A NEW LIFE AND NEW TOOLS

Burmese Karen Script

Modules A and D are spoken by actors in Karen language.
Modules B and C are voiced over in Karen language.

MODULE A

Paw Lah Thaw- Karen mother
Paw Wah Say- Karen grandmother
Mumu Thaw- Karen daughter (little girl about 5 years old)

SCENE 100

ASIAN GROCERY STORE

Karen family walks down isle.

Cutaways to photos of Burma and Thailand.

Karen daughter skips around loading the basket as her mother shops and her grandmother returns everything she puts in the basket to the shelves.

SCENE 101

ASIAN GROCERY STORE

PAW WAH SAY- KAREN GRANDMOTHER

We need the long grained rice, and we need bamboo shoots, chicken for the ta ka paw and fish paste

We also need thanaka but I don't like this store. We can go to the Cambodian store.

SCENE 102

HOME

Noise of the Karen family arriving home.

Shoes are left in a pile of flip-flops of all sizes by the door.

SCENE 103

KITCHEN

PAW LAH THAW- KAREN MOTHER

Eh Doh, are you home? Help us.

Karen mother begins to cook. Karen grandmother sits down at the table. Karen daughter brings a chair to the table and starts to climb on the table. Karen grandmother gets up and picks the Karen daughter up and sets her down.

PAW LAH THAW- KAREN MOTHER

I need to call my Doctor, I still have blood and I'm achy from having the baby.

PAW WAH SAY- KAREN GRANDMOTHER

I told you to stay home longer and heal that womb *(specific Karen phrase and custom).*

PAW LAH THAW- KAREN MOTHER

I did…well I tried…but I'm going to the clinic. Something is wrong. You should come too, you always complain about lower abdominal pain. You need a Pap test.

PAW WAH SAY- KAREN GRANDMOTHER

Oh no!…never…too embarrassing…and your Dad is gone. And I wouldn't know how to explain my feelings to a Doctor. I still use saltwater washes. I'm fine.

PAW LAH THAW- KAREN MOTHER

Mom I want you to go with me, I need your help with the baby.

PAW WAH SAY- KAREN GRANDMOTHER

No, I'll stay home with the baby. Your Doctor is a young man. I can't imagine him touching me down there. It is shameful. And I don't know how to talk about these things.

PAW LAH THAW- KAREN MOTHER

You can get a woman Doctor and a woman interpreter, I'll help you.

PAW WAH SAY- KAREN GRANDMOTHER

Karen daughter enters and climbs in her grandmother's lap and begins to hum.

Why? Your father died years ago. I don't have any white discharge or bleeding. I eat well, keep clean. You're young and just had a baby. You are the one who needs a check up, not me.

PAW LAH THAW- KAREN MOTHER *(stops chopping and picks up cell phone and dials)*

You do so need it. I want you around when these two are older, so you need to fix any problems before they are complicated and serious.

SCENE 104

KITCHEN (different day)

Karen daughter runs through the room with a doll but flying it like an airplane.

PAW LAH THAW- KAREN MOTHER

I have a Doctor appointment next Tuesday, OK?

PAW WAH SAY- KAREN GRANDMOTHER

I'll go but I want to watch the baby.

PAW LAH THAW- KAREN MOTHER

Have you given it more thought?

PAW WAH SAY- KAREN GRANDMOTHER

Yes, I want to watch the baby!

They must have a lot of doctors here if they can see you when you aren't sick. It must be to make money.

PAW LAH THAW- KAREN MOTHER

Yes, they have more of a lot of things here, phones, cars, schools, and Doctors. It is easier to get these things here than it was in back home or Thailand, including Pap tests.

You need a pelvic exam and a Pap test at least.

PAW WAH SAY- KAREN GRANDMOTHER

Baby doll flies into the room followed by Karen daughter.

What is this Pap test?

PAW LAH THAW- KAREN MOTHER

Mumu feed the baby, don't fly it!

The Pap test checks for cervical cancer, and all women are supposed to have them regularly even if they don't have symptoms of cancer like bleeding, pain, or weight loss.

PAW WAH SAY- KAREN GRANDMOTHER

All women, I thought just married women who have a man need them.

PAW LAH THAW- KAREN MOTHER

My Doctor said all women age 21 to 65 need one.

PAW WAH SAY- KAREN GRANDMOTHER

I feel very healthy. Leg pains, maybe a little pressure in my lower abdomen sometimes, but I don't think I'll get cancer.

PAW LAH THAW- KAREN MOTHER

Mom things are different here. The reason why women did not get Pap tests in our country is the tools weren't available. Remember we had very few medicines available. Cut yourself then you got paracetamol, malaria then you got quinine, a cough maybe you got amoxicillin, but cancer…well, you got a one way trip to Chang Mai.

Hearing about Auntie Mi passing away from cancer made me so sad. Maybe if she had had a Pap test earlier, they could have caught her cancer earlier and gotten rid of it before it killed her.

PAW WAH SAY- KAREN GRANDMOTHER

If I'm going to die, I'd rather not know.

PAW LAH THAW- KAREN MOTHER

That's the point Mom, you can prevent serious illness if you find cancer early enough.

PAW WAH SAY- KAREN GRANDMOTHER

So you want me to get this test huh? Even though I feel healthy?

Karen daughter enters wearing make-up and adult shoes and her mother's blouse. She begins to dance around the room.

PAW LAH THAW- KAREN MOTHER

Yes, I think you should.

PAW WAH SAY- KAREN GRANDMOTHER

Well I'll think about it. I get frustrated trying to speak to Doctors because I don't speak English.

PAW LAH THAW- KAREN MOTHER

They do this for all women not just you and they have Karen interpreters available on the phone.

PAW WAH SAY- KAREN GRANDMOTHER

I don't want to talk with a man about these things.

PAW LAH THAW- KAREN MOTHER

They have female interpreters on the phone they even have a female Doctor if you want one.

PAW WAH SAY- KAREN GRANDMOTHER *(takes Karen daughter by the hand)*

OK I'll do it.

But if I feel embarrassed, I'm telling them I have a headache and then getting out of there. So who will watch the baby though, not her, she'll try to make him fly.

PAW LAH THAW- KAREN MOTHER *(laughing)*

Ha, we'll figure it out.

MODULE B

SCENE 200

CLINIC WAITING ROOM (with patients from around the world)

Paw Lah Thaw- Karen mother
Paw Wah Say- Karen grandmother
Mumu Thaw- Karen daughter
Receptionist

Karen mother walks up to the reception desk.

PAW LAH THAW- KAREN MOTHER

Hello I'm checking in for my appointment.

RECEPTIONIST

Hello Mrs. Thaw. Yes, you have an appointment with Dr. Chin at 3:00 o'clock. Let's get you checked in. I'll get an interpreter on the phone.

PAW LAH THAW- KAREN MOTHER

My Mom would like to get a pelvic exam and a Pap test and is very shy. Can we make an appointment?

RECEPTIONIST

Sure. Dr. Thompson is available next Thursday. Wait while I finish here.

PAW LAH THAW- KAREN MOTHER

Is that a man? She is too shy to see a man. Can we get her a female Doctor?

RECEPTIONIST

Of course, but that is Dr. Chin and she is booked, it will be two weeks. Is that OK? Is it urgent?

PAW LAH THAW- KAREN MOTHER

Well she has lower abdominal pain, and how about a female interpreter is that possible?

RECEPTIONIST

If she is in pain Dr. Chin can see her today. When an appointment is made on the same day for Karen we have to use the phone, but in advance it should be no problem to get a female interpreter in person. But as I said, if she is seen later today we may have to take what we get.

PAW WAH SAY- KAREN GRANDMOTHER

What did she say?

PAW LAH THAW- KAREN MOTHER

If we wait two weeks from now Mom, you can have a woman Doctor and a female interpreter in person perhaps. If she can get an appointment for you later this afternoon then it will be a woman Doctor, but a phone interpreter who may be a man.

PAW WAH SAY- KAREN GRANDMOTHER

We are here now. Lets get it done.

PAW LAH THAW- KAREN MOTHER

She will wait for Dr. Chin later today, thank you.

RECEPTIONIST

OK, she will see Dr. Chin this afternoon.

MUMU THAW- KAREN DAUGHTER

Karen daughter stands up taking a piece of paper and pretending to read like a medical assistant and starts to call people back.

Mrs. Jones, Mrs. Turner, Mrs. Thaw, Mrs. Say.

Karen grandmother walks up and takes her granddaughter's hand.

PAW WAH SAY- KAREN GRANDMOTHER

What are you doing? What's wrong with you?

SCENE 201

CLINIC WAITING ROOM

Sunita Sapkota- Nepali mother
Reshma Dahal- Nepali grandmother
Receptionist

Nepali mother and grandmother walk up to the reception desk.

Hello, I'm Mrs. Sapkota, here to check in and check my mother in for her appointment too.

RECEPTIONIST

Hello, Mrs. Sapkota. Yes, I see you have an appointment at 3:30. I will check you both in now.

SUNITA SAPKOTA- NEPALI MOTHER

Thank you. Also, we are both having Pap tests. I was wondering how much our Pap tests will cost?

RECEPTIONIST *(looks at the computer)*

OK, I see here that you both have Medicaid health insurance. With Medicaid and almost all other insurances, Pap tests are completely covered.

SUNITA SAPKOTA- NEPALI MOTHER

You mean we don't have to pay anything for the Pap test?

RECEPTIONIST

Most likely not. We will know for sure once the bills are submitted to the insurance company, but the Pap test is an inexpensive test and almost always covered.

SUNITA SAPKOTA- NEPALI MOTHER

Thank you. That's good to know.

RECEPTIONIST

No problem. You both can have a seat in the waiting room, and we will call you when it's time for you and your Mom's appointments.

SUNITA SAPKOTA- NEPALI MOTHER

Do you have interpreters?

RECEPTIONIST

Yes, there will be a Nepali phone interpreter for you both today.

Would you like to see a DVD about Pap tests? I can put one on for you while you wait.

RESHMA DAHAL- NEPALI GRANDMOTHER

Hey this is the same one we saw on your phone.

Nepali mother and grandmother sit and start watching a DVD.

MODULE C

SCENE 300

FIRST CLINIC EXAM ROOM

Paw Wah Say- Karen grandmother
Dr. Chin- Female doctor

DR CHIN

Hello, Mrs. Say. I'm Dr. Chin. I see that you are here for your lower abdominal pressure today. It looks like you are also overdue for your Pap test. Would you like to do that today?

PAW WAH SAY- KAREN GRANDMOTHER

What is the Pap test?

DR CHIN *(shows a diagram of the reproductive tract)*

Here is a picture of the cervix and also the uterus the place where the baby grows during pregnancy. The cervix is the opening of the uterus, where the baby passes through during childbirth. The Pap test samples cells on the surface of the cervix. It tells us if those cells are normal or are not normal. If cells are detected that are not normal, they can be removed from the cervix before they cause cancer.

PAW WAH SAY- KAREN GRANDMOTHER

What if the Pap test shows cancer?

DR CHIN

If the cancer only affects part of the cervix, many times, the cancerous part can be cut out. If the cancer affects the whole cervix, sometimes the uterus and cervix need to be removed, Thanks to Pap tests, cervical cancer is much less common than it used to be and can often be completely cured.

PAW WAH SAY- KAREN GRANDMOTHER

I've never had one before, what do we do?

DR CHIN

OK, no problem. Let me explain to you how it works. First you lie down on the exam table with your knees bent upward. I put your feet in these holders. Then I take this tool *(shows a speculum)* and I insert it into the vagina so I can see the cervix. We have different size specula, and I can start with a smaller one if necessary *(shows a smaller speculum).* Then I take this soft brush and I collect some cells from the surface of the cervix, place the brush in this jar of liquid, and send it to the lab. The people at the lab will tell us if those cells look normal or not.

PAW WAH SAY- KAREN GRANDMOTHER

What causes cervical cancer?

DR CHIN

A viral infection called HPV causes cervical cancer. The good news is that for adolescent girls and young women we can now vaccinate them against HPV and prevent them from ever worrying about getting it.

<u>SCENE 301</u>

SECOND CLINIC EXAM ROOM

Sunita Sapkota- Nepali mother
Dr. McAllister- Male doctor

DR MCALLISTER *(finishing listening to patient's chest)*

Everything sounds fine, I'm glad to hear the cough is gone, you are sleeping better and worrying less…oh and Maya is doing well?

SUNITA SAPKOTA- NEPALI MOTHER

Yes, things are better.
DR MCALLISTER *(looking through chart)*

Dr. Chin did your Pap last time and now I see you would like a Pap test today. Would you feel more comfortable having a female doctor again instead?

SUNITA SAPKOTA- NEPALI MOTHER *(looking up, relieved)*

Yes, I think that would be better.

DR MCALLISTER

Sure, that's fine. I completely understand. My colleague Dr. Chin had a patient cancel and has another opening and might be able to see you in a few minutes. Is that OK?

SUNITA SAPKOTA- NEPALI MOTHER

Yes. Thank you very much.

SCENE 302

FIRST CLINIC EXAM ROOM (time has passed)

Reshma Dahal- Nepali grandmother
Dr. Chin- Female doctor

DR CHIN

OK, Mrs. Dahal we are all done. How did that go for you?

RESHMA DAHAL- NEPALI GRANDMOTHER *(sitting up on exam table with drape on lap)*

It was fine, and it didn't even hurt!

DR CHIN *(smiles)*

Oh, that's great. We should have the results for you in about a week. Your bleeding was a polyp, a little growth I easily removed. I will send the polyp to the lab, but it did not look like cancer.

RESHMA DAHAL- NEPALI GRANDMOTHER

I am really glad that it was just a polyp you found not cancer and it was easy to remove. Will I still have any bleeding? And also, I was wondering when I have to come back for another Pap test? It is hard to get here since it is far from where I live and I don't drive.

DR CHIN

You may have some spots of blood, but not much. Depending on the results, you will probably need a repeat Pap test every three years. I will let you know. You know many women qualify for transportation assistance and we can look into that for you if that will help.

RESHMA DAHAL- NEPALI GRANDMOTHER

OK, thank you.

MODULE D

Paw Lah Thaw- Karen mother
Paw Wah Say- Karen grandmother
Mumu Thaw- Karen daughter

SCENE 400

KITCHEN

Karen grandmother is practicing tying the wrist (traditional ceremony) with her granddaughter.

PAW WAH SAY- KAREN GRANDMOTHER *(gives traditional blessing)*

Return, return the spirit to this body and to this family. May you be healthy and have a long life.

We do this every year in a big ceremony after the harvest, all of us together, by tying your wrist we keep the soul in the body to keep you healthy and whole.

Karen daughter binds the doll to her wrist and then runs flailing the doll in the air as Karen mother enters the room.

PAW WAH SAY- KAREN GRANDMOTHER

She's scary, she reminds me of you.

PAW LAH THAW- KAREN MOTHER *(smiling)*

The clinic called and they said the ultrasound showed you have a muscle tumor in your uterus, but it is not cancer and not dangerous. Your Pap test showed you do not have cervical cancer either. How do feel about that?

PAW WAH SAY- KAREN GRANDMOTHER

Well I wish it was nothing, but if they are sure it isn't cancer then I'm fine and won't worry.

PAW LAH THAW- KAREN MOTHER

They know it isn't and they will watch it. They said they would.

Mom, I know you miss the quiet life we had, especially before the war, a place I never really knew; the farm, the fields, the forest. But we are here now, and while there are things we miss, there are new things that make are lives different like cell phones, and trains, school, and computers, and new foods. Cancer testing like breast x-rays and Pap tests are part of the new tools that are useful about this new world. We would be foolish not to have a phone and foolish not to protect our health when it is so easy to do.

PAW WAH SAY- KAREN GRANDMOTHER *(picks up phone to call and can't remember the code and calls to her granddaughter)*

How do I get into this again Mumu?

I wish there was a way to keep her from having to think about it.

PAW LAH THAW- KAREN MOTHER

They say there is a vaccine. I guess we should think about that for Mumu when she is older.

PAW WAH SAY- KAREN GRANDMOTHER

I guess you are right. I suppose I live in two worlds more than you do.

Karen daughter runs in covered with thanaka and mascara on her and her doll, grabs the phone, unlocks it, and hands it back.

Her world…well I can't even imagine it.

SCENE 401

FINAL SCENE (traditional wrist tying ceremony)

Song of contentment (traditional music) plays.

Major points are repeated over the visual of the ceremony.

Women ages 21 to 65 should get checked for cervical cancer regularly.

Pap tests looks for cells in the cervix that are not normal and may lead to cervical cancer. If cells that are not normal are found, they can be treated so cancer does not develop.

The Pap test can also finds early cervical cancers that have not caused any symptoms yet. If cancers are found early, they can be cured without major surgery.

Cervical cancer checks are simple and only take a few minutes.

Regular check-ups allow women to stay healthy and take care of their family.