

The Silent Killer (And Its Accomplices)**Dr. Sunanda Gupta**

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Abstract: This poem highlights how everyday habits quietly lead to serious health problems like diabetes, high blood pressure, heart attacks, and stroke. It shows how unhealthy diet, lack of physical activity, stress, tobacco, and alcohol act together as risk factors. At the same time, it reminds that simple lifestyle changes like regular exercise, healthy eating, and routine health checks, can prevent or delay these conditions. The poem encourages individuals and communities to make informed choices to protect their long-term health.

Keywords: Diabetes, Hypertension, Obesity, Prevention, Risk factors, Health, Healthy lifestyle.

The Risky Ride to NCDs

Across the world, morbid shadows lurk
On silent trails, where diseases breed in murk;
Not by contagion, but habits ingrained,
Risk factors whisper, their power sustained.

A plate heavy with high fat, sugar and salt
Processed indulgence, diet at clear fault;
Fruits and vegetables, rare on the plate,
Push the body toward a ghastly fate.

Prolonged sitting, hours confined to chair,
Erodes health, body is in mute despair!
Yet with each step: be it walk, swim, or run
Health is restored, some damage undone.

Familial genes, growing age cannot be controlled,
Intertwined with choices each life will hold,
Stress and poor sleep in today's race;
Etch hidden damage till we control its pace.

Obesity with potbelly widening girth;
A harbinger quiet, but evils to unearth
Of diabetes creeping, of blood pressure that climbs,
Of MIs and strokes, which curb lifetime.

Of bottles that promise relief in disguise,
Damage your organs, till you realize the lies!
Tobacco inflames both vessels and lungs,
Where strokes are scripted, cancers begun.

Make The Choice

Walk briskly at least thirty minutes, five days each week,
Let physical movements guard your heart in every step you seek.
Fill half your plate with fruits and greens, vibrant with life,
A daily plate filled with nature's colour, to counter the strife.

Put the salt with gentle hand- no more than five grams a day,
A measured pinch for balance, keeps hypertension away,
Resist tobacco's grasp; smoking and chewing cause a deadly cost,
And shun alcohol, lest health be quickly lost.

Measure blood pressure, sugar and weight - know the numbers true,
To catch the hushed drift before the storm ensues,
Link communities with clinics, counsel, care, and learn,
Let health return with collective wisdom earned.

Abbreviations:

NCD: Non-communicable diseases

MI: Myocardial infarction