



POETRY | FALL 2022

don't you care about getting better? | why don't you ever listen?

By **Sania Rahim**

don't you care about getting better?

can't you just eat more vegetables?
it's so easy! just buy some at the supermarket.
there are so many recipes on youtube.

ah, still drinking soda, huh?
you know what i like to call it – “liquid death.”
but i guess it's difficult to overcome that addiction.

and why aren't you exercising?
you're going to let the cold weather get in the way?
you know there are some great machines on amazon.

oh.
you still aren't taking your medications regularly?
there is really only so much i can do, you know.

but, no worries.
if there's anyone that can make these changes, it's you.
i can't wait to see your progress at the next visit!
make sure you schedule your follow-up in three months.

why don't you ever listen?

you know i work three part-time jobs.
i don't have time to prepare vegetables every night
much less look up new recipes on youtube.

yeah, i drink sodas.
don't i deserve to indulge once in a while?
i'm exhausted,
caring for my grown-ass son and grandchild,
because without me they'd be on the street.

again with the exercising?
i'm exhausted when i come home.
it's not just the cold weather, doc.
i'm on my feet six days a week,
cleaning shit that no one else wants to.

you think i want to spend the little free time i have
running on a treadmill?
i don't even have money for a treadmill.
and even if i did, i'd spend it on my grandbaby,
not on a dumb machine.

also, i called your office twice about those meds.
you know my insurance doesn't cover them,
i don't know why they keep getting prescribed.

somehow these appointments
leave me feeling frustrated, upset, and misunderstood.
i know you're trying, doc.
but do you see that i am, too?

Sania Rahim is a fourth-year medical student at the University of North Carolina at Chapel Hill School of Medicine. She received her B.S. with Honors in Evolutionary Anthropology at Duke University and M.S. in Medical Sciences at Boston University. She taught Biology at Garinger High School in Charlotte, North Carolina through Teach for America and was recently awarded the Gold Humanism Award. She is interested in DEI, reproductive justice, and quality improvement to reduce healthcare disparities in birthing patients. Previously she was published on E-Learn, an online peer-reviewed journal, for her work assessing wellness initiatives for residents. Learn more about her on @SaniaRahim23.

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