

The cunning sugar

My thirst had increased and I forever felt hungry;
To empty my bladder, I was always in a hurry;
My symptoms persisted and I consulted a doctor;
It's diabetes he told, but don't you worry.

What is this disease? I asked my doctor;
Your sugars are raised, but don't you bother;
I will treat your ailment, and that's for sure;
But you ought to help me in controlling your sugar.

How can sugar be such an enemy?
Isn't it the pride of every ceremony?
What is this disease which forbids me sweets?
I can't buy them even having so much money.

The doctor then prescribed me some pills;
And to seriously cut off my sugar bills;
My diet had to be little but frequent;
I should avoid stress, and just chill.

I got relaxed as time passed on;
Totally unaware of my sugar fluctuation;
And then one day my vision became misty;
That was when I realized the situation.

I immediately ran to an ophthalmologist;
And enquired about this funny mist;
He wished to check my retina, and so he did;
And my diabetic tale took an ugly twist.

My retina was sparkling like a fire cracker;
I was advised to undergo immediate laser;
My eyes were saved, but now I think;
Any delay would have damaged them forever.

Control your sugar, contain your BP;
Exercise daily whatever it may be;
To save your eyes from this sweet monster;
Regular checkup is the only key.

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