

Chan: Asasen Silans (Song: Silent Killer)

Tansyon wo se asasen silans
High blood pressure is the silent killer
Li trèt menm jan ak volè
It's lurking dangerously like a thief
Ou pa konn si li la men li ka fè
You don't know if it's there but it can make
Ou kriye nan yon bat je
You cry in the blink of an eye
Tansyon wo se asasen Silans
High blood pressure is the silent killer
Men ou pa bezwen soufri
But you don't have to suffer
Si ou kontrole li e pran swen li
If you get tested and take care of it
Kwè mwen ou kapab venk tansyon wo
Believe me; you can beat high blood pressure

Premye Kouplè (First Verse):

Genyen yon asasen ki kache nan vwazinaj ou
There is a killer hiding in your neighborhood
Ou pa wè li ni santi si li la
You can't see it or feel that's it's there
Asasen sa rele tansyon wo e li mande anpil swen
This killer is called high blood pressure and you better beware
Paske li kapab detri sante ou
Because it can destroy your health

Dezyèm Kouplè (Second Verse):

Tout moun ta dwe kontrole tansyon yo
Everyone should have their blood pressure tested
Si doktè di ou li wo ou ta dwe koute li
If the doctor tells you its high you'd better listen
Pran remèd ou chak jou pa janm kite li fini
Take your medicine every day and don't let it run out
Fòk ou kontrole tansyon ou trè souvan
You must get retested frequently

Twazyèm Kouplè (Third Verse):

Men ki prekosyon ou dwe pran lè tansyon ou wo
Here is what you should do if your blood pressure is high
Fè anpil jefò pou ou pa vinn twò gwo
Make an effort to control your weight
Pa manje anpil bagay sale pa fimèn epi evite stress
Don't eat a lot of salty food, don't smoke, and avoid stress
Fè anpil espò tankou mache ak kouri
Get plenty of exercise like walking and running