
Poem

Die in bits and pieces –A poem on Diabetes

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Doctors screamed, relatives fired, Wife, sons, daughters satired,
Sedentary, obese, overfed, lazy, selfish, they connoted
Pastries, desserts, cookies, chocolates, ice creams; I admired...

A well-wisher friend, i dint care to follow
Who everyday emptied his throat into my ears
I still smoked like a chimney, slept like an armadillo
Declined the pharmacy and always preferred cheers...

What big deal is food availability?
Burgers, Pizzas, noodles, found in every nook and corner of town
I never doubted that things could go so worse
Refined carbs, transfats: i am truly a clown.....

From thence on my fingers are pierced everyday
Every single prick takes my life away
Now I am dying in bits and pieces
Disease! oh dear; is with me to stay.....

Eyes, kidney, heart, foot, stomach
All organs seem to dance at its tune
Cosy sweets I cherished throughout
Seems like a poison, on gulping them I fume.....

Insulin injections have crucified me mentally
Tablets seem to never end my excruciating agony
From outside I try to be hale and hearty
Within anguish seems very scary and nasty.....

Terrible disease has turned my life
From a joy ride to roller coaster
The disease has ruled me till today
Diet and exercise is my new stress buster

From now on I have no full stop in my thesaurus
I am ready to talk walk about diabetes aloud
I will not surrender to it anyway
Until my body and soul is covered with a shroud.....