

The Silent Killer

I dreamt about my mum today
a cruel disease took her away
it crept up upon her from behind
and slowly crushed synapses in her mind
I watched it happen
I couldn't fight
I was powerless, as she was
in it's might

I sometimes hear the latest news
the scientists have made
the next breakthrough
but this killer is still at large
it's appetite is on turbocharge
its killing millions in it's wake
it must be stopped
for humanity's sake

So all I can do is hope and pray
that it doesn't get me one day
there's evidence to suggest it will
by then there may well be a pill
to cure this dreaded predator of the brain
to let old age have it's longest reign
to enjoy this life, to be fit and well
until it's time to bid my last farewell.

By Gwen Barnes

(in loving memory of my mum who passed away with Alzheimer's in 2016)