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Poem

Eat more fatty fish

and exercise more.
this is what I advise my patients
when their good cholesterol is low
triglycerides high.

I use a letter
a thin piece of paper light on words
which makes for quite a lean envelope
mostly bones really.

most patients swim past.
and yet a few always take the bait
ending up in front of crumbled ice
and prices per pound.

dressed in workout clothes
they ask the man in the plastic smock
for a pound of fatty fish—salmon
a piece freshly caught.

Adam Possner

Correspondence to Assistant Professor Adam Possner, General Internal Medicine, George Washington University, Medical Faculty Associates, 2150 Pennsylvania Ave NW, Suite 2-105 South, Washington, DC 20037, USA; apossner@mfa.gwu.edu

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