

- 16 Whyte S, Penny C, Phelan M, Hippisley-Cox J, Majeed A. Quality of diabetes care in patients with schizophrenia and bipolar disorder: cross-sectional study. *Diabet Med* 2007; **24**: 1442–8.
- 17 The NHS Information Centre for Health and Social Care. *Health Survey for England – 2008 Trend Tables*. Joint Health Surveys Unit, 2008.
- 18 Phelan M, Stradins L, Morrison S. Physical health of people with severe mental illness. *BMJ* 2001; **322**: 443–4.
- 19 Hippisley-Cox J, Vinogradova Y, Coupland C, Parker C. Risk of malignancy in patients with schizophrenia or bipolar disorder: nested case-control study. *Arch Gen Psychiatry* 2007; **64**: 1368–76.
- 20 Tiihonen J, Lönnqvist J, Wahlbeck K, Klaukka T, Niskanen L, Tanskanen A, et al. 11-year follow-up of mortality in patients with schizophrenia: a population-based cohort study (FIN11 study). *Lancet* 2009; **374**: 620–7.

poems  
by  
doctors

## What has to be becomes

Aarohee B. Desai

An Incongruous,  
Painful yet Pleasurable  
Vague but Sensual  
Silhouette of a Thought –  
A Passion  
Takes a Concrete Shape  
A Concrete Form.

A Shape  
Sensitive, Sanguine, Seductive  
Yet Suave, Sensible, Serene  
And Secret.  
A Shape rendered Concealed –  
Unrevealed –  
By Norms, Laws & Rules.

All Forms Alive,  
All Sensually Perceivable Forms  
Are a Well-Revealed Concrete Shape  
Of a Supreme & Original  
Imagination & Thought.  
Nature, Creatures & Man  
A Concrete Prodigious Shape  
Of a Thought  
The Exact Expression of Which  
Remains Unscrupulous, Unhindered –  
By Norms, Laws & Rules.

Beauty in the Ugly  
And Vulgarity in Beauty  
Haziness in Clarity  
Purity in Dirt  
Brightness in the Dark  
And Darkness in the Bright  
Are Inseparable Facets  
Of an Unscrupulous Prodigious  
Creation of a Thought.

Man's Imagination – A Concept.  
Man's Concept & Deeds –  
An Imagination's Concrete Shape.  
No Imagination or Concept  
Of a Bestowal can Embarrass, Shame or Harm;  
Or justified in Concealment  
By Rules, Norms & Laws.  
A Pregnant Thought  
When Blooms in a Form & Shape Concrete,  
Even in Concealment –  
Remains a Shape Concrete.

No Hardened Rules, Norms & Laws  
Work in Undoing the Done.  
Not in the Long Run.  
What Has to Be, Has to Be –  
And Becomes!

Aarohee B. Desai is ST4 in General Adult Psychiatry, Manchester Royal Infirmary.

The British Journal of Psychiatry (2010)  
197, 277. doi: 10.1192/bjp.197.4.277