

About Psoriasis: A Poem

The inspiration from this poem came from the disease itself and the words we use to describe it. When I thought of psoriatic "plaque" and its "silvery scales," I immediately pictured a bronze plaque near a lake with swimming silver fish. The rest of the imagery from the poem is similarly inspired by the disease description, symptoms, and treatment (the "nail pit," the "healing sunlight," the "pinpoints of . . . blood," etc.). And the theme of an observer seeing only what is on the surface and missing the depth of life underneath was meant to capture some of the stigma of the disease. Similarly, at first glance this poem is about a school of mooneye fish laying their eggs. But anyone who has worked with patients with psoriasis or lived with psoriasis themselves will hopefully be able to see the hidden references and deeper meaning.