

## "A New Pathway to Women's Health"

"A New Pathway to Women's Health" is a 16 minute video in Chinese (Cantonese and Mandarin with English subtitles) developed to explain and educate women about the importance of Pap testing. It was produced by the Fred Hutchinson Cancer Research Center, the University of Washington, and the British Columbia Cancer Agency as part of a research grant from the National Cancer Institute (CA74326). The following is the dialogue script for the video.

DIALOGUE: ENGLISH	ACTION
<p><b>1<sup>st</sup> Scene: Outdoors in Park</b></p> <p>Auntie Liu: Be careful, Mei Ling. (girl rollerblading)</p> <p>Girl 3: Oh! I know Auntie.</p>	<p>Hands only slowly moving, several elderly people are doing Tai chi in park, three teenage girls rollerblade by.</p> <p>Auntie Liu looks up and calls out.</p>
<p><b>2<sup>nd</sup> Scene: Noon - Jenny's house</b></p> <p>Jenny: Mom, why is there blood on your pants?</p> <p>Auntie Liu: Oh, it's ok. I'm so old. How could it still be blood? They're just soiled.</p> <p>Jenny: Mom, my baby was born more than 10 days ago. It's not the first time I have seen blood on your pants.</p> <p>Mom, are you feeling well? You need to see a doctor.</p> <p>Auntie Liu: Oh, I'm just fine. I took Chinese herbal medicine a few days before. Oh, this is just some old age symptoms, imbalance of yin and yang. Two more doses and I will be fine.</p> <p>Jenny: Imbalance of yin and yang? You should get a checkup. Don't just take two doses.</p> <p>Auntie Liu: Who told you I took it without consultation? I've checked with the Chinese herbalist.</p> <p>Jenny: I'm not saying you shouldn't use Chinese medicine. But other than taking it, you need a pelvic exam.</p> <p>Auntie Liu: Yeah, yeah, yeah.. I've always been healthy. You don't have to worry about me. You should pay more attention to yourself. You gave birth not more than a month ago, don't get angry or upset.</p> <p>Jenny: I wouldn't argue with you. I'm going to wash my hair. Please, take care of my baby. I've just fed her.</p>	<p>Jenny's house.</p> <p>Jenny and Auntie Liu sit and talk together on couch.</p>

Auntie Liu: What? You are going to wash your hair? I have told you many times that the Chinese sitting month is important. If you aren't aware of getting plenty of rest and replenishing your body, when you get old, you will...

Jenny: I know, I will suffer. But my head is really itchy. I didn't wash my hair for more than ten days. It is really messy.

Auntie Liu: Messy, how messy can it be? You should avoid getting cold. You just won't listen to me. If you don't listen to your elders, you'll get into trouble.

Jenny: My head is really itchy now.

Auntie Liu: So, it's no use to prepare replenishing soup for you. You're just wasting them. Are you trying to upset me?

Jenny: Okay.. I will wash and dry my hair quickly so I won't catch a cold.

Auntie Liu: Do it quickly and don't catch a cold anyway.

Jenny: I didn't know my Mom was that open-minded!

Auntie Liu: Oh, so you think I'm old-fashioned!

Jenny: If you are so open-minded why don't you have a checkup?

Auntie Liu: Let's talk about that later. To let a stranger touch me. How embarrassing!

Jenny: Mom, prevention is always better than cure. Brother and sister will come home with their families soon to celebrate your 60<sup>th</sup> birthday. So go get the checkup. When we find out that you do not have a problem, then we can really celebrate together.

Auntie Liu: Ok. Let me think about that. Go ahead and wash your hair.

Jenny: OK.

Jenny gets up to go. Auntie Liu looks alarmed.

Auntie Liu gets angry.

Jenny tries to be conciliatory.

Auntie Liu is calming down.



<p>Auntie Liu: She is very cranky. Remember to come to the baby's full moon celebration in a couple of days.</p> <p>Mrs. Wong: Oh I will, you've reminded me so many times.</p> <p>TV Announcer: <i>According to statistics, Chinese women have very high rates of cervical cancer. The risk is greater among older women.</i></p> <p>Auntie Liu: Oh, it's about cancer.</p> <p>Mrs. Wong: Yes, recently this promo has been on TV a lot.</p> <p>TV Announcer: <i>If you've had regular checkups and find cervical cancer at an early stage, it has a higher chance to be cured. One of the ways to examine the cervix is the Pap test. The procedure is very simple. Most family doctors can do it.</i></p> <p>Auntie Liu: I take really good care of my health. I get regular exercise and drink replenishing soup.</p> <p>Mrs. Wong: Me too, that's why our health is good, but it's also important to get a regular checkup.</p> <p>Auntie Liu: Checkup? Again ?</p> <p>Mrs. Wong: Oh, I almost forgot to give you a cup of tea.</p> <p>TV Announcer: <i>A Pap test is really simple. A doctor will place a speculum in the vagina and use a wooden stick to scrape some of the cells.</i></p> <p>Auntie Liu: Oh, to have a stranger touch me here and there. It must be very embarrassing. Also, I wonder if it is very painful?</p> <p>Mrs. Wong: Actually, it doesn't hurt at all.</p> <p>Auntie Liu: What, you've had this kind of checkup?</p> <p>Mrs. Wong: Yes.</p> <p>Auntie Liu: Didn't you find it embarrassing?</p> <p>Mrs. Wong: Of course, at first I found it very embarrassing, but then I got used to it very quickly. Haven't you had the test before?</p> <p>Auntie Liu: No, I'm in perfect health and I am not 70 or 80. I don't think I'll get sick easily.</p>	<p>Infomercial on TV.</p> <p>Mrs. Wong stands up to get a cup of tea.</p> <p>Mrs. Wong serves Auntie a cup of tea.</p>
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<p>TV Announcer: <i>Even if you feel healthy you may have already developed cervical cancer, because sometimes cervical cancer may not have symptoms in the early stages. So, remember, it is most important to have regular Pap tests.</i></p> <p>Mrs. Wong: She’s right. If my sister had watched this promo, she would have been all right.</p> <p>Auntie Liu: What happened to her?</p> <p>Mrs. Wong: She died two years ago. She was very healthy all along and she was not married, so she didn’t get regular checkups. By the time she found out, it was too late.</p> <p>Auntie Liu: What happened to her?</p> <p>Mrs. Wong: Cervical cancer. At first she had a little pelvic pain. So she didn’t think it was serious and she didn’t see a doctor. Later on she began to lose weight. Finally, a lot of bleeding from the lower body (vagina). By the time she visited the doctor, it was too late.</p> <p>Auntie Liu: How tragic! She wasn’t married, yet she got this kind of disease?</p> <p>Mrs. Wong: The doctor said that even if you are single you can get cervical cancer. If you discover it in the earlier stages, it is curable. After that incident, my mother and I immediately went for a checkup. I found out that my cervix had a problem and my mother had a lump in her breast.</p> <p>Auntie Liu: Is it serious?</p> <p>Mrs. Wong: My mother’s breast lump was benign and my cervical problem was found early so it was curable. I am fine now. However we get regular checkups.</p>	<p>Women talking together on couch.</p>
<p><b>Scene 5: In the clinic</b></p> <p>Mrs. Chu: Oh, God forbid! If I were so unlucky to have cervical cancer, I would rather not know. I would be so scared.</p> <p>Mrs. Lee: Of course. Who would want to get this and that examined? Right Madam?</p> <p>Mrs. Chu: The most important thing for women is to replenish (bou). It is unwise to think about cancer all the time. “Knock on wood”.</p> <p>Mrs. Lee: That’s right. If women don’t eat fresh food and don’t know how to replenish themselves, they are more likely to get cancer. Look at this lady, she must know how to replenish. See how energetic and healthy she is!</p> <p>Mrs. Chu: Yes. What do you use to replenish (bou)?</p>	<p>Clinic waiting room. 3 women sitting together. One woman picks up pamphlet to read.</p>

Auntie Liu: Oh, nothing special.

Mrs. Chu: My daughter-in-law said that coming for a Pap test is like taking a baby for an immunization. It can prevent a serious disease.

Mrs. Lee: So much for your daughter-in-law! A vaccination shot is just a shot. But for a checkup you have to take off your clothes for the examination. Who would be willing to do this! Don't you agree?

Jenny: Mom, how come you haven't had your checkup yet?

Auntie Liu: No, not yet. Why are you walking around? Just ask Ah Wai to come and pick me up.

Jenny: He's parking his car.

Nurse: Mrs. Liu?

Auntie Liu: Oh? It's my turn?

Nurse: Oh, but I have to ask you....

Jenny: No need to ask. She's here for her checkup.

Auntie Liu (to nurse) Does it hurt?

Nurse: Oh, don't be nervous. I want to tell you that we have both male and female doctors. Who would you like to see?

Auntie Liu: That's good. Well, of course, a female doctor.

Nurse; Okay, please come with me.

Auntie Liu: Wait for me here, then.

Mrs. Chu: That's wonderful. You can even choose a doctor.

Nurse: Please come in and have a seat. Mrs. Liu, you're going to have your 60<sup>th</sup> birthday soon. That's great.

Jenny walks through door, stops in clinic waiting room, addresses her mother.

Nurse enters room. Auntie Liu is nervous.

Auntie Liu and nurse talking.

<p>Auntie Liu: Yes, actually I'm okay but recently I've had discharge with some blood and my children made me come for a checkup.</p> <p>Nurse: You did the right thing to come for a checkup. Don't worry, it might not be anything serious. Wait here for a moment. The doctor will be in shortly.</p>	<p>Nurse leaves room.</p>
<p><b>Scene 6: Chinatown</b></p> <p>Auntie Liu: How are you, Mr. Lam?</p> <p>Mr. Lam: Hi, Mrs. Liu. Have you recovered yet?</p> <p>Auntie Liu: Yes, actually it was only an infection but I did the Pap test too. It was quick and easy. It only took five minutes. Now I'm waiting for the report.</p> <p>Mr. Lam: That's good.</p> <p>Auntie Liu: I have to thank you for that.</p> <p>Mr. Lam: Thank me?</p> <p>Auntie Liu: Yes. The doctor says I am very healthy. I am so healthy because of the replenishing soup prescribed by you. Actually, speaking of replenishing soup, I would like to get some bird's nest for my daughter.</p> <p>Mr. Lam: You are such a good mom. Let me get some really nice bird's nest for you.</p> <p>Auntie Liu: Thank you.</p>	<p>Auntie Liu enters herbalist shop.</p>

**Scene 7: In the clinic**

Doctor: Mrs. Liu! Good news! The report is here and you do not have evidence of cervical cancer. You don't need to worry about it.

Auntie Liu: Thank you so much.

Doctor: Don't mention it. Mrs. Liu!

Auntie Liu: Is there something wrong?

Doctor: No. I just wanted to remind you to come back for checkups regularly.

Auntie Liu: There's nothing wrong yet, but I have to get regular checkups?

Doctor: Of course! Cervical cancer can be asymptomatic at an early stage. The earlier it is detected, the sooner it can be cured.

Auntie Liu: Oh, okay! I will.

Doctor: Enjoy your big 60<sup>th</sup> year birthday celebration.

Auntie Liu: Thank you.

Doctor: Okay.

Mrs. Lee: Is it true the checkup is not painful?

Nurse: No, it doesn't hurt at all.

Auntie Liu: Oh, what a coincidence! You've come for a checkup too?

Mrs. Lee: The promotional pamphlets are right. Prevention is better than cure.

Auntie Liu: Yes, and the checkup is really quick and simple.

Mrs. Lee: Good. I'll talk to you later. It's my turn.

Nurse: Please have a seat.

Doctor in room reading report and speaking to Mrs. Liu.

Auntie Liu leaves exam room. She meets Mrs. Lee and nurse in hallway.

Auntie Liu and Mrs. Lee talk.

Nurse closes the door.

Nurse opens door for Mrs. Lee to exam room.  
Outside window girls rollerblade by.

**(Conclusion: The following information is provided at the end of the video.)**

We would like to remind you that Pap tests should be done regularly to detect cervical abnormalities early.

1. Women of all ages should have Pap tests.
2. Women who have good health all their lives, who observe the sitting month, exercise regularly, take replenishing soup and eat good foodsshould have Pap tests.
3. Women who are elderly, post-menopausal and no longer sexually active also need Pap tests.

Your family physician usually does the Pap tests. Please discuss your situation with your family physician, and they will advise you.