

## **Talent in Medicine**

The medical profession is not different from other workforce sharing with them all 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 presentation. This issue contains two poems titled “**Hollow and Empty!**” and “**Watch Your Elderly!**”.

**The Chief Editor**

### **HOLLOW AND EMPTY!**

Have you ever noticed how the breath comes and goes?  
How it enters, where it turns, how it flows?  
How it is pulled in by the lungs’ bellows?  
How it moves out again, into the external hollow.

The nose is hollow and empty, it is space,  
The throat, the trachea, lungs are all space.  
Feel the air as it moves from nose and throat to the lungs,  
Feel every breath as it moves in and out of the lungs.

Breath is life, be respectful of your breath,  
Notice lovingly, the course of each breath.  
Focus on and follow the path the breath takes,  
Let it in and follow it out; there’s a lot at stake.

Don’t forget the breath, for breath is life,  
Do it with awareness; no breath, no life!  
Don’t take it for granted if you love life,  
Value each breath; be grateful, for breath is life!

There’s space outside and there’s space within,  
They’re both continuous, be it out or in.

Notice oneness of the space without and within,  
Through that space you're one with all living.

No thoughts, no words, no other head space activity,  
Watching the breath makes the mind hollow and empty!  
When mind is stilled, you come in touch with yourself,  
That silent, still, peaceful space, that's your true self.

'You are that' yes that's your real and essential self,  
When chattering in the mind is stilled, what's left is yourself.  
When the head is hollow and empty, free of thoughts,  
Then what remains is the real you, your very true self.

### **WATCH YOUR ELDERLY**

She was always at the door wanting to go out,  
She knew they had come and they called her out.  
Thus for house keys, she was always on the look out,  
'Who locked the door? Give the keys, I must go out.'

She tried to open the door with whatever she found,  
Be it the car keys, the scissors, even a tablet round.  
She would stand at the window asking them for keys,  
'Get me the keys, do give me the keys.'

Finding the main door closed one day,  
She thought there must be another way.  
She entered the bathroom, was confronted by the mirror,  
She returned saying, 'A grey haired old lady is blocking my way!'

She always tried to cook for her long gone Dad,  
She wanted to make dough to make bread for her Dad.  
She made the dough from the washing machine soap one day,  
We kept the 'Tide' box on top of the fridge from that day.

Ask her to brush her teeth: 'I have already done that!'  
Please take a bath: "Well, why again, why never you?"  
Please flush the toilet: 'Why should I, you used it, why don't you?'  
Please change the clothes: 'What is wrong, they are clean.'

Please come, eat your food, 'No, I am not the least hungry!'  
Please go sleep on your bed: 'No, I'll sleep here on the sofa!'  
Let's go for a walk: 'No, I don't want to go, you go!'  
To any suggestion she was always in the mode called, 'No!'

For hours on end she will talk to herself,  
She'll talk to her sisters and others just by herself.  
She will ask questions and give prompt answers by herself.  
Noisy and often loud, she kept busy all by herself.

She would often laugh and giggle with them,  
She would sometimes cry for the death of someone.  
When in a 'self-talking attack', she was hard to distract,  
She won't sleep herself, nor let us rest!

Her son came to see her from a far of land,  
After two days she told him, 'Why you are wasting your time?'  
"Go, do your work or your wife will throw you out this time."  
Poor fellow felt bad when he saw what he saw of his Mom this time.

We went to the doctor and told him her story,  
He diagnosed her Alzheimer's; which is around 20% of elderly's story<sup>1</sup>.  
He gave some medicines to keep her calm and for sleep,  
But the course he said is unremitting till the final sleep!

Anil Kumar Chawla, MD, MRCP (UK), FRCP (Glasgow)  
Associate Professor of Medicine  
Oman Medical College  
P O Box 391, PC 321, Sohar, Oman  
Email: adman111@omantel.net.om

## **REFERENCE**

1. Hebert LE, Scherr PA, Bienias JL, et al. "Alzheimer Disease in the US Population: Prevalence Estimates Using the 2000 Census". Arch Neurol 2003; 60 (8): 1119-22.

'Alzheimer prevalence was estimated to be 1.6% in the year 2000 both overall and in the 65-74 age group, with the rate increasing to 19% in the 75-84 group and to 42% in the greater than 84 group.