



When a dentist loses teeth

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I am about to turn fifty this year,
and I face the harsh reality
of lost corner stones
in my oral cavity.

My missing lower molars
did much more than just grind;
though when they were functionally present
I barely noticed their beneficence.

This I realize now, once they are gone
and I have to adjust and adapt
to newer eating choices,
and to changed facial features.

I now have an occlusal table
without its four legs;
food boluses revolve around,
lost, just like I am.

There's a feeling of despair
fed by this premature deprivation -
it is much too early
to forfeit my youthful trace.

But I regretfully know,
deep down my heart,
that I didn't take care
when it was needed the most.

I ignored the signs and alarms
and postponed corrective treatment;
I've missed the bus now
to preventing this eventuality.

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It's ironical, though,
since I am myself a Dentist.
I look after other people's teeth,
but seem to have neglected my own.

Now what remains as the last possibility
are implant-supported dummies,
which, though not as good as natural teeth,
would willingly stand in for them.

They will fill up the empty spaces
and improve chewing efficiency,
but will they heal emotional wounds?
That remains to be seen.
