaa inaad taas ka dhigato isbaddalkaaga labaad. Markaad baddasho waxa aad ku macaaneyso shaaha, waxaad yareeysaab baastada iyo bariiska inta aad ka cunto. Intee ayaad hadda cuntaa?

**Narrator:** Faduma waxay dhakhtarada u tilmaantay baa qoli xafiiskeeda yaalay.

**Fadumo:** Kaasoo kale.

**Dr. Brown:** Intani aad ayay u badan
| Scene 10: | Narrator: But Faduma is not yet ready for that change. One day she calls her family in Africa to cheer herself up. All of a sudden she discovers her family is mourning the death of her dearest uncle. Due to diabetes, he suffered a kidney infection that caused kidney failure and led to his death. Faduma cries continually and is inconsolable.  

Faduma:  
[Crying]...Diabetes...diabetes... I can’t believe it. Allah, please help me. This is what the doctor was warning me about. I need to start changing or I will end like my dear uncle. Allah, please help me overcome this hardship. InshaAllah, I will overcome diabetes... diabetes... InshaAllah. |

| Scene 11: | Narrator: Her husband comes home to find Faduma crying. For the first time in months, Faduma is able to... |

| Qeebta 10: | Narrator: Laakiin Faadumo wail diyaar uma ahan inay isbaddasho. Maalintii dambe waxay wacday ehelkeedii Afrika joogay si ay niyadda ugu dhisato. Waxaa kadis ku noqtay inay wacday reerka oo u fadhiya tacsida abtigeed oo ay jeclayd. Sokor darteed ayaa cudur ka galay kalyaha kaasoo ku keenay inay kalyihii fadhistaan, wuuna u dhintay. Faadumo waxay kala goyn wayday oohin waana la aamusin waayay.  

Faduma:  
[Crying]...Sokor...oskor... Ma rumaysan karoo. Ilaahow ii gargaar. Waa wixii ay dhakhtaradu iiga digaysay. Waxaa u baahana hay inaan isbaddalo haddii kale waxaa noqonayaa sida abtigay macaan oo kale. Ilaahow iga soo gaar dhibaatadaan. InshaAllah waan ka adkaan doonaa sokorta... sokorta... InshaAllah. |

| Qeebta 11: | Narrator: Ninkeedii ayaa wuxuu guriga yimid faadumo oo wali ooyaysa. Markii ugu horraysay... |
openly talk about her diagnosis and her fears, searching for advice.

**Ahmed:** You have to start doing something about this disease before it cuts your life short. As a Muslim, I believe our day is written, but I remember the prophet [SAW] said “Trust in God but tie up your camel…” In this case your camel is your health and you have to take care of it even though we know that our time is written.

**Faduma:** You are right. The prophet was wise [SAW]. I want to be a good example for my children and granddaughter. I promise that I will follow all the doctor’s recommendations.

**Ahmed:** I am happy to hear that. I have been so worried about you.

muddo bilo ah, ayay Faadumo awood u yeelatay inay si cad uga hadasho cudurka laga soo sheegay iyo cabsiyaha ay qabto, iyadoo talo doonaysa.

**Ahmed:** Waa inaad wax ka qabataa cudurkaan intusani noloshaada kaa kala goyn. Muslim ahaan, waxaan aaminsanahay inay malintaadu qoran tahay, laakiin waxaan xasuustaa inuu nabigu yidhi (SCW) “Ilaheey aamin laakiin neefkaaga geela ah dabro.” Hadda neefkaaga geela ah waa caafimaadkaaga, waana inaad ka taxadartaa inksatoo aan ognahay inuu wakhtigeenu qoran yahay.

**Faduma:** Waa runtaa. Nabigu wuu xikmad badnaa (SCW). Waxaan rabaa inaan tusaale fiican u noqdo caruurtayda iyo gabadhaan ayeeyada u ahay. Waxaa ballan ah inaan dhakhtarada talooyinkeeda oo dhan raaci doono.

**Ahmed:** Waan ku farxay inaan taas maqlo. Aad ayaan kaaga walwalsanaa.

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**Sound of family laughing/sound of dishes etc.**  
**Scene 12:**  
**Narrator:** Faduma has started to change her habits. The family is currently in the kitchen where they are trying new healthier recipes and learning from a diabetes cookbook. This evening the family is making brown rice with a side of string beans and a green salad.

**Faduma:** Asma this tastes so good! You have to show me this recipe so that I can prepare it more often.

**Asma:** I am so happy for you, Mom! It Qeebta 12:  
**Narrator:** Faadumo waxay bilowday inay baddasho dabbeecadaheediid. Xilligan waxay qosku ku sugan yihii jikada oo ay ku tijaabinayaan qaabab cuntada loo sameeyo oo caafimaad fiican oo ay ka baranayaan buug laga qoray raashinka dadka sokorta qaba sida loo diyaariyo. Caawa waxay qosku sameeynayaan bariiska bunniga ah iyo digirta isku taxan iyo aansalaato cagaaran.

**Faduma:** Asma raashinkani waa macaan! Waa inaad i tustaa qaabkan
will be fine. We will do our best to help you live a normal life and manage your diabetes.

**Faduma:** I am thankful to Allah for blessing me with a daughter like you!

Ioo sameeyo si aan marar badan u sameeysto.

**Asma:** Hooyo aad ayaan kuugufaraxsanahay! Waad fiicnaaneyisa, anaguna waxaan isku dayaynaya inaan kaa caawino inaad nool caadi ah adoo ku nool maareeyso sokortaada.

**Faduma:** Waxaan Ilaahey uga mahad celinayaa inuu igu mannaystay gabar adiga kula mid ah.

---

**Scene 13:**

**Narrator:** That evening after their meal, the family decided to go for a walk at the lake by their house. Faduma’s grand-daughter Khadijah is biking and Faduma is being urged to walk faster by her older daughter. Her husband is walking with her other daughter.

**Asma:** Mom and Dad, I am really happy that we are walking together. Maybe after a week of walking we can start jogging together!

**Faduma:** I don’t think I am able to jog.

**Ahmed:** And I have not jogged in 20 years.

**Asma:** Yes, but if we start slowly we can do it. Maybe we can began by walking for five minutes and jogging for three minutes and alternating for 30 minutes.

**Faduma:** That is a good idea! We will start that next week.

---

**Qeebta 13:**

**Narrator:** Habeenkaas markay cash eeeyeen ka dib, waxay qoysku go’aan ku gaadheen inay ku soo lugeeyaan wabi gurigooda u dhow agtiisa. Fadumo gabadhey ayeeyada u ahayd Khadiija waxay wadataabasakiil, Faadumana waxaa gabadheeda curadda ah ay ku guubaabinaysaa inay dhaqso u socoto. Ninkeeduna wuxuu la wuxuu la lugeeynayaa gabadheedii kale.

**Asma:** Hooyo iyo aabo, waxaan aad ugu faraxsanahay inaan isla lugeeynayno. Waxaa laga yaaba in markaan usbuuc lugeeyno aan rucleyn ku wada darno!

**Faduma:** Uma maleeynayo inaan rucleeyn karo.

**Ahmed:** Aniguna 20 sano ma rucleeyn.

**Asma:** Haa, laakiin haddaan tartiib u bilowno waan sameeyn karna. Malaha waxaan sameeyn karna inaan shan daqiqo socon oon saddexna rucleeyno oon sidaas iskugu baddalno intaan ka gaadheeyno 30 daqiqo.
Laughter/cheerful | Scene 14: Narrator: Three months later, Faduma returns to see her doctor.

**Dr. Brown**: Faduma I am really happy with the results of your test. Your fasting blood sugar today it is 130. Your A1C, which reflects your average blood sugar over 3 months, is 7.2. This is the range I want it to be. This is very good news. Faduma, what brought upon this remarkable change?

**Faduma**: Well, I finally realized how precious life is, when I recently lost my uncle to diabetes.

**Dr. Brown**: Oh Faduma I am so sorry about what happened to you.

**Faduma**: Hadda marka qoyskayga oo dhan waxay sameeynayaan isbaddalo. Waxaan raashinka u karinnaa sidii hore si ka duwan waanan wada jimicsanaa. Waxaa igu adkaa inaan shaahii macaanaa ee Soomaalida iska daayo, laakiin sokorta midii la midka ahayd ayaa i caawisay! Waxaase ugu muhiimsan inay qoyskayga oo dhan isbaddaladan oo kale sameeyeen taasoo ii sahashay inaan raashinka fiican ku adkeysto. Waxaan ugu dambayntii fahmay qimaha ay noolishu leedahay markuu abtigay u dhintay sokor darteed.

**Dr. Brown**: Fadumo waan ka xumahay waxa kugu dhacay.

**Faduma**: Taasi waa fikrad wanaagsan! Waxaan bilaabeynaa usbuuca dambe.
**SoLaHmo Voices: Somali – Type 2 Diabetes**

<table>
<thead>
<tr>
<th><strong>Scene 15:</strong></th>
<th><strong>Qeeka 15:</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Narrator:</strong> Faduma gets home from the doctor in a very good mood. She finds her grand-daughter Khadijah in the couch watching TV and snacking on cookies and soda.</td>
<td><strong>Narrator:</strong> Faadumo waxay dhakhtarka ka soo nootay iyadoo farxasan. Waxay u timid gadhey aheyda u ahayd Khadiija oo kursiga ku daawanaysa TV iyadoo cunaysa buskud iyo sodha.</td>
</tr>
<tr>
<td><strong>Faduma:</strong> Khadijah, what are you doing? We talked about this! Why are you drinking soda and eating sweet cookies?</td>
<td><strong>Faduma:</strong> Khadija, maxaad sameeyaysaa? Waan ka wada hadalnay waxaan! Maxaan u cabaysaa sodhaha ood u cabeeyysaa soodhaha macaan?</td>
</tr>
<tr>
<td><strong>Khadijah:</strong> Ayeeyo, I don’t do this all the time, you know that, but today I felt like having some sweets. It has been a long day at school and I just needed to take my mind off things.</td>
<td><strong>Khadijah:</strong> Ayeeyo, mar walba ma sameeyo waxaan, waad ogtahay, laakiin maanta waxay iga qabatay inaan mac-macaan cuno. Wuu igu dheeraaday maanta iskuulku waxaanan rabay inaan isku ilawsiiyo.</td>
</tr>
<tr>
<td><strong>Faduma:</strong> But Khadijah, you don’t need unhealthy food to deal with your emotions. Come with me for my evening walk and bring some fruits and water. I don’t want you exposing yourself to the risk of diabetes by eating unhealthy foods. Remember we talked about diabetes being hereditary.</td>
<td><strong>Faduma:</strong> Laakiin Khadija, uma baahniid cunto xun inaad dareenkaga isuk moogaysiiso. Ii soo raac lugayntayda caawa soona qaado biyo iyo khudaar. Ma rabo inaad halis isku galisid sokor cuntadan xun ood cunayso darteed. Xasuusnow inaan ka wada hadalnay inay sokortu tahay fir.</td>
</tr>
<tr>
<td><strong>Khadijah:</strong> You are right, Grandma. I will bring some bottled water and</td>
<td><strong>Khadijah:</strong> Waa runtaa ayeeyo. Waxaan noo soo qaadayaa biyo dhalo</td>
</tr>
<tr>
<td><strong>evaluate you in four weeks. Your feeling better is your best reward.</strong></td>
<td><strong>inaan u karino siyaabo kala duwan oo macaan.</strong></td>
</tr>
</tbody>
</table>

**Dr. Brown:** Haa, waxay sahlan tahay marka koox ahaan la isku kaashado. Aad ayaan idii amaanyaad adiga iyo qoyskaaga. Fadlan sii wad isbaddalada waxaanaduun dib ku ku qiimeynaysaa afar usbuuc ka dib. Abaal-gudka kuugu wayn waa inaad ladnaatay.
Fruits so we can go for a long walk.

Narrator: Faduma and her granddaughter decided to go for a walk. They are walking away from diabetes to embrace life.

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.

ku jira iyo khudaar si aan socod dheer u aadno.

Narrator: Faadumo iyo gabadhey ayeyada u ahayd waxay go’aan ku gaadheen inay socdaan. Waxay ka lugeeynaan sokorta si ay noloshooda u hantaa.