Haiku

Presented at the
2024 Mid-Year Meeting

Registrants were challenged to create
Haiku around the meeting theme
“Making Equitable Hypertension
Control a New Norm”
Pressure mounts within,
Society's weight, unseen,
Health's dance, in balance.

Hypertension is,
Largely uncontrolled. Why so?
Who knows? Who doesn't?

Blood courses through veins,
Measure and track blood pressure,
Get that BP.
Lifestyle shifts now,
Numbers guide our path forward,
Myths dispelled, we rise.

This is so easy,
Bread and butter medicine.
Then, why the care gaps?

Before the doctor,
Food and exercise the key,
A strong heart we see.
Blood pressure control,  
Nothing is more important,  
But must be for all.

Steps forward, aligned,  
Equity's stride, health's ally,  
Hypertension's fall.

Measure carefully,  
Treat and intensify meds,  
Partner with patients.

Pressure I bleed the same red,  
Yet pressure high on my block,  
Help us find control.