

Publicerad 2024-04-26 12:57 av Tommi Perkiö

Poem from my book My Own Poems of Life

Epilepsy

I get these seizures

From time to time

It's quite annoying

It's goes from small to big ones

I get hurt very bad at times

When I have had these big ones

When I have the bigger ones I can't remember much

When I get them

I remember bits and pieces

Like that there was some blood

But not much else

I prefer those small ones

Although I would prefer to not having them at all

I have medicin for this

And It does help but not all the way

I'm just glad I got help

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