

# Sonnet for Sinemet

*On June 8, 2015, my neurologist started me on a low dosage of Sinemet (Carbidopa/levodopa). She suggests that it will help alleviate some of my PD symptoms. I felt so good about the prospects that I composed this sonnet on the train ride home.*

## **Sonnet for Sinemet**

Today I start a new stage in my life:  
Some Sinemet for Mr. Parkinson -  
The guy who's caused a fair amount of strife  
Gets Carbidopa/levodopa. Fun!  
Who knows what's next in store for me? I don't!  
My doctor says my right hand will revive.  
If so, it means that starting soon I won't  
Refuse to dice up chicken, carrots, chives.  
The past few years I've lived a different man,  
With listless leg and useless, shaking arm.  
I made adjustments. Every day I'd plan  
To tough it out. I burned up all my charm.  
But now I think that possibly I see  
A life that's filled with possibility.