Marian’s battle with hypertension: the struggle to overcome large and small stresses in her everyday life  
Script English- Somali  
SoLaHmo Radio Story about Healthy Family Lifestyles

Main Characters: Marian Hassan- Patient  
Secondary Characters: Narrator-Female, Dr. David (ER Doctor), Ayan (patient’s niece), Joy (Nurse), Dr. Ali (Physician), Hani (Dietician), Hamdi (Grand-daughter), Joe (Hassan’s doctor)

Synopsis: Marian is a 69-year-old female diagnosed with hypertension. She has been successfully managing her condition during the last year. Marian is a mother of 2 adult boys and a grandmother of 3 girls. Back at her motherland of Somalia, Marian was a healthy, active individual who had never seen a doctor. Marian has been in Minnesota about one month and started to have a lot of headaches and often felt dizzy, experiencing shortness of breath, abdominal pain, blurry/double vision and chest pain. She saw the doctor at the ER where she fainted and was diagnosed with hypertension; her blood pressure numbers were 160/110. Marian was very concerned and afraid about what this could mean for her and realized that with this condition she would have to take medications for the rest of her life. Marian has worked hard to maintain a normal life, but is now very careful to limit the sodium and sugar in her diet, never cooking with salt, and not drinking many sugary drinks or tea. Marian had some dramatic experience throughout her life, dealing with her husband who has cancer and not able to support the family back home due to her illness. Since, dealing with hypertension Marian has been practicing meditation to try to reduce her stress and to control her emotions; which has a big impact on her blood pressure.

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<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</td>
<td>The SolaHmo Partnership for Health and Wellness waa barnaamij ka mid ah West Side Community Health Services. Waxaan ka kooban nahay shaqsiyaad ka kala socda bulshadaha kala duwan sida, Somali, Laatino, iyo Hamaanga. Waxaan wada shaqayna baarayasha caafimad ka iyo bixiyaasha deeqaha caafimaad. U la jeedkeenuna waa in aan wax kabadalno, caafimad ka bulshada heena. Sheekada aad maqli doonto, waxay kusaabsantahay, khiso dhaqtay oo run ah. Waxaan u mahad naqaynaa, familada nala</td>
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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.

Narrator: Marian is a 69-year-old Somali woman who lives in Minnesota. She is wife to Hassan, who is in the hospital with terminal cancer. She is also a mother to two boys, a grandmother to three girls, and an aunt to several nieces and nephews. Back in her motherland of Somalia, Marian was a healthy and active individual who never once had to see a doctor. But, now she has been having daily headaches, which bother her.

Sheege: Marian waa 69 jir haweenay somali ah oo dagan gobalka Minnesota. Marian waa xaaska Hassan, oo ku jiraah hospitalka oo qaba cudurka kancerka. Marian waa hooyo haysata laba will, waxayna ayeyo u tahay sadex gabdhood, waxayna habaryaro iyo eedo u tahay cararuur kale oo badan. Marian markii ay joggay wadanki isla markii ay joggay waxay ahayd qof caafimad qabta oo firiirmaan, oo marnaba anaan tagin goob caafimad. Ilaakin hasa waxaa ku dhaca madax xanuun noqote ah oo dhiba.

Scene 1:

Narrator: Today, Marian and her niece Ayan are at the hospital sitting at her husband’s bedside and waiting for the doctor to arrive. All of the sudden, Marian’s headache is worse, she becomes dizzy and faints right in front of her niece. Ayan pages for help. The nurse rushes into the room and immediately has Marian transported to the emergency room where she is treated.

Dr. David: Hi Mrs. Hassan, are you feeling better? We ran numerous tests and found out your blood pressure is alarmingly high. Your blood pressure was 180/112. We have it under control now, but this is something that could lead to serious problem.

Qeebta 1:

Sheege: Manta Marian iyo gabdha ay habaryarta u tahay Ayan, waxay jogan isbitaalka, waxayna Marian dhinac fadhid sariirta ninkeeda, , waxayna sugaayan dhaqtarka. Isla markiiba Marian madaax xanuuqeedi wuu sii xumaaday, waayna wareertay kadibna ku suuxday gabdha ay habaryarta u tahay horteeda. Ayaan waxay ay wacday caawimaad, kalkaliyaashe durba qolka ku soo carareeen, kadibna Marian waxaa loo qaday qolka gargaarka dagdaga ah sii loo daaweeyo.

Dr. David: Haye Marian, s’roon madareemaysa? Waxan qaad imtixaano badan, waxana oo ganay in uu dhigaagu kacsanyahay. Dhigaagu wuxu ahay 180/112. Hada waan dajinay, lakiin tan waxay kuu horseedi kartaa dhimbado siyaado ah.Waligaa dhiikar ma lagaa helay?
SoLaHmo Voices: Somali - Hypertension

<table>
<thead>
<tr>
<th>Marian: What is hypertension? Ayan, what is he talking about?</th>
<th>Marian: Waa maxay dhiigkar, Ayan muxu ka hadlayaa?</th>
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<tr>
<td><strong>Dr. David:</strong> Well, hypertension means that your blood pressure is too high. Blood pressure is a measurement of the force against the walls of your arteries as your heart pumps blood through your body. The normal value is less than 120/80. Yours was 180/112.</td>
<td><strong>Dr. David:</strong> Een dhiigkarka waa marku dhiigu kor u kooco cadaadiska dhiigu waa xawliga uu kudhax maraayo, halbowlaha, marka uu aruurayo ee uu tuuraayo dhiiga jirkaaga intiisa kale. Sida caadiga ah, waa 120/80, lakiin kaagu wuxuu a haa 180/112.</td>
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<td><strong>Ayan:</strong> Doctor, what caused this?</td>
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<td><strong>Dr. David:</strong> There are many factors that can lead to hypertension such as, being overweight or obese, not exercising, and being under stress and family history.</td>
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<td><strong>Dr. David:</strong> Yes. This is a condition that can be controlled if proper steps are followed. We need to wait for the rest of the tests to come back to check her overall health. My goal for today is to reduce your blood pressure. However I recommend that you see your primary care doctor. I will send her the results of your tests to your primary care doctor. Now go home and rest!</td>
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<tr>
<td><strong>Ayan:</strong> Thank you, Doctor. I will take her to my doctor who is also</td>
<td><strong>Ayan:</strong> Mahadsanid, dhaqtaar, waxaan u geynayaa dhaqtarkeeyga oo somali ah.</td>
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Scene 2:

**Narrator:** Marian is in shock and confused about what just happened to her. Marian did not want to believe she had any illness. She has never been treated by a doctor in her life. She is in denial reluctantly agrees to follow up with the doctor. Two days later, Ayan took Marian to her primary doctor for follow up.

**Marian:** Ayan, I am not feeling well...

**Ayan:** What is happening, Auntie?

**Marian:** My head hurts and my vision is not clear. I need to sit down...right now!

**Nurse:** Marian, right this way!

**Ayan:** Take your time, Auntie. I am going to help you get up. Nurse...could you please help us...my auntie is not feeling well.

**Nurse:** Let me check her blood pressure first and then the doctor will see her right away. [Sounds of click click]. Thank you. The doctor will be with you shortly.

**Dr. Ali:** Hello, welcome Mrs. Hassan. So...it seems you are not feeling well.

**Marian:** Yes, doctor.

**Dr. Ali:** I have looked at your ER from Somalia.

Qeebta 2:

**Sheege:** Marian waxay la argaxgaxsan tahay lana wareersantahay wixi manta ku dhacay. Marian ma rumaysna in ay wax jiiro ah qafto. Marian waaligeed dhaqtar kama daaweyn wax xaanuun ah. Marian way ka cagajidaysa in ay raacdo taaloyinka dhaqtarka. laba malin kadib, Marian waxaa ay ayaan u waday dhaqtarkeedi guud.

**Marian:** Ayan, sifiican madareemayi...

**Ayan:** Maxaa dhacay, habaryar?

**Marian:** Madaxa baa iixanuunaya, aragaykuna ma wanaagsana. Waxan u baahanahay in aan fariisto, hada!

**Kalkaliso:** Marian halkan soo maar!

**Ayan:** waqtigaaga qaado habaryar. Wan ku caawinaya si’aad u istaagtid. Kalkaliso.. fadlan, mana caawin kartaa? habaryartay sifiican madareemayo...

**Kalkaliso:** marka hore waxaan firiinaya caddaadiska dhiigaga kadinba dhaqtarka yaa ku imanaya. mahadsanid, dhaqtarka wuu ku imaanaya wax yar kadib.

**Dr. Ali:** Hello, soo dhawoow Marwo Hassan. Marka, waxay u muuqata in aadan sifiican dareemayn.

**Marian:** Haa, dhaqtar

**Dr. Ali:** Waxaan eegay najiidooyinkaa kii kasoo
chart and see that you have been diagnosed with hypertension. Your blood pressure reading today is 160/98. While this is slightly less than two days ago, it is still high. We need to reduce it to less than 140/90 and ultimately down to normal levels. I am going to give you some recommendations and refer you to a dietician, so you can learn how to manage your blood pressure through diet and exercise. It is very important that you manage your blood pressure because the health effects can be serious. With high blood pressure, people can develop a stroke, heart attack, congestive heart failure, and kidney damage.

Marian: Well... I am not feeling well now... My head hurts a lot. Can you give me something to feel better?

Dr. Ali: The cause of your headache is due to your hypertension. I am going to give you another medicine to take with the one prescribed in the ER. I need to reduce your blood pressure so that you don’t get further health complications.

Marian: Is this serious?

Dr. Ali: Mrs. Hassan, you should be able to live with this condition if you follow our recommendations. People manage their high blood pressure with medicines, diet and exercise. I am also going to give you an electronic machine to measure your blood pressure at home. Waxan ugu hortahay qolka gaaranka caafimaad. waxana ugu hortahay qolka gaaranka caafimaad. Waxan ugu hortahay qolka gaaranka caafimaad. waxana ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad. waxan ugu hortahay qolka gaaranka caafimaad.

Dr. Ali: Sababta keentay madax xanuunka waa dhiigkarka,marka waxaan ku siinayaa daawo ka duwan tii Qolka gargaarka dagdag ah waa in aad yareeyaa cadaadiska dhiigaga sii aan uga hortago dhibato caafimaad daaro oo dheraad ah.

Marian: taas ma dhaab baa?

Dr. Ali: Marwo Hassan, waad kunolaanka xalaadan hadii aad racdo taalooyinka aan ku siino,dadku waxay ku xakameeyaan dhiigkarka daawoyin,cunto caafimad leh,jiyo jimicsi, waxaan ku siinayaa mashiin ad ku cabirto cadaadiska dhiigada ado gurigaga joga kalkalisada ayaa ku sharxaysaa sidaa u
your blood pressure at home. The nurse will demonstrate how that works. Please follow up with the dietician in a few days; and then see me next month.

Marian: Thank you.

Ayan: Thank you, doctor. I will take her to see the dietician. We are dealing a lot since my uncle is very sick and I want my auntie to get better.

Doctor: I want her to get better also. Now it is essential that you go home and rest.

Marian: mahadsanid

Dhaqtar: waxaana rabaa in aydana caafimad hesho. hada waxa muhiim aah in aad guriga tagtii oo nasatid.

Scene 3

Narrator: Marian is overwhelmed and held off on starting the doctor’s recommendations. She disobeys doctor’s order and decides to visit her husband at the hospital instead of going home and resting.

Marian: Ayan, it is very important you don’t tell your uncle about my condition. He will be stressed and I don’t want him to get worse.

Ayan: Auntie, I understand, but you need to take care of yourself too. You heard what the doctor said; you don’t want anything else going wrong with your health.

Marian: I know dear, but this is a hard time for me. Please, let’s keep this to ourselves. Once Hassan gets better, then we can

Qeepta 3

Sheege: Marian way walwashay, markaasna joo jisay in ay bilowdo talooyin kii dhaqtarku soo siiyay. Waydiiday dhaqtar ka amarkii, kadimna go’aan satay in ay ninkeeda ku boqado isbitaalka meeshay guriga aadi lahayd oo nasan lahayd.

Maryan: Ayaan waxaa muhiim aah in aadan adeer u sheegin adeer xaaladeyda.wuu ka walwalayaa mana rabo in uu ka sii daro.

Ayan: Eedo, waan ku fahmay, lakiin in aad noloshaada ka taxadartid ayaad u baahantahay adiguna. Waad maqashay waa dhaqtar kudhahay, marabtid in waxkale in ay soo gaaran caafimaad kaaga.

Maryan: waan ogahay qaali,lakin waa igu adaagtahay xilagaan.fadalan,anaga kaleya hanugu kaato.markuu xasan fiicnado maraas ayaan u sheegaynaa.
**SoLaHmo Voices: Somali – Hypertension**

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<th>Scence 4:</th>
<th>Qeebta 4:</th>
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<tr>
<td><strong>Narrator:</strong> Two days later, Marian and Ayan visit the dietician.</td>
<td><strong>Sheekeye:</strong> Labo maalmod kadim, Marian iyo Ayan waxay boodan shaqsiga qaaska u ah cuntada caafimaadka.</td>
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<tr>
<td><strong>Hani Dietician:</strong> Welcome Marian. I am Ms. Hani, a dietician. Dr. Ali sent me your chart. I see that, you have been diagnosed with hypertension.</td>
<td><strong>Hani Shaqsi qaas u ah cuntada caafimaadka:</strong> Soodhowow Marian. Waxaa la idhahaa Hani, waxana ahay shaqsiga cuntad caafimaadka. Dhaqtar Ali baa isoodiray bayaan qoraal oo ku saabsan cafimaad kaga.</td>
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<tr>
<td><strong>Marian:</strong> Yes...</td>
<td><strong>Marian:</strong> Haa</td>
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<tr>
<td><strong>Hani:</strong> My goal today is to go over a plan that works for you. We will talk about diet and exercise plans and ways to reduce your blood pressure, so you can live a normal life. How have you been feeling in the last couple of days?</td>
<td><strong>Hani:</strong> Maantay u la jeedadeydu waa in aa kula diyaariyo qorshe kuu shaqeeya. Waxan ka hadli doona cunto qaadasho nidaamsan iyo qorshe jimicsi iyo siyaabo kale oo lagu dhimo cadaadiska dhiigaaga, markaas waxad awoodaysa in aad ku nooladid nolol caadi ah. Sidee dareemaysay malabadii maalmod oo la soo dhafay?</td>
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<tr>
<td><strong>Marian:</strong> I feel weak and still have headaches.</td>
<td><strong>Marian:</strong> Waxaan dareemayay tabar yari, walina madaxa baa i wareeraya.</td>
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<tr>
<td><strong>Ayan:</strong> She is under a lot of stress because of her husband’s condition. I feel that she does not follow the doctor recommendations well. She does not get enough rest and she has not taken her medications in the last couple of days.</td>
<td><strong>Ayan:</strong> Cadaadis badan bay ku jirtaa sababtoo ah xaalada ninkeeda. Waxaan dareen sanahay in aysan raacin talooyinka dhaqatar ka sifican. Nasasho fiican mahesho, mana qaadan taa woyinkeedii labadii malmood oo lasoo dhafay.</td>
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<tr>
<td><strong>Hani:</strong> Well, it is very important</td>
<td><strong>Hani:</strong> Een, waa mufiim in aad qaadatid</td>
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**Hani:** Tell him.

**Ayan:** Okay, auntie but you need to follow the doctor’s advice. When we visit the dietician, we will find out what we need to do to control your hypertension.

**Ayan:** Haye, eedo lakin waxaa u bahantay in aan raacdo dhaqtanka taladeesha markaan u tagno qofka qaaska u aah cuntuoyinka caafimaadka leh. Waana ogaan donaa sidaa u xakameen doono cadaadiska dhiiga.
that you take your medications just as the doctor prescribed them. Let’s go ahead and talk about your diet. Can you please describe your typical meal?

**Marian:** These days have been very hectic because of my husband’s health, but I usually eat a lot of pasta, and rice with my meat, especially goat meat. I like sweets; I especially like to add a lot of sugar in my tea.

**Ayan:** She also likes to add a lot of salt in her food. The doctor recommends Marian to reduce her salt intake, but she does not like tasteless food.

**Hani:** Yes, that is true Ayan. Marian, you really need to reduce your sodium intake! We recommended that people should not have more than 2,300 milligram of sodium each day; this is about one teaspoon a day. But for people like you, who have high blood pressure, it is important to limit the salt intake to no more than 1,500 mg which is less than a teaspoon of salt a day. Most of the salt that we get in our diet comes from ready made foods, canned foods and when we eat at restaurants. It’s very important to reduce the amount you use when you cook.

**Marian:** (mutters to herself) I don’t like unsalty food, it tastes so… tasteless!

**Hani:** Also, losing weight can help reduce your blood pressure as

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<td><strong>Hani:</strong> Also, losing weight can help reduce your blood pressure as</td>
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well. I understand that you are going through tough times these days but making some changes in your diet with help with that. Reduce the amount of saturated fat by reducing animal fats, including fatty meats, butter. Instead choose lean meats like chicken and fish. Reducing the amount of caffeine will help with your blood pressure; so, if you drink a lot of tea it would be good to reduce the amount to a couple of cups a day and drink more water. Exercise helps you not only to lose weight but also to reduce your stress. It would be good to include some form of exercise for at least 30 minutes every day. Walking is a good form exercise and it might be something you could include for now.

Marian: This is a lot to change! I am not ready for this I have a lot to deal with right now, with my husband being sick. I will have to think about it and get back to you.

Hani: Marian, you can start slowly for now like paying attention to the sodium in your diet and adding a few minutes of walking each day. It is very important for you to make these changes right away. I will give you an information package to take home with my card. Come and see me in one month. And if you have any questions, please feel free to contact me.

Marian: Thank you for your time.


Marian: Waad ku mahadsantahay waqtigaaga.

Ayan: Waan ogahay eedo in aad wax yaalo
a lot, auntie. But we will take this information with us and start using it, so you can get better soon. Thank you again, Hani.

badan la macaamilaysid. Lakiin waan qaadan doona aqbaarahan, bilow in aad isticmaashid si’aad dhowaan fiicnan u dareentid. Mahadsanid markale, Hani

Scene 5:

Narrator: After the visit with the dietician, Marian and Ayan went for lunch at a Somali restaurant. Marian orders food that is high in sodium along with a sugary caffeinated drink.

Ayan: But auntie, what are you doing ordering that kind of food? Didn’t you listen to what the dietician said?

Marian: Ayan I am not worried about that. There are many things worse in this world. This is not cancer, so let me eat my food and then we can go and see my husband.

Ayan: auntie, I think you should try the salad with chicken and drink a glass of water. Please take your medication too... you didn’t take it this morning.

Marian: Ayan please eat your food so we can go... and besides the medicine is at home. I don’t have time to remember to take medications when your uncle is in the hospital suffering.

Narrator: Marian and Ayan finished their lunch and went directly to the hospital to visit Hassan.

Qeebta 5:

Sheege: Kadim boooqashada shaqsiga gaarka u ah nidaaminta cuntada, Marian iyo Ayan waxay u aaden qado maqaayad Soomaali ah. Marian waxay dalbatay cunto cusbadu ku badan tahay, sonkorna leh iyo cabitaan shaah ah.

Ayan: Lakiin eedo, maxaad samaynaysaa oo cuntada noocas ah u dalbanaysaa? Miyaadan dhagaysan waxay ay dhahday shaqsiga nidaamka cuntada?

Marian: Ayaan, maka walwalsani midaas. Waxaa jira waxyaaloo badan oo laga walwalo aduunkan. Tan kansar ama cudur dilaa ah maaha, marka ii ogalow in aan cuno cuntadayda oo aan baxno si’aan u arko ninkayga.

Ayaan: Eedo, waxan u malaynaaya in aad isku daydid salad digaag lagudaray, koob biyaana cabtid. Fadlan, qaado taawadaadona, maadan qaadan saakay.


Sheege: Marian iyo Ayaan waxay dhamaysteen qadadoodii oo toos u aaden isbitaalka in ay boqdan Hassan.
**Scene 6:**

**Narrator:** Driving back to the hospital Marian tells Ayan to slow down as she starts to have a headache again. At the hospital, Marian is unable to get out of the car. She feels very weak. Ayan drives her to the ER entrance where she faints to the floor again. The nurse and Dr. David took care of her again.

**Dr. David:** Mrs. Hassan, I am sorry to see that you are back. Your blood pressure was very high when you arrived, again at 186/110. We gave you some IV medicines and it is a little bit better. Tell me, did you follow up with your doctor?

**Marian:** Yes, I am okay now! Everything is okay. Don’t worry. Can I go see my husband?

**Ayan:** Doctor, my aunt has not been following the doctor’s recommendations and she just had an unhealthy meal with sugary caffeinated drinks.

**Dr. David:** Mrs. Hassan, you need to follow your doctor’s orders. This condition does not go away on its own, you have to take action.

**Ayan:** She was told this by the dietician too when we saw her this morning. My aunt is in denial and does not want to make any changes yet.

**Marian:** I really don’t understand

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**Qeebta 6:**

**Sheege:** Usiisocodka isbitaalka Marian waxay usheegti Ayan in ay tartiib gaariga u wado oo maduxu wareerayo markale. Isbitaalka, Marian waxay awoodi wayse in ay kabaxdo gaariga dhaxdiisa. Waxay dareemayse tabar la’aan. Ayan waxay u kaxaysay Marian Qolka gargaarka dhaqsaha caafimaad meeshaas oo Marian ku dhiciiftay dhuulka. Kalkaalisada iyo dhaqtar David way caawiyen markale.

**Dr. David:** Marwo Hassan, waan ku xumahay in aan arko in aad soo labatay. Cadaadiska dhigaaga aad buu u sareeyay markaad imaatay, markale wuxuu ahaa 186/110. Waxaan ku siinay nafaqda daawo, waxyar dhada wuu fiican yahay. Isheg, ma u tagtay dhaqtar kaaga caadiga ah?

**Marian:** Haa, waan fiicanahay nada. Waxkasta waa dhaqdhag. Hawalwalin. Ma arki karaa ninkayga?

**Ayan:** Dhaqtar, habaryartay ma adeecin dhaqtarka talooyinkiisi, hadana waxay soo cuntay cuntu aan caafimaad ahayn oo sonkor leh, shaah iyo qahwana lasocdaan.

**Dr. David:** Marwo Hassan, waxaad u baahantahay in aad adeecdi amarada dhaqtarkaaga. Xaaladaan kaleegi iska baximayso, waa in aad ficil qaadid.

**Ayan:** Sidookale waxaa usheegay shaqsiga qaaska u ah nidaaminta cuntada, markaan aragnay saakay. Eedoday inkiraadbay ku jirtaa mana rabto in waxbadasho wali.

**Marian:** Xaqiiqdiid ma fahmin waxaad labadiina
SoLaHmo Voices: Somali – Hypertension

Scene 7:
Narrator: Later that night, Ayan takes Marian home.

Ayan: Okay, aunt Marian. After we visit your husband, then let me take you home so you can rest. And I promise you can come and see uncle tomorrow.

Marian: Fine, but I am not going to make any of those food changes right now, I just have too much going on to do any of those things!

Dr. David: Well, Marian I will discharge you, but I would like for you to go home and rest. Please follow up with the doctor as soon as possible.

Ayan: Okay, aunt Marian. After we visit your husband, then let me take you home so you can rest. And I promise you can come and see uncle tomorrow.

Marian: Fine, but I am not going to make any of those food changes right now, I just have too much going on to do any of those things!

Dr. David: Een, Marian waa ku fasaxayaa, lakiin waxan ku jeclaan laaha in aad guriga aadid oo nasatid. Fadlan aad dhaqtar ka sida ugu dhaqsaha badan.


Marian: Hagaag, lakiin ma usocdi in aan suubiyo badalada cuntada hada. Waxyaal badan baa ihaysta, badaladaana muhiim mahan.

Scene 7:
Sheege: Waqti tanbe habiinkaas, Ayan waxay guriga u qaaday Marian.

Ayan: Here auntie, take your medication and drink some water please.

Marian: I am not taking it now. I am too sleepy. I will take it later.

Ayan: No, please take it now it is time to take your medications.

Marian: Fine, you are annoying me. I will, I will! Give it to me!

Ayan: Thank you. I really want you to take it now. I want you to get well soon.

Marian: Fine, fine, I will take it now.

Ayan: Mahadsanid. Xaqiigdi waxan rabaa in...
to feel better, Auntie. I just can’t bear to see you and uncle in these kinds of conditions.

**Marian:** Ayan, I am sorry that I snapped at you. I know you have been doing a wonderful job taking care of both of us. I am very grateful for you.

**Ayan:** I am going to measure your blood pressure with the machine that we got from the doctor’s office.

**Marian:** Be careful, the cuff is too tight!

**Ayan:** Sorry. Well, it decreased from what the doctor told us earlier. Now it is 148/92. See? That medicine is helping. We will get there, Auntie. I will let you rest now.

**Marian:** Thank you, Dear.

**Ayan:** Aad sifiican dareentid, eedo. Ma awoodi in aan indin ku arko adiga iyo adeer xaaladaha noocan ah.

**Marian:** Ayan, waan ka xumahay in aan si xanaaq ah kuu la hadlay. Waan ogahay in aad shaqo dhiirin qabatay ka taxatarka labadeenaba. Aad baan kugu mahadnaqaaya.

**Ayan:** Waxaan cabiraaya cadaadiska dhiigaaga anoo isticmaalaya mashiinkii aan kasoo qadnay dhaqtarka xaafiskiisa.

**Marian:** Taxatar, dhamaadka shaatiga lacantiisuu way dhuuqsantahay!


**Marian:** Mahadsanid, qaali

### Scene 8:

**Narrator:** While Marian is asleep, Ayan’s phone rang. She received a call from Hassan’s doctor who informs her that Hassan has been transferred to ICU where they were working hard to help him. However, his condition had deteriorated since Marian has last seen him. The doctor requested the family members to come as soon as possible. Ayan left Marian at home and rushed back to the hospital.

**Qeebta 8:**

### Dr. Joe:
Hi, you are Hassan’s niece? I am so sorry, but you didn’t make it on time. We did our best to keep him stable, but he passed away shortly after the phone call. Again, I am so sorry for your loss.

**Ayan:** Crying....

**Narrator:** Ayan cries and cries, and ultimately makes calls to the rest of the family, who rush to the hospital.


**Ayan:** Oohin

**Sheege:** Ayan, hoochin badan kadim, qoyskii oo dhanbay u wacday, ku waas oo ku soo dhaqsaday isbitaalka.

### Scene 9:

**Narrator:** Now at the hospital, the family members are in a state of shock. They cannot believe how sudden Hassan has passed away. The family comes together to pray and comfort one another. Ayan goes to her auntie and hugs her for some time.

**Marian:** Whispers...prayers and cries

**Ayan:** I am so sorry Auntie, (cries)

**Marian:** He is with God dear..., he is with God!

**Narrator:** The family leaves the hospital and heads back to Marian’s home. With the sudden news, many other family members and friends come to Marian’s home for prayer and comfort.

**Qeebta 9: Sheege:** Hada isbitaalka, qoyskii Hassan waxay ku suganyihiin hoy argagax. Waxay aamini waayen sida dhaqsanaha badan ee Hassan ku geeriyooday. Qoyskii way isku yimaaden, isku duceeyen, iyo is samrin midba midka kale. Ayan waxay aaday eeda deed oo ay habsisay waqti dheer.

**Marian:** Waxay hoos u dhahday tucooyin iyo oohin

**Ayan:**; Waan ka xumahay eedo (oohin)

**Marian:** Ilaahay buu la jooga, Ilaahay buu la jooga!

**Narrator:** The family leaves the hospital and heads back to Marian’s home. With the sudden news, many other family members and friends come to Marian’s home for prayer and comfort.

**Sheege:** Qoyskii waxay katageen isbitaalka, waxana aaden Marian gurigeedii.Warar degdeg ah, qoysas kale iyo saxibo baa imaaday Marian gurigeeda si ay u duceeyan ama u samirsii qoyskii Hassan ka geeriyooday.
### Scene 10:

**Narrator:** In the ensuing month. Marian has a hard time dealing with her husband’s death and feels severely depressed. She sometimes wonders what it would feel like if Hassan was still with her. She whispers, “He left but I still feel his love.” Her granddaughter, Hamdi, is starting to notice how much she is hurting. The family pledges to help their grandma.

**Hamdi:** Grandma, are you sad?

**Marian:** No, Dear, I am just thinking about your grandpa. We used to watch the news and have dinner in this room. I miss him a lot.

**Hamdi:** But I am here, Grandma! I can do that with you! We can watch the news and have dinner together.

**Marian:** Thank you, I love you, Dear.

**Ayan:** Auntie, I cooked a healthy meal for us.

**Hamdi:** Healthy meal? What kind of healthy meal?

**Ayan:** It is salmon with a salad and steamed vegetables both carrots and potatoes. Do you like it?

**Marian:** This is not bad, and it tastes good. I don’t even need to add salt.

### Qeebta 10:


**Hamdi:** Ayeeyo, maxanaaqsantahay?

**Marian:** Maya, qaali, waxaan ka fakaraa awoowga. Aqbaartan ku taawan jirnay, cashana ku cunijirnay qolkaan dhaxdiisa. Waan u habalyoobay, saa’id.

**Hamdi:** Iakin ayeeyo, waan kuu joogaa. Waan kula suubin kara taas adiga. Wadajir waan daawan karna aqbaarta, cashana wada cuni karna.

**Marian:** Mahadsanid, waan ku jeclahay, qaali.

**Ayan:** Eedo, waxaan noo kariyay cunto caafimad ah.

**Hamdi:** Cunto caafimad leh? Waa noocce cuntada caafimaadka leh?

**Ayan:** Waa kalluun lagu daray ansalaato iyo khudaar la huuriyay, labaduba way ku jiraan karotis iyo baradhaba. Ma jeceshahay?

**Marian:** Tan maxuma, sifiicana way u dhadhamaysaa. Maba u baahni aan ku daro cusbo.
<table>
<thead>
<tr>
<th><strong>Hamdi:</strong></th>
<th>It is good! Why do we have to change how we eat?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ayan:</strong></td>
<td>I am glad you like it. We decided to eat more vegetables and fish and change the way we cook so all of us are healthy and can live long lives together. We will cook with less salt and grease to protect our hearts. We will cook and eat this way, and we will take long walks with your Grandmother so that she gets healthy and we stay healthy too!</td>
</tr>
<tr>
<td><strong>Hamdi:</strong></td>
<td>Oh! Taking walks with Grandma! That sounds fun! We can go to the park everyday and play ball!</td>
</tr>
<tr>
<td><strong>Marian:</strong></td>
<td>Thank you to all of you, I know after Hassan’s death I have not been myself but couldn’t do this without your love and support. I am ready to make all the changes I need to I don’t want you to go through this ordeal again anytime soon. I love you and thank you.</td>
</tr>
<tr>
<td><strong>Narrator:</strong></td>
<td>The rest of the grandchildren and Ayan comfort her and the family enjoys a dinner cooked by Ayan. There are a lot of laughter and cheers.</td>
</tr>
<tr>
<td><strong>Marian:</strong></td>
<td>“All things work together for good. If your faith is great then God will heal you” Now, that I have this chance to improve my health and watch my grandchildren grow, I am very thankful.</td>
</tr>
<tr>
<td><strong>Hamdi:</strong></td>
<td>Way fiican tahay! Maxaan u baddaleeynaa sidaan wax u cuno?</td>
</tr>
<tr>
<td><strong>Ayan:</strong></td>
<td>Waan ku faraxsanahay in aad ka heshay. Waxaan go’aan ku gaarney inaan cuno khudaar badan iyo kalluun, oona aan baddalno sida aan wax u karino si aan cimri dheer ugu wada noolaano. Waxaan wax ku karsaneeynaa cusbo iyo saliid yar si aan u badbaadino wadnayaasheena. Sidan ayaan wax u karsaneeynaa oo wax u cuneeynaa, waxaan u aad u la ugeynaynaa ayeeydaa si ay u caaifimaado anagana uu caaifimaadkeenu u sii fiicnaado.</td>
</tr>
<tr>
<td><strong>Hamdi:</strong></td>
<td>Oh! Inaan ayeeyo la lugeyno! Waxay ila tahay inaan ku raaxeysaneeyno! Waxaan maalin walba tagi karna meesha lagu ciyaaro si aan banooni u ciyaarno!</td>
</tr>
<tr>
<td><strong>Marian:</strong></td>
<td>Mahadsanidiin kuligiin, waan ogahay geeridii Hassan kadim in aanan ahayn sidaydii, lakiin ma awoodeen jaceylkiin iyo taakeeradiina la’aan tood. Diyaar baan u ahay in aan suubiyo isbadalada aan u baahanahay oo dhan. Marabo in aad markale martaan arintaan naxdinta leh dhowaan. Waan idin jeclahay, mahadsanidiin.</td>
</tr>
<tr>
<td><strong>Sheege:</strong></td>
<td>Dhamaan warasadii ayeeya Marian u ahayd iyo Ayan baa daajiyay, markaasna goyski cashaddii Ayan karisaybuu cunay. Qosolo badaa iyo sawaxano baa jirah</td>
</tr>
<tr>
<td><strong>Marian:</strong></td>
<td>“Waxkasta, wax fiican bay u sheqeeyan. Hadii diintaadu wacantahay, Ilahay baa ku raysinaa” Hada, waxaan haystaas fursad aan ku hormariyo caaifimaadkayga, kuna daawado caruurtta aan ayeeyada u ahay oo kobcay. Aad baan u mahadnaqaaya.</td>
</tr>
</tbody>
</table>
Scene 11:

**Narrator:** Four months and ten days after Marian’s husband’s death. The family celebrated his life and made duas for him. Marian was upbeat about life and was very thankful that her health is a lot better. Wanting to continue to improve. She returns to her physician.

**Dr. Ali:** Hi Mrs. Hassan, I am so proud of your changes. Looking at your chart, I see that your blood pressure is in the normal range - 128/80 today. How are you feeling lately? It has been several months since I saw you. I also see in your chart that you lost weight, about 10 pounds.

**Marian:** Thank you, for your patience. I feel great. I have been eating a healthier diet and exercising with the family. I never thought that exercising and eating a lot of fruits and vegetables would make any difference. But I love my new body. I am able to do lots of activities with my grandkids.

**Dr. Ali:** Well I am very proud of you. I want you to continue with your medicines. The nurse will schedule your next appointment in couple of weeks. It is wonderful to see you Mrs. Hassan.

**Marian:** Thank you doctor.

**Narrator:** Marian and Ayan returned home. The whole family

Qeebta 11:

**Sheege:** Afar bilood iyo toban maalmood kadim geeridii ku dimid Marian ninkeedii. Qoyskii wuxuu a dabaaldagay noloshiisii, ducana u qabtay nolosha, aadna u la dhacsanayd in caafimaad keedu siificnanayo waxbadan. Rabitaan ay doonaysay in ay ku hormariso caafimaad keeda daraadiis, waxay ku laabatay dhaqtar.

**Dr. Ali:** Haye Marwo Hassan, aad baan kugu faraxsanahay isbadaladaada. Waxaan arkaa cadaadiska dhiigaaga in uu yahay caadi qiyaa ahan 128/80 maantay. Sidee daraymaysa ayaantu? Dhowr bilood baa ka soo waregtay in taan ku arkay. Sidookale waxaa arkaa in aad riday miisan, 10 rodol.

**Marian:** Mahadsanid, tulqaadashadaada. Waxaan dareemaya wanaag. Waxaan cunaayay cunto nidaamsan oo caafimaad ah, jimicsiwaan la sameeyay qoyskayga. Waligay uma malayn in jimicsi iyo cunitaanka miraha iyo qudaarta ay wax badali karaan. Lakiin waan jeclaha jirkayga cusub. Waxaan awooda in aan hawlo kala duwan la suubiyo ciyaalka aan ayeeyada u hay.


**Marian:** Mahadsanid Dhaqtar

**Sheege:** Marian iyo Ayan kurigay ku laabten. Qoyska dhan waxay sugaayen soo laabashada
was waiting for Marian to return as they planned a party to celebrate her achievement. The niece and grandchildren affirm their love for her, and their desire for her to continue taking care of herself through medicines, diet and exercise.

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Music fading...