

## Talent in Medicine

The medical profession is not different from other workforce, sharing common interests, hobbies and talents. The majority of these activities are unrelated to medicine. Many are musicians, performers, artists, writers, critics, astronomers, photographers, etc., not to mention their excellence in the world of sports. On the other hand, there are also instances when the practice of these activities takes the form of applied interpretation of what they know in human pathobiology and the concerned function. Thus, some may be historians of clinical practice, clinical pharmacologists of locally used herbs or clinical therapists of locally practiced folk medicine.

This section of the Bahrain Medical Bulletin will be devoted to “Talents in the Medical Profession” to show and exchange with others common interests and applied experience. Contributors are therefore welcomed to submit their literary works. This issue contains two poems titled “**Depressed? Just Tell!**” and “**Looks Depressed: Just Ask!\***”.

The Chief Editor

### Depressed? Just Tell!

If you're depressed, it may not be your fault,  
It's a chemical impasse; it won't let the synapse start.  
It's serotonin, the neurotransmitter that lacks,  
The mechanisms that make it now do not crack.

Now we know the molecules that mediate mood<sup>1</sup>,  
Serotonin, dopamine, noradrenalin affect our moods.  
If they are altered in the brain, it leads to altered mood,  
It may be often beyond you if you persist in low mood.

When you feel down and out and sad and low,  
When nothing interests you and you get slow,  
When nothing is worth doing or even living,  
Serotonin deficit, dear, is gross and glaring.

When low mood is persistent and your fight fails,  
When you try to buck-up but nothing avails,  
When your appetite is affected and sleep derails,  
When isolation threatens, seek help, don't just bewail.

Depression is treatable, curable; so take timely action,  
Tell the doctor your problems, without any hesitation.  
The medicines shall build up your serotonin level,  
You'll once again chirp and live the way you lived ever.

Negativity is curable; don't lose your heart,  
Within a short time you shall take a positive start.  
Life is precious; it needs to be taken positively,  
Come what may, live with an 'attitude' happily!

It's attitude, it's attitude, it's attitude, my friend!  
Ups and downs are part of life; life is always on a bend.  
When the going gets tough and life appears hard,  
Do not go alone, take a friend and bare your heart.

Sharing of thoughts is helpful, do share with someone,  
We're all in the same boat, feel one with everyone.  
Loved ones and family are there, make the doctor your friend,  
Keep no weight on your chest; *just tell*, you'll feel light no end!

### REFERENCE:

1. Thase ME. Molecules that Mediate Mood. N Engl J Med 2007; 357(23):2400-2.

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March 2016 marked 20 years since Bahrain Medical Bulletin has started publishing poems of Dr. Anil Chawla. The first poems appeared in the March 1996 issue of Bahrain Medical Bulletin.

### Looks Depressed: Just Ask!\*

If a patient finds it hard to smile, looks sad, wears a longish face,  
Ask him a few questions to find out if depression is the case.  
Don't let the opportunity pass, it may not come again,  
He may not benefit from your contact; get not much gain.

How has your mood been these days- happy or sad?  
How do you find life and work – exciting, interesting or bad?  
How is your sleep – sound and enough or disturbed and upset?  
Do you find it hard to enjoy life and are worried instead?

Go deeper and find out what happened?  
Someone left or a problem is lurking on his head?  
See if he sees no silver lining to his dark cloud?  
Has he lost hope and is buried under a shroud?

Unravel depression; it is often hidden behind a fake smile,  
Appearances can be deceptive; find out any pain behind that smile;  
Find if he has depression in his personality's core,  
He needs help but can't ask or implore.

If you can do this and bring depression to the fore,  
You can then treat it with SSRIs\*\* and CBT's\*\* chores.  
He/she will then bless you and you will be adored,  
You did your job as a doctor well, you rest assured.

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\* “Depression: Let's Talk” was WHO's theme for World Health Day 2017 held on 7th April.

\*\*SSRI=Selective Serotonin Reuptake Inhibitors  
\*\*CBT=Cognitive Behavior Therapy