
POETRY | FALL 2016

A Cute Kidney Failure

By Sarah Safford

I have a cute kidney failure
Lovable little organs
despite their present deficiencies
Favorite body parts from physiology class
but long forgotten, unappreciated
And now they've failed
getting a D- in life support

Kidneys, shmidneys
Who thinks about them
Chinese doctors, martial artists maybe
Most of us worry more about the Heart
the Lungs, the important ones
loath to discover the state of the Liver
or dark secrets of Pancreas and Spleen

But hardly a passing thought about the Kidneys
Now that they're failing I think about them a lot
picturing those cute bean shaped blobs
mirroring each other, nestled under the ribs
colorful tubes extending down
a lovely symmetrical plumbing design
Spongy filters cleansing and draining away waste

Now they're stopped up, inflamed, indignant
I'm sorry kidneys, for my neglect
Should have paid attention
Treated you with more respect
I beg forgiveness with pure water and cranberry juice
and promise never again to take you for granted
I kid you not, you cuties

Sarah Safford is a lyricist and an educator, recently retired from NYC Department of Education. She has a Masters in Public Health and is an alumnus of the BMI Musical Theater Workshop. Throughout her career she has combined arts and education, creating performances, songs, and most recently poetry, often with health related themes.

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