

Audio Files

Title : Pembunuh Tak Berupa (The Silent Killer)

Duration : 16.11

Background : Biologically women are different than men. Breast and cervix are two important organs for women defining not only physical identity but also nurture and nature role. For the past few years, breast and cervix cancer are the two most frequent and primary cancers for women in Indonesia. Each year, the diseases beat each other to reach number one position as silent killer. According to the data released by Health Ministry, around 200.000 cases of cervical cancer are recorded annually. The latest WHO data published in April 2011 put the age adjusted death rate of breast cancer in Indonesia is 20.25 per 100,000 of population.

Synopsis : Through the story of two survivors (Suprapti Asruri and Niniek Yumarwati) and two young women (Cornella Loing aka Corry and Dwita Herawati) who had taken care their late mother and mother in law suffered by breast and cervix cancer, this documentary pictures how the diseases affect one's life as a woman, mother and wife.

Suprapti Asruri shares her experience with breast cancer. She was diagnosed with cancer while she was two months pregnant. Doctor asked her to decide whether she wanted to save her baby's life or hers. **Dwita Herawati** talks about her personal experience with her mother in law after she openly talked about a big lump on her right breast. Before she spoke about her illness to Wita, her mother in law had never discussed it with her own four children. She decided to fight breast cancer (stage 1 to 3) alone because she did not want her chronic illness disrupted their life. **Niniek Yumarwati** keeps her role as mother and wife to defeat cervix cancer. In the mean time, sport teacher **Cornella Loing** shares her observation and lesson why her mother suffered by cervix cancer. According to her, it is a matter of choices you made in life.

English	Bahasa Indonesia	Time Code
Old movies countdown sound effect		
<p><i>sound of people singing</i> Lyrics : <i>Please, see our smile today</i> <i>Do not pity for us</i> <i>Please, support our confidence</i> <i>Then our live will be meaningful</i></p>	<p>suasana di bis nyanyi-nyanyi Lirik : Lihatlah senyumku hari ini Janganlah kami dikasihani Dukunglah rasa percaya diri Hidup kami 'kan lebih berarti...</p>	00.05 to 00.26
<p><i>There is a joy in a bus with around its 30 passengers. Most of them are women, adult and elderly. They are heading to a place in Karawaci, Tangerang, to perform dancing.</i></p>	<p>Keceriaan mewarnai perjalanan sebuah bis wisata yang mengangkut sekitar 30 orang penumpang// Lebih dari separuhnya perempuan usia dewasa dan menjelang lanjut usia// Mereka sedang menuju sebuah tempat di daerah Karawaci/ Tangerang/ untuk memenuhi undangan pentas menari//</p>	00.27 to 00.42
<p><i>Through the journey, they are not just singing but also discussing next performing agenda.</i></p>	<p>Selain menyanyi/ perjalanan diisi dengan diskusi untuk membahas undangan tampil di agenda selanjutnya</p>	00.45 to 00.50
<p><i>---discussion about performing in Yogyakarta---</i> Lady 1 : I want to live not just survive...that's one of samples, right? Lady 2 : A little bit excitement, please! This (performance) is for surgery doctors....WTS... that's the reason why they are interested with us</p>	<p>---roll percakapan rencana pentas di Yogya---</p> <p>Perempuan 1 : I want to live not just survive...misalnya begitu 'kan?</p> <p>Perempuan 2 : Yang heboh dong! Kalau untuk orang bedah...WTS 'kan yang bikin kita menarik...</p>	<p>00.51 to 00.58</p> <p>00.58 to 01.02</p>

<p>Lady 3 : Even WTS can be pretty</p> <p>Lady 4 : How about...Even WTS is still respected?</p>	<p>Perempuan 3 : WTS pun tetap cantik</p> <p>Perempuan 2 : WTS pun tetap dihormati...?</p>	<p>01.03 to 01.06</p> <p>01.09 to 01.12</p>
<p>If you just heard the acronym of W-T-S*, please do not put negative credit to them yet. What they mean with the acronym is not Wanita Tanpa Susila (*hooker) or what we have known as Pekerja Seks Komersial (Commercial Sex Worker). W-T-S means Wanita Tanpa Susu (Women Without Breasts) or in other words woman who has not one or both breasts.</p> <p>Intentionally they are not trying to harass one another. Those who are saying the words are the person themselves.</p> <p>Here is the stories of those who suffered with two common cancer for women in Indonesia.</p> <p>I am Suci Haryati, and this is...Audio Files//</p>	<p>Jika Anda tadi sempat mendengar istilah W-T-S...jangan diskreditkan dulu mereka// Karena singkatan W-T-S yang dimaksud bukanlah Wanita Tanpa Susila atau yang sekarang lebih dikenal dengan istilah Pekerja Seks Komersial// W-T-S yang tadi disebut tidak lain adalah Wanita Tanpa Susu atau dengan kata lain perempuan yang tidak lagi memiliki salah satu atau kedua payudara//</p> <p>Tidak ada niat saling melecehkan karena mereka yang mengucapkan adalah penyandanginya//</p> <p>Inilah kisah mereka yang bergelut dengan dua jenis penyakit kanker yang kerap diderita perempuan di Indonesia//</p> <p>Saya Suci Haryati, dan inilah...Audio Files.</p>	<p>01.13 to 01.35</p> <p>01.36 to 01.41</p> <p>01.42 to 01.48</p> <p>01.50 to 01.57</p>
<p>Announcer :</p> <p>Here's in the moment that we've been waiting for. Here they are C-I-S-C! Let's give big applause for CISC!</p>	<p>---announcing mereka tampil---</p> <p>Dan inilah yang kita tunggu-tunggu// Dari C-I-S-C// Tepuk tangan untuk CISC..!//</p>	<p>02.00 to 02.90</p>

<p><i>Dancing together is such a therapy for member of Cancer Information and Support Center, CISC. They are practicing during medical routine schedule for cancer patient such as chemotherapy. Most of its members are breast and cervix cancer patients. These are two most common cancer for women in Indonesia.</i></p>	<p>Melakukan kegiatan bersama seperti menari menjadi semacam bentuk terapi bagi anggota komunitas Cancer Information and Support Center/C-I-S-C// Mereka melakukannya di sela-sela jadwal rutin pengobatan medis bagi penderita kanker seperti kemoterapi// Sebagian besar anggota kelompok CISC adalah penderita kanker payudara dan leher rahim atau serviks yang memang menjadi jenis kanker terbanyak yang diderita perempuan di Indonesia//</p>	<p>02.12 to 02.39</p>
<p><i>Suprapti intercut : And when the second cancer was just...</i></p>	<p>Suprapti intercut : Pada saat kanker yang kedua...</p>	<p>02.40 to 02.42</p>
<p><i>One of them is Suprapti Asruri. She presents to support her friends who perform that day. Though she also wants to, she prefers not to dance. This activity is not allowed for her back, a part of her body was diagnosed with danger cell growth three years ago.</i></p>	<p>Salah satunya adalah Suprapti Asruri// Ia hadir untuk memberikan dukungan bagi rekan-rekannya yang tampil hari itu// Walaupun ingin/ Suprapti mengaku memilih tidak menari karena kegiatan ini justru rentan untuk tulang belakangnya...satu bagian tubuh yang sejak 3 tahun lalu terdeteksi ada pertumbuhan sel berbahaya//</p>	<p>02.43 to 03.03</p>
<p><i>This is not the only situation where Suprapti must make decision not only by following her mind but also her heart. Just like a situation when she made a decision 25 years ago.</i></p>	<p>Bukan sekali ini Suprapti menghadapi kenyataan kanker membuatnya harus memilih keputusan yang tidak hanya bersandar pada logika tetapi juga hati nurani// Seperti sebuah keputusan yang ia buat 25 tahun lalu//</p>	<p>03.04 to 03.18</p>
<p><i>So I was diagnosed cancer when I was</i></p>	<p>---sot Suprapti— Jadi saya didiagnosa kanker saat saya hamil...kehamilan dua bulan// Saya itu ada yang saya</p>	<p>03.19 to 03.53</p>

<p><i>pregnant..two months pregnant. I just felt my nipple on my right breast was getting harder. Finally they send me to surgeon who saw the nipple was getting harder. He said that he was sure definitely it was cancer.</i></p>	<p>rasakan puting susu saya sebelah kanan mengeras// Akhirnya dikirim ke dokter bedah/ dokterbedah lihat memang puting susu kanan itu sudah mengeras dan sudah agak masuk ketarik ke dalam// Trus kata dokternya bilang wah kayaknya ini sudah positif kanker, begitu//</p>	
<p><i>The surgeon's claim left dilemma for Suprapti and her husband.</i></p>	<p>Vonis sang dokter menyisakan dilema bagi Suprapti dan sang suami//</p>	<p>03.54 to 03.58</p>
<p><i>So...are going to deal with the cancer but we must abort the infant?. Or would we wait until I deliver my baby then we could take treatment?</i></p>	<p>---sot dilemma--- Gimana apa kankernya mau ditanganin dengan resiko menggugurkan kandungan? Tetapi kalau mau ditunggu melahirkan/ sampai bayinya lahir baru diambil tindakan//</p>	<p>03.59 to 04.14</p>
<p><i>Suprapti already had three children. She deserved to prioritize her life and took medical treatment for cancer on her right breast. But Suprapti decided to live with the parasite rather than abort her infant.</i></p>	<p>Suprapti yang sebelumnya sudah memilik tiga anak/ selayaknya memprioritaskan keselamatan diri untuk segera memulai pengobatan medis karena kanker yang menyerang payudara kanannya// Namun ia memilih untuk berbagi tubuh dengan sang parasit yang mengancam jiwanya dan juga jabang bayinya//</p>	<p>04.15 to 04.32</p>
<p><i>I gave myself to God. Whatever happened during my pregnancy, like the cancer is getting worst...I'll take the risks.</i></p>	<p>---sot Suprapti ttg menanggung resiko berbagi tubuh dengan kanker dan bayi--- Saya pasrah ke Tuhan// Gimana jadinya pokoknya walaupun saya menunda menunggu kelahiran ini kankernya bertambah lanjut ya...saya tanggung risikonya//</p>	<p>04.33 to 04.52</p>
<p><i>Day by day Suprapti passed her pregnancy. After delivering her baby, Suprapti was ready to take medical treatment which was removing her right</i></p>	<p>Hari demi hari berlalu melewati usia kehamilan// Setelah anaknya lahir/ Suprapti dinyatakan telah siap menjalani tindakan medis berupa pengangkatan payudara kanan// Momen menjelang operasi hanya</p>	<p>04.53 to 05.12</p>

<p><i>breast surgery. This moment happened only two days after she delivered her youngest daughter. She will never forget the moment.</i></p>	<p>dua hari setelah melahirkan puteri bungsunya/ memberikan rekaman pengalaman yang tidak terlupakan bagi Suprapti//</p>	
<p><i>Suprapti sobbed : “They took the baby to get closer to me. I kissed her forehead...please God, allow me to...</i></p>	<p>---SOT kenangan masuk kamar operasi--- Bayinya didekatkan ke saya// Saya cium kenangannya...agar saya diijinkan...//</p>	<p>05.16 to 05.27</p>
<p><i>Twenty years have passed since Suprapti get surgery. As she never gives up...she has always been a fighter or survivor though cancer had taken part of her body which became her physical identity as women.</i></p>	<p>Dua puluh tiga tahun telah berlalu setelah momen saat Suprapti masuk ke ruang operasi // Pantang menyerah membuat Suprapti menjadi pejuang atau survivor meski satu bagian tubuh yang menjadi identitas fisiknya sebagai perempuan telah terenggut oleh kanker//</p>	<p>05.29 to 05.44</p>
<p><i>But not all of breast cancer patients can survive like Suprapti.</i></p>	<p>Namun tidak semua penderita kanker payudara mampu bertahan seperti Suprapti//</p>	<p>05.45 to 05.49</p>
<p><i>For all women...for these kind of diseases like cervix and breast cancer...we can detect at early stage, can't we?. Like SADARI (an acronym for Periksa Payudara Sendiri or Check Your Breast Yourself). But if it's going like this...like Mama who already reached stage 4...it would be difficult.</i></p>	<p>SOT Wita Buat perempuan-perempuan yang istilahnya kayak penyakit kayak begitu...kayak kanker rahim, kanker payudara...sebenarnya 'kan bisa dideteksi dari dini ya?// Kayak SADARI, periksa payudara sendiri. Kalau udah kayak begini...kayak Mama udah stadium 4...udah susah.”</p>	<p>05.52 to 06.10</p>
<p><i>Dwita Herawati shares the meaning of her</i></p>	<p>Dwita Herawati berbagi makna dibalik berpulangnya</p>	

<i>mother in law death caused by breast cancer.</i>	sang ibu mertua akibat menderita kanker payudara//	06.11 to 06.17
<i>Different point of view in facing the disease, the openness to face reality included gain support from our closest relatives, are giving big impact for a breast cancer patient.</i>	Perbedaan pandangan dalam menyikapi penyakit/ keterbukaan menghadapi realita kepada orang-orang terdekat termasuk mendapat dukungan mereka ternyata berdampak besar pada kelanjutan hidup seorang penderita kanker payudara//	06.18 to 06.31
<i>“Ta...ta...please, come here. There is such a kind a lump on my breast. So I touched her breast. Indeed there was a lump as big as an egg. What was this, Ma? Please go check it. Yes, I already did go to the doctor. He said it was not danger for me. All I know Mama is an independent person. She didn’t have close relationship with her children. And they did not pay attention to her. I do know she had a maid. As long as I am concerned, she did go to hospital only with her maid. She did want her illness disrupted their live. Until we smell something...</i>	SOT Wita “Ta, ta...sini deh, Ta. Ini kayaknya di payudara Mama kayaknya ada yang keras-keras, deh. Trus aku pegang. Bener, kayak sebesar telur ayam. Oh apaan nih, Ma? Periksa, Ma. Iya, Mama udah periksa tapi kata dokter nggak ganas. Begitu katanya gitu ‘kan. Emang Mama orangnya mandiri deh istilahnya. Ama anak-anaknya juga jauhlah istilahnya gitu. Nggak ada yang terlalu care sama Mama-nya. Aku perhatiin Mama ‘kan ada pembantu. Dia bolak-balik ke rumah sakit ama pembantu aja. Istilahnya mau berobat sendiri tanpa ngerepotin anak-anaknya. Tahu-tahu timbul bau...	06.32 - 07.13
<i>Keeping the disease from her children had made cancer grew in Wita’s mother in law body. The reality opened right on their eyes while the process continued without appropriate treatment.</i>	Ketertutupan atas penyakit yang diderita membuat kanker payudara begitu leluasan menggeroti tubuh ibu mertua Dwita// Dan ketika proses itu sudah berjalan tanpa penanganan yang memadai/ perlahan tapi pasti terbuka realita di depan mata//	07.14 to 07.29
<i>The smell on her room was so bad. We gave perfumes but nothing happened. I said, please, Ma. Open your bra. I was shocked and almost</i>	SOT Wita ttg bau di kamar lalu Itu kamar baunya emang udah nggak enak banget ‘kan. Udah disemprot sama Hexopan, disemprot	07.30 to 08.21

<p><i>fainted. One of her breast had almost disappeared. My tears fell down. Oh My God, Mama! How could it be? I had no idea how was bad she struggled with her pain? It must be, really, hurt. How could she through it alone? But you know what? She kept going to the market at the dawn. She took public transportation to go there. She pretended not to care when people closed their noses after smelling her.</i></p>	<p>macem-macem, tetap aja kalah sama baunya. Coba Ma, lihat. Dibuka niy. Aduh...pengen pingsan tahu, nggak? Itu sebelah udah hilang. Udah..maf-maaf ya...udah nggak berbentuk pokoknya. Langsung air mata keluar. Ya Allah, Mama! Kok sampai begini siy, Ma? Aku tuh nggak habis pikir kok bisa tahan gitu loh. Itu 'kan pasti melewati masa-masa ngebet, ngebet-ngebet pengen pecah, itu bagaimana ngelewatannya sendiri? Itu dalam keadaan seperti itu dia masih ke pasar. Yang aku salut dari Mama seperti itu. Mandiri orangnya. Anaknya masih tidur dia udah ke pasar jalan Subuh-subuh. Walaupun dia naik angkot...di angkot istilahnya ada orang tutup hidung...nggak peduli dia!</p>	
<p><i>It is hard to seize how deep is a mother's heart. Includes her doctor and paramedic who treated her.</i></p>	<p>Sulit memahami kedalaman hati seorang ibu termasuk kalangan medis yang menanganinya//</p>	<p>08.22 to 08.26</p>
<p><i>The doctor did not believe on us. How could none of her children know her bad condition? Did it seem not made any sense, did it? Yes, of course it didn't! Parent would tell his/her children if there was something wrong with his/her body. But why she told me...her daughter in law?</i></p>	<p>SOT Wita tentang dimarahin dokter "Ya itu dia. Dokter hampir nggak percaya 'kan? Masak ada orang tua sakit sampai kayak begitu anak-anak nggak tahu? Masuk akal, nggak? Nggak masuk akal 'kan? Paling enggak orang tua 'kan kalau sakit sedikit ngeluh sama anaknya . Ini Mama ada ini. Tapi kok yang diajak ngomong aku..menantunya?</p>	<p>08.27 to 08.44</p>
<p><i>Nature process run the way it goes.</i></p>	<p>Dan proses alam pun berjalan sebagaimana putaran waktu//</p>	<p>08.45 to 08.50</p>
<p><i>It was March, 27...no one stood by beside her.</i></p>	<p>SOT saat kematian Pas tanggal 27 maret...itu pun nggak ada yang jagain. Yang jaga cuman pembantu. Kita 'kan emang lagi</p>	<p>08.51 to 09.17</p>

<p><i>Only her maid. I was at home as my shift was done. I had no idea that I was two months pregnant. I just did want to tell Mama that Najmi (Wita's first child) would have brother. I planned to come on Thursday's night. But Mama had gone on Thursday's morning...</i></p>	<p>giliran pulang 'kan? Itu aku lagi dalam keadaan hamil dua bulan..nggak tahu. Udah niat niy mau kasih tahu Mama ah Najmi mau punya adik. Maksudnya mau balik hari Kamis malam, eh...paginya udah nggak ada..</p>	
<p><i>These are scratch of fabrics. Cancer survivor made them into patchworks. We sell the artworks then we gave the money for those who can't afford for medical treatment.</i></p>	<p>---SOT Ninik menjelaskan pengerjaan proses perca--- Ini perca-perca nggak kepake// Tapi ini 'kan hasilnya orang-orang yang survivor// Ini untuk dijual nanti hasilnya untuk rumah singgah mereka yang kena kanker tapi nggak mampu//</p>	<p>09.20 to 09.34</p>
<p><i>Patchwork has a lot of meaning for Ninien Yumarwati. It is for killing time, social activity, and therapy for she does not keep remembering her illness. Niniek is a cervix cancer survivor, a disease has become silent killer for women in Indonesia.</i></p>	<p>Banyak makna dibalik kerajinan perca buat Niniek Yumarwati// Ini adalah aktivitas pengisi waktu luang/ kegiatan sosial/ dan terapi untuk mengendalikan pikiran agar tidak selalu tertuju pada penyakit// Ninik adalah survivor kanker serviks atau mulut rahim yang telah muncul sebagai silent killer nomor wahid perempuan di Indonesia//</p>	<p>09.34 to 09.55</p>
<p><i>According to the data released by Health Ministry, around 200.000 cases of cervical cancer are recorded annually. WHO named Indonesia has the greatest number for cervix cancer patients worldwide.</i></p>	<p>Departemen Kesehatan mencatat tahun 2011 jumlah penderita kanker serviks di Indonesia per tahun mencapai 200 ribu orang // Badan kesehatan dunia W-H-O mencatat Indonesia sebagai Negara dengan jumlah penderita kanker serviks terbesar di dunia//</p>	<p>09.56 to 10.10</p>
<p><i>The number could be triggered by fact that not every woman pays attention to early symptom.</i></p>	<p>Besarnya jumlah penderita bisa jadi karena penyakit ini memunculkan gejala yang seringkali dianggap remeh// Niniek mengurai pengalaman pribadinya</p>	<p>10.11 to 10.21</p>

<i>Niniek shares her personal experience connected with this assumption.</i>	terkait dugaan ini//	
<i>It is something that every woman won't pay attention to but it gives signs. Like white spots.</i>	--SOT Ninik-- Hal yang kita anggap biasa saja bagi wanita tapi ternyata itu sebetulnya sudah tanda-tanda// Dia menyaru 'kan// Seperti keputih-putihan 'kan menyaru dia// Padahal sebenarnya di dalamnya itu ada//	10.22 s/d 10.35
<i>Asking herself why she is the one suffered with this disease, Niniek felt into deeper slump.</i>	Mempertanyakan penyebab mengapa ia sampai mengidap kanker serviks membuat Niniek nyaris jatuh dalam keterpurukan mendalam//	10.36 to 10.42
<i>Why me? What have I done? I didn't do that, I didn't do this. Anyway, what will be, will be. I just thought that I want to die. I really lost control at that time. I just want to give up, give myself. I did not think of my children. Even I did not think of myself. I could not raise my hand.</i>	---SOT Pasrah Krn Penyakit--- Kenapa, ya? Kenapa kok saya yang kena ini gitu. Apa yang saya lakukan siy? Perasaan saya nggak gini, nggak gini. Tapi yah sudahlah. Tapi ya nggak tahu waktu itu..aduh, mati ajalah. Saya benar-benar waktu itu lepas gitu, loh. Udah buat apa sih kayak gini? Udah bener-bener lepas gitu. Udah nggak mikir anak gimana. Mikin badan aja udah nggak enak. Mau angkat tangan aja udah nggak kuat.	10.43 to 11.09
<i>But then Niniek finds her motivation to defeat the disease through her role as a wife and mother.</i>	Namun mengingat mereka yang membutuhkan kehadirannya sebagai seorang ibu dan istri/ membuat Niniek menemukan motivasi mengalahkan ketidakberesan di tubuhnya//	11.10 to 11.18
<i>The disease would defeat me easily if I slumped. This is what crossed my mind. What would</i>	---SOT Semangat Berobat--- Kalau diri sendiri sedih/ yah mungkin malah justru penyakitnya akan lebih cepat menyebar// Saya pikir seperti itu// Agak berpikinya aduh kalau saya harus dioperasi harus di rumah sakit, bagaimana? Anak-anak	11.19 to 11.47

<p><i>happen if I should hospitalize and get surgery? I have kids. They should go to school and grow/ I should raise them. My husband did anything he could for my recovery.</i></p>	<p>masih kecil. Bagaimana caranya anak-anak harus tetap sekolah sampai besar, gimana caranya saya tetap bisa nungguin anak-anak// Suami yang berupaya untuk mencari informasi apa saja selain obat dokter yang bisa membantu kesembuhan//</p>	
<p><i>Thirty years have passed since dokter claimed that Niniek was totally cured from cervix cancer. But 61 year old Niniek keeps in mind that her enemy can return anytime.</i></p>	<p>30 tahun sudah sejak Niniek dinyatakan bebas dari kanker serviks// Namun Niniek yang kini berusia 61 tahun/ tetap waspada jika sewaktu-waktu musuh itu kembali menyerangnya//</p>	<p>11.48 to 11.57</p>
<p><i>Be alert and stay awake are the key words for Cornella Loing or Corry while she remembers how was her mother detected cervix cancer.</i></p>	<p>Waspada dan tidak lengah juga menjadi kata kunci buat Cornella Loing atau biasa dipanggil Corry ketika mengenang awal terdeteksinya sang ibu menderita kanker serviks//</p>	<p>11.58 to 12.09</p>
<p><i>One day she told me that she was having thick fluid. I asked her to get pap smear, to get medical check up. Once I thought it came from her medicine because she got diabetes. She even had to get insulin. Then she got pap smear. The result was stadium 1.</i></p>	<p>SOT Corry Suatu hari dia bilang sama aku. Kok aku mengeluarkan cairan kental-kental kayak kepala susu, dia bilang. Udah Mami papsmear aja, periksa aja. Atau bisa dari diabet-nya karena konsumsi obat yang terus aja sampai sudah insulin 'kan Mami-ku diabetnya. Akhirnya dia papsmear tuh. Setelah hasil pemeriksaan dan semuanya sudah jelas, disitu ketahuan stadium satu.</p>	<p>12.10 to 12.39</p>
<p><i>How fast can cervix cancer be cured depends on patient's condition. One of the considerations is whether or not the patient has other disease.</i></p>	<p>Kecepatan penanganan kanker serviks juga bergantung pada kondisi tubuh pasien// Ada tidaknya penyakit lain yang diderita pasien tidak hanya mempengaruhi keputusan seberapa cepat penanganan bisa dilakukan///</p>	<p>12.40 to 12.51</p>

<p><i>Her diabetes level was so high when she was scheduled to get surgery. So first we must neutralize her glucose level. We took her home. But her level was reaching to stage 3C just in one month.</i></p>	<p>SOT Corry Setelah mau naik operasi ternyata diabetnya tinggi. Harus netral dulu gula darahnya. Kami sepakat bawa pulang (untuk) netralisir. Dalam kurun waktu satu bulan, saat itu, itu langsung naik stadiumnya 3C.</p>	<p>12.52 to 13.07</p>
<p><i>How fast can the disease be cured depends on the technical treatment.</i></p>	<p>Dan keputusan seberapa cepat penanganan berkaitan dengan teknik penanganan//</p>	<p>13.08 to 13.13</p>
<p><i>Her radio therapist said it was impossible for her to get surgery because she had reached level 3C. It was already going anywhere to her body. She should take radiation and chemotherapy. My Mommy had 25 times of radiation, and 5 times for chemo.</i></p>	<p>SOT Corry Dari bagian radio terapis udah bilang, kalau seperti ini tidak bisa dioperasi kalau 3C. Karena sudah kemana-mana. Kalau seperti ini, harus sinar sama kemo. Sinarnya Mami-ku itu 25 kali sinarnya, kemonya 5 kali.</p>	<p>13.14 to 13.35</p>
<p><i>Corry must face her mother's suffer as her condition was getting worst. Those moments left unforgettable memories for her.</i></p>	<p>Memburuknya kondisi membuat Corry harus menyaksikan penderitaan sang ibu akibat kanker serviks// Pemandangan dari hari ke hari meninggalkan rekaman kenangan yang tidak terlupakan//</p>	<p>13.36 to 13.42</p>
	<p>SOT Corry Kalau sudah rasa sakitnya datang</p>	<p>13.43 to 14.08</p>

<p><i>I could not bare of seeing her overcame the pain. She said, "Please, I do not want my children or grand children ever feel this pain,". Her pampers were full like baby. Her back was chafed. I could not see her like that. I just couldn't...</i></p>	<p>tuh..udah....pokoknya aku nggak tega banget ngeliatnya. Dia bilang, "Aduh, jangan sampai anak cucu Mami kayak begini." Dia bilang seperti itu. Pokoknya kalau rasa sakitnya sudah datang, dan itu cairan sampai yang basah, penuh, pokoknya kalau udah yang punya baby mungkin sampai ngerasain tebal kayak gitu sampai keluar. Yang akhirnya bagian bokong Mami kayak lecet. Sampai nggak tega aku makanya sampai nggak tega.</p>	
<p><i>Gladwien Evelyn Wartabone passed away on April three years ago because of cervix cancer. Sport teacher Corry shares her observation during taking care of her late mother. She concludes that it is a matter of a person's choices in life that relate to her/his life quality.</i></p>	<p>Gladwien Evelyn Wartabone wafat April tiga tahun lalu akibat kanker serviks// Corry yang kini berprofesi sebagai pelatih kebugaran berbagi pengamatan bagaimana pilihan-pilihan dalam hidup menentukan kualitas kesehatan seorang//</p>	<p>14.09 to 14.24</p>
<p><i>It is a lesson for me since I am the one who took care of her. The main points are life style and eat pattern. My Mommy was such a busy worker. She worked as makeup artist for brides. She always wanted to have perfect body. If she felt that she wasn't on that condition then she would take liposuction and vitamin injections. She wanted to have good performance instantly. Her</i></p>	<p>SOT Corry</p> <p>Justru 'kan buat pelajaran aku juga karena aku yang merawat, aku yang ngurusin. Jadi yang aku lihat memang yang utama pola hidup, pola makan. Kalau pola hidup Mami-ku, Mami 'kan sibuk sekali. Mamiku kesibukan sebagai perias penganten. Yang kadang-kadang yang namanya perias penganten itu 'kan maunya perfek terus secara penampilan. Jadi kalau dia gemuk, dia</p>	<p>14.25 to 15.44</p>

<p><i>eating habit was other influence. We are coming outside (of Java where delicious food as part of culture). We could get diabetes if we are not controlling our habit. Also as far as I am concerned, my Mommy gave birth at very young age and had many children. These are two common things for women at risk.</i></p>	<p>main sedot lemak. Yang seperti ini Mami jalanin. Yang suntik vitamin. Makanya saya bilang pola hidupnya tidak bagus kalau ditilik dari situnya. Dia ingin tampil perfek tapi dengan cara instan. Dengan pola makan, kita orang-orang seberang seperti apa pola makannya kalau tidak dijaga ya memang yang utama kenanya di gula. Yang selama ini aku tahu, mungkin Mami-ku melahirkan di usia yang sangat muda sekali. Katanya untuk kanker serviks penyebabnya yang seperti itu. Kalu untuk mulut rahim yang beresiko yang punya anak banyak. Jadi buat aku, pola hidup dan pola makan.</p>	
<p><i>And this is Audio Files for now. I am Suci Haryati. If you have comment, please send to this radio station or send email to audiofiles4women@gmail.com</i></p>	<p>Demikian Audio Files kali ini// Saya Suci Haryati// Jika Anda memiliki komentar dan masukan/ silahkan kirimkan ke stasiun radio yang memutar program ini atau melalui email ke audiofiles4women at gmail dot kom//</p>	<p>15.45 to 16.11</p>