



Drug Addict

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A shaking hand reaches for the bottle,
amber, with a child-proof cap
no match for the adult mind that needs it.

He takes care that the salt water
dripping from his red, shame-stained cheeks
does not splash the precious pills.

As he swallows the tablets
he tells himself "Never again!
(*o god i will sin no more*)

Just one more fix—
one last hit of the stuff
I hate but I need."

The metformin enters his blood stream
trying to fight back the sugar from
the doughnuts,
the candy,
the crackers,
the pizza,
and the Coke

as he licks the tears off numb fingers
still stained orange with Cheez
from his last binge.

This poem was inspired by a patient with binge eating disorder, who talked about being addicted to his diabetes medicine since he would sometimes remember to take his pills only because he had binged, so the pills and the bingeing behavior were linked in his mind.

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