

## **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 three poems titled “**This Moment Please!**”, “**The Great Sucker!**” and “**You’ve Got Diabetes**”.

**The Chief Editor**

### **This Moment Please!**

Each day as I get up and come out of my bed,  
I am born again, I’m new and fresh!  
There is new awareness, a mind free of all encumbrances,  
Ready to face the world, let it throw challenges!

I make it a point to enjoy what I do,  
Be it tough tasks or simply going to the ‘loo’!  
I love smiling as I love the ‘such-ness’ of every moment,  
I love what life gives me one moment by moment.

Why should I complain and spoil my mood?  
I don’t accumulate grievances to get into a sad mood.  
I let go of the last moment as a gone and past moment,  
So I can stay afresh this moment and next moment.

When the past impinges on my consciousness,  
I don’t get lost in its thoughts and make a mess.  
If it arises again I keep burying it again and again,

It doesn't attract or trap me; I am awake in the 'now' again.

When the day dreaming about the future starts,  
I'm aware and so I don't in imagination get lost.  
I bring my attention back to the present moment,  
I don't want to lose it, I value this precious moment.

In this moment I am breathing and alive, I love it,  
In this moment I can spin my 'success' and I love it.  
I am grateful for the great gift of this moment,  
In gratitude and awareness, I smile and enjoy every moment!

### **The Great Sucker!**

If you've love in your heart, rejoice!  
If you've joy within you, that is divine grace!  
If your love and joy haven't dried away,  
Be thankful and grateful for they could go away.

Beware! The great sucker hangs in and around us,  
If you're unaware, it can soak all love and joy in us.  
This great sucker is called 'expectation,'  
The sponge that soaks all love in you is expectation.

You give something to someone out of love,  
No expectation of return will keep alive the love.  
Enter expectation and what goes out is love,  
More serious the expectation, greater is the loss of love.

Complaints, grouses, grievances, irritations and your hates,  
Are children of expectation; they multiply at fast rates.  
When so much negativity accumulates in your heart,  
Fragrance of love and joy disappears from your heart.

Love and joy are joint twins, you lose them both,  
If there is no love, joy too goes out henceforth.  
Expectation is the silent killer of both love and joy,  
Kill the killer first so you can flourish in love and joy.

So beware, watch your thoughts and emotions every moment,  
Be vigilant and you can spot and stop expectation any moment.  
If you want to preserve love and joy in your heart,  
Be watchful; don't let expectation enter your precious heart.

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### **You've Got Diabetes**

You've Diabetes now is what my doctor claim  
In minutes he gave me a lifelong disease which is insane  
I tried to change his mind but attempts were in vain  
He said it was clear and requires no brain  
Suddenly I felt all my life was going down the drain  
All my life my health was never the main  
I got to change everything I do but it won't be the same  
I need to give up my joys for a particular health aim  
When I am older I want to live without a pain  
I don't want to wind up walking with a cane  
I will exercise and walk daily shine or rain  
I will eat healthier and from junk food I will restrain  
I promise I will not be a couch potato ever again  
Good bye my brownies and my ice cream that I will detain  
Will stop craving and keep the refrigerator locked in a chain  
Will loss weight by any means and I won't complain  
My regular clinic tests and exam I will sustain  
From now conquering diabetes is my middle name  
Will be active and will work hard like a train  
Will keep my good health and not allow it to wax and wane

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