

Script: “Different Perspective for Diabetes in Egypt”

Bassant Salama

December, 2017

This audio documentary focuses on diabetic patients in Egypt who still suffer from diabetes despite taking medicine, to feel better. Three diabetic patients, Hassan Sherbiny, Mohamed Ossama and Yomna Bahaa, share some untraditional solutions they found.

NAT SOUND: FADE IN - Room tone.

MUSIC: FADE IN - Fredji - Happy Life (56 seconds from the start of the music).

Have you ever experienced unexpected weight loss? Have you suffered from extreme thirst and increased hunger? Have you had frequent urination? These are common questions that doctors may ask their patients frequently, while doing check-ups. If you are experiencing these symptoms, then this is the right place for you. You are probably a diabetic patient. Diabetes is a very common disorder in Egypt that has been prevalent for many years.

NAT SOUND: FADE OUT - Clock ticking.

SOUND EFFECT: FADE IN - Radio Static - Free Sounds.

It has been discussed on many Egyptian medical shows. Many public figures were diagnosed with diabetes such as Egypt’s former president, Gamal Abd El Nasser back in the 1970s. (:43)

SOUND EFFECT: FADE OUT - Record rewind – Free Sounds.

MUSIC: FADE IN - JPB - High [NCS Release]

Let’s learn from Yomna Bahaa, a type 2 diabetic patient, what diabetes is and what makes someone diabetic versus another who is not. (:09)

Yomna Bahaa: “Any Pancreas is responsible for generating Insulin through the beta cells that already exist in the pancreas.. So These beta cells are the main indicator of whether the person is diabetic or not. When you have the full amount of beta cells indicates that you are a normal person, but having almost half the amount of the beta cells means you are type 2 diabetic patient and having no of the beta cells whatsoever means you are absolutely type 1.” (:44)

Yomna continued to explain the importance of the insulin produced by those beta cells which act as a key to open the gates of all body cells to receive blood sugar from the food we eat. She added that if sugar got stuck in the blood and didn't find exit to the body cells, our body will start feeling tired and dizzy. And those are some of the symptoms that diabetic patients suffer when their blood sugar level gets very high as sugar does not reach their body cells.

MUSIC: FADE IN - Oum Kalthoum El Atlal (:54)

Diabetic patients in Egypt suffer from doctors frequent visits, despite applying their medications meticulously. A typical example would be Hassan Sherbiny, a type one diabetic patient who expressed his strong disappointment with his treatment experiences after visiting 6 different doctors. However, he sorrowfully asserted that he was still tired. This was a major turning point in his life which pushed him to seek solutions and inspire others. He managed to find a way to minimize his continuous suffering, upon watching a video by Richard David Dykeman, father of a desperate type 1 diabetic patient, whose life had completely changed after applying instructions of Doctor Bernstein. (:54)

Hassan Sherbiny: “So he gives instructions what to do what to eat what not to eat, and tells you everything why he said it and he doesn't give you instructions blindly he explains everything and he is so open minded.” (:25)

Hassan applied doctor Bernstein's instructions and improved his life. He would like to share the most important points through which diabetics could feel better. (:11)

Hassan (HS): "the first step is cutting carbohydrates, The only type of carbs I eat are cucumbers, onions, tomatoes and vegetables and low carb cheese and so on." (:12)

We've listened to one of the methods which could help diabetic patients decrease their suffering, but what if you can make something to stop this suffering forever? Perhaps, who knows? Let's listen to Mohamed Ossama, another type 1 diabetic patient who had a different perspective of how diabetes can probably be cured forever. (:20)

Mohamed Ossama (MO): "My research is about a cure for diabetes by cancering beta cells. The idea of this research came to me from the fact that cancer is caused by the overproduction of cells that causes the tumor. And I figured out that if we could cancer beta cells by infecting the beta cells with cancer_we can produce a bigger number from beta cells so insulin would be produced again in the body of the patient with a normal rate and the patient would be cured again and you would be a normal person." (:40)

MUSIC: *FADE IN* - JPB - High [NCS Release] (:17)

Now that we have talked about type 1, let's move to the second type of diabetes, where Yomna Bahaa, would continue her discussion and tells us how she is able to eat most of her sweet cravings without getting high blood sugar. Yomna clarified that any normal pancreas, would generate almost 100% of insulin, however, many beta cells of type 2 diabetics are dead, thus, they generate less insulin than what a normal pancreas generates. So the live beta cells are what normal medicine targets. (:39)

Yomna (YB): "The normal medicine would go to the pancreas and force it to double its efficiency and work. So if your pancreas generates 50% of insulin, with the medicine it will generate 100% like most of the normal people." (:19)

Yomna mentioned that when someone becomes diabetic, they would absolutely crave all kinds of the sweet foods more than usual, and this is the worse thing. That wasn't until she got some

advice from a friend who lives in Italy, who told her about his new medicinal experience. Eventually, Yomna decided to try it out. (:23)

Yomna (YB): "The capsules I take don't only work on the pancreas doubling its force of generating insulin. It also works on the kidney. So the kidney is the organ responsible for excretion, it gets rid of any unnecessary components of the food we eat. So as you eat excess amount of sugar as you crave, the body would only take the amount of sugar needed and the extra would automatically go into the kidney and gets kicked out through the urine." (:40)

And this is how Yomna keeps sugar from getting stuck in her bloodstream, therefore, she doesn't suffer high blood sugar anymore. This was the end of Hassan, Mohamed and Yomna's journey which took them years to discover. Today, they share their adventure with the public to benefit others. (:21)

This audio documentary is produced by Bassant Salama for the Audio Production course at The American University in Cairo, taught by professor Kim Fox in Fall 2017, special thanks to my interviewees, Hassan Sherbiny, Mohamed Ossama and Yomna Bahaa. Free music used are Happy Life, High and El Atlal. Sound effects used were all from Free sound. Nat sounds were all reported by Bassant Salama. (:30)