



THE Poetry PLACE

I HEAR THE CRICKETS CALLING

by Bob Lux

I hear the soft requiem of late summer crickets,
singing of the dying year.

Their bound helices speak this change.
In their music is stillness, hesitation, as if to stop...
a pause before the inevitable falling out of the year.

In time's wake, I hear the boastful intensity of spring peepers
singing their anthem of optimism, of reincarnation.
They, too, have their message... new blossoms,
skunk cabbage, vernal pools, of all beginnings.

Both ancient voices speak of change,
one of pessimism, the other of optimism.

But it is the crickets' song that pulls
at my heart strings as years wane.

Far back, I can barely hear the peepers' promising notes...
distance isn't a friend of kinship.

The crickets get my attention, they haunt me.
They sing the nearby song.



SAVE THE DATE

for White Rock Senior Living Community's

Fall CRAFT SALE

Saturday, November 17 from 9AM to 2PM
6 Bow Center Road, Cliff House Community Room (Bld.1)

- FREE Admission • Vendor spaces available at no cost

For information contact: Lucille Arsenault 603.724.6269
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TRIVIA FACT: FOR YOUR INFO!



The unicorn is the national animal of Scotland.

Chosen because of its connection with dominance and chivalry,
as well as purity and innocence in Celtic mythology.




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DOCTOR'S CORNER

by Dr. Richard Johnson
Dunbarton



SEPSIS

The word ‘sepsis’ comes from the Greek [σηψις], pronounced ‘sepo’, which is the original word for “rotting” or “decaying.” It was first noted in Homer’s poems some 2500 years ago. It appears in the medical writings of two influential physicians, Hippocrates (460-377 BC) and Galen (129-216AD). Sepsis is the body’s “out of control” inflammatory response to an infection.

Let me begin with the clinical history of my experience with sepsis. It was September of 2008. I was 63 years old and was spending a couple of weeks on an island off the coast of Maine. Walking with thong sandals, sustaining minor foot injuries from stones, bushes, shells, and wounds from getting in and out of a rowboat all led to what I thought was a minor foot infection. The day came when I could not generate the energy to walk up a slight grade on a gravel path. On getting to my cottage I took my temperature, it was 104 deg. F. I was tachycardic and felt very weak. A friend kindly took me in his boat to the mainland and a local hospital. While lying on the stretcher in the ER I was aware that most attention was being focused on my left foot where there really was not too much to see. The last thing I remember hearing was “He has no blood pressure!” When I regained consciousness, I was in a hospital bed with an IV running in each arm. Antibiotics and anticoagulants were administered, and a consult with a medical doctor and an orthopedist. In a couple of days, I was allowed to return to the NH hospital where I worked to finish recovery. The diagnosis: sepsis and septic shock. When I asked my infectious disease colleague how this could have happened, he simply said: “bad luck!”

Bacterial infections are the most common cause of sepsis. Fungal and viral infections are also potential causes of sepsis. These infections can occur in any part of your body. The treatment of bacterial sepsis is antibiotics, supportive care, and anticoagulants to prevent clots forming in blood vessels, and if needed respiratory support. Septic shock, the most severe stage of sepsis, is a medical emergency and has mortality of 30%-40%.


What did I learn from this?

- The site of ‘infection’ may not be obvious
- It is vitally important to make a diagnosis of sepsis or septic shock quickly
- Do not ignore what may seem to be minor injuries. Treat them quickly and appropriately
- Do not ignore clinical signs of fever, tachycardia, or hypotension: Seek medical care!

Research for this article was from:

- Critical Care Medicine*, May 1989
- <https://my.clevelandclinic.org/health/diseases/12361-sepsis>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9686931/>

SIGNS OF SEPSIS



FEVER / SHIVERING
OR VERY COLD

RAPID
BREATHING

EXTREME PAIN /
PHYSICAL DISCOMFORT

PALE OR
MOTTLED SKIN

DISORIENTED /
CONFUSED AND SLEEPY /
DIFFICULT TO WAKE

ELEVATED
HEART RATE

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