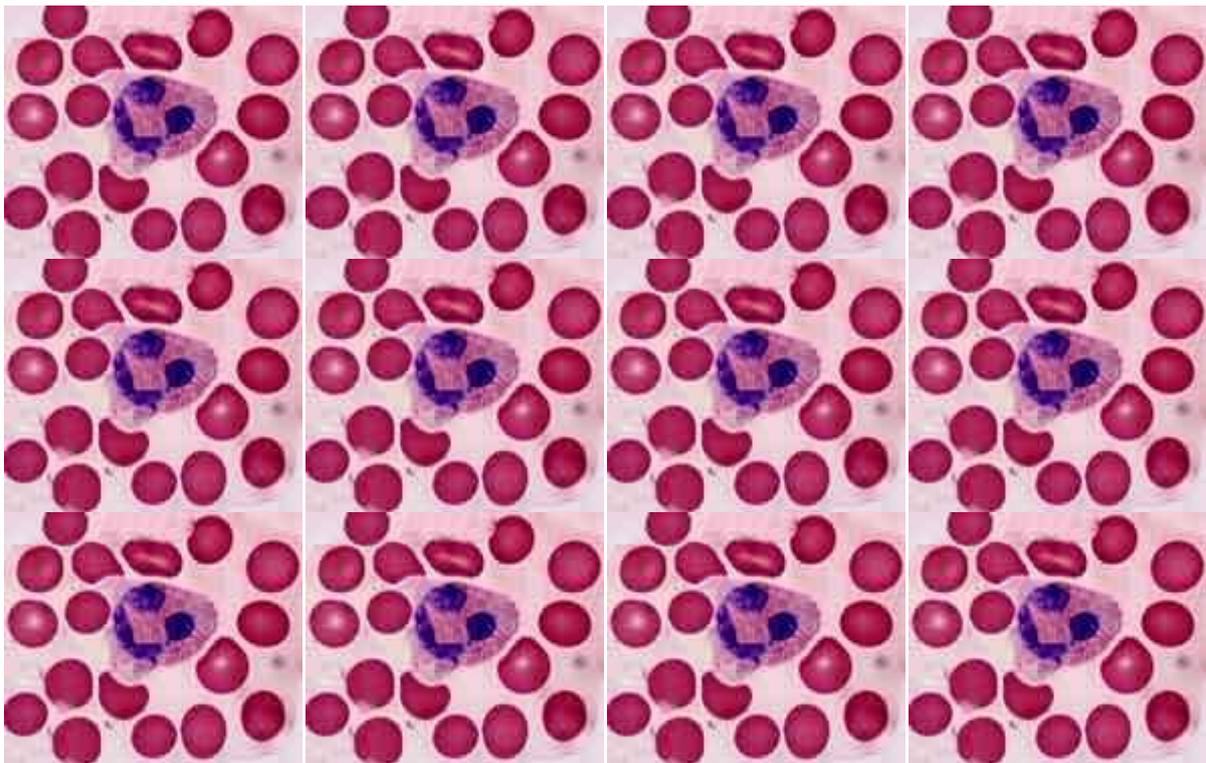


Inspired by the  
world *Eurovision Song Contest*, and  
brought to you by Australia's first  
**Neutrophision Song Contest...**

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## The Neutrophision Song Contest 2012 Entries

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Have fun and sing it up for  
the right number of  
happy healthy smiley neutrophils

## Acknowledgments

Many thanks to Keith's and my family, our friends, and all the patients and their families, hospital staff and medical teams associated with Ward 6A South (Oncology) and Ward 5C (Haematology) at the Royal Brisbane and Women's Hospital, Queensland, Australia.

Huge thanks also to the Leukaemia Foundation of Australia for the care, research, education and friendship that organisation offers patients and their families.

You are inspiring, every one of you. In all sorts of ways you have helped to make this Song Contest possible. Ditto to everyone who picks up, sings or shares this idea and in doing so is making a difference to someone's life.

In fact, we ALL rock and we are ALL inspiring. This Neutrophision Song Contest and Song Book is dedicated to to all of us.

Yayyyy to us!!!

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## *Introduction*

Every person and family touched by leukaemia will have their own experiences of the associated roller coaster ride. For many patients, a big part of treatment is chemotherapy to reduce the body's neutrophil (white blood) count to zero, thereby removing the cancerous cells – and then there's the invariably S-L-O-W wait for healthy neutrophils to remerge and multiply ready to do their job as tiny warriors attacking infection and keeping the body safe.

### **About this Song Contest**

The Neutrophil Song Contest began as a zany idea to add some much-needed fun and silliness as well as helping to sustain a powerful life-affirming focus in a grim situation. In our case, it was when my husband Keith had been diagnosed with acute myeloid leukaemia (AML), and then serious infections set in – just when his neutrophils had reached zero.

Well, it didn't take long to realise this mad idea was a winner. Just two days into the competition, entries were rolling in, smiles had increased around the ward and there was a buzz of interest in the air. Families and friends had a positive topic to focus on and felt they could contribute. People were heard humming and singing neutrophil songs as they went about their day... there were spontaneous group renditions... and even nurses and specialists dropped by to hear the entries, and at times contributed a song of their own!

The idea is to take any song that appeals to you and change the words to lift the spirits and call the neutrophils into healthy, happy action. Or even write your own song! Poems are also welcome. The zanier the better and, if you can, get some people together to sing your entry or someone else's entry – you don't even need to be able to sing!!! Sing to someone who needs neutrophils and/or who could do with cheering up.

There's the potential for this idea to grow REALLY BIG and to expand to hospitals everywhere to generate laughter, creativity, connectedness and a space for happy healthy neutrophils. Feel free to join in the fun and spread good vibes by reading or sharing these songs and poems... by adapting them for your loved one... by writing your own... or even by taking on helping to turn this a regular event that assists the Leukaemia Foundation raise awareness and find a cure for leukaemia. That'd certainly be worth a song, wouldn't it!

Whichever option you choose, know that you will be bringing fun into your own life *and* you'll be making a huge difference to the lives and the spirit of the people who most need it!! Could this even be the start of a worldwide movement?? If you so choose!

By the way, in case you're wondering who won, every entry was deemed a winner and has won a cupcake baked and donated by Maggie B., an enthusiastic supporter of the contest.

### **Adapt the songs to your situation**

Chemotherapy and bone marrow transplant patients frequently experience diarrhoea or other 'side effects' of the treatment for leukaemia. In Keith's case, the big complications focused on his bowels and lungs, hence the additional poems on these topics at the end of the book. Feel free to create poems on different topics that apply to *your* loved one.

You'll also see that some of the songs and poems refer specifically to *Keith*. Again, feel free to change the words to match your situation – or create your own songs from scratch.

I invite you to connect with your inner child and write a song, and /or spontaneously sing some of the songs in this book to your loved one – or even other families, patients or medical teams you don't know so well! The idea and the enjoyment really catches on!

Most importantly, HAVE FUN and know you are spreading empowering thoughts to support healthy outcomes – and to have the best experience day by day along the way.

*Chris*

Chris Henderson

Success coach and life partner of Keith Falkiner

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[www.chrisandkeith.wordpress.com](http://www.chrisandkeith.wordpress.com)



*Chris and Keith, [World's Greatest Shave](#) fundraising event, Brisbane, 12 March*

## *Neutrophil songs...*

### **Happy Little Neutrophils**

We're happy little neutrophils  
As happy as can be  
We all enjoy our immune function  
For Keith to be set free.

So let us all be happy  
For little forward steps  
As Keithy gets a lot better  
And he can grow back all his plaits.

*Jim Dennis, 19 February 2012*

Tune: <http://www.youtube.com/watch?v=0yA98MujNeM>



*Keith and smiley faces in support of neutrophils.*

*Source: Chris Henderson*

## Advance Neutrophils Fair

*You wanted corny? I give you corny!*

Oh neutrophils let us rejoice  
For we are young and free  
We've great big smiles and will swim for miles  
Our Keith is girt by we (not wee)  
His blood abounds in nature's gifts  
Of beauty rich and rare,  
At every stage let neutrophils rage  
Advance those neutrophils fair,  
In joyful strains then let us sing  
Advance those neutrophils fair.

*Buff, Ian, Nell and Cate, 21 March 2012*

*But can anyone remember the second verse?*

Beneath our radiant Southern Cross,  
We'll toil with hearts and hands,  
To make his neutrophils  
Renowned of all the lands,  
For those who've come across this blog  
We've boundless love to share,  
With courage let us all combine  
To advance those neutrophils fair.  
In joyful strains then let us sing,  
Advance those neutrophils fair.

*Jim Dennis, 22 March 2012*

Tune: <http://www.youtube.com/watch?v=BlK081Q6z7A>

## Double bill

*Now here's the product of a slightly bent out of shape mind.*

Neutroempty,  
Neutrophil,  
I'll neutro tempt thee  
At my neutro will.  
I'll keep on doing so  
Till you're neutrofull,  
Over your eyes,  
We'll pull no wool(!?)  
To make you a pile,  
It might take a while,  
I know you can do it,  
Cos' I know you're no dill  
In no time at all,  
Neutrophil hill.

*John B., 22 March 2012*

*Tune: No tune yet, probably needs a Cohen-type vocal, or the lead from SMOG.*

## My baby just cares...

*What about Nina Simone ...*

My baby don't care for  
Money in bills  
My baby just cares for'  
Yep, you guessed it...  
Healthy neutrophils.

*John B., 22 March 2012*

*Tune: [http://www.youtube.com/watch?v=38xa\\_Jao4Jc](http://www.youtube.com/watch?v=38xa_Jao4Jc)*

## Smiley Face 😊

*With apologies to James Blunt.*

Oh neutrophil  
Oh neutrophil  
Oh neutrophil it's true  
Your smiley face is not in its place  
And you know what you must do  
Cause without you Keith feels blue.

*Linda Heron, 22 March 2012*

Tune: <http://www.youtube.com/watch?v=oofSnsGkops>

## Neutrophils Galore

*Here's my very impromptu entry for the Neutrophision Song Contest (to 1 potato, 2 potato etc).*

1 neutrophil  
2 neutrophils  
3 neutrophils  
MORE!  
5 neutrophils  
6 neutrophils  
7 neutrophils  
GALORE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

*You're it Keith – you get the neutrophils 😊.*

*Jill Stephens, 22 March 2012*

Tune: <http://supersimplelearning.com/songs/original-series/two/one-potato-two-potatoes/>

## Neutrophil Work Song

Day-o, Day-ay-ay-o  
Neutrophils come and me gonna go home  
Day, me say day, me say day, me say day  
Me say day, me say day-ay-ay-o  
Neutrophils come and me gonna go home.

Work all night and a drink a' rum  
Neutrophils come and me gonna go home  
Stack de bats till the mornin' come  
Neutrophils come and me gonna' go home.

Come, Mister tally man, tally me WBC  
Neutrophils come and me wan' go home  
Come, Mister tally man, tally me WBC  
Neutrophils come and me wan' go home.

It's point five, four five, seven five, BUNCH!  
Neutrophils come and me wan' go home  
It's point five, four five, seven five, BUNCH!  
Neutrophils come and me wan' go home.

Day, me say day-ay-ay-ay-ay-ay-o  
Neutrophils come and me gonna go home  
Day, me say day, me say day, me say day...  
Neutrophils come and me gonna go home.

What a beautiful leukocyte count is dat  
Dey come back and me gonna go home  
To pet the deadly black-bellied fruit bat?  
Daylight come and me wan' go home.

*I gotta stop now as I've heard Harry Belafonte has put out a hit on me.*

*Kenneth Beckman, 22 March 2012*

Tune: <http://www.youtube.com/watch?v=Jpg-KIKD5gU>

## AC/DC Neutrophils

*I love Leonard Cohen too but sometimes only Acca Dacca will do.*

It's a long way to the top when you need a neutrophil.

Stella Bartlett, 22 March 2012

Tune: <http://www.youtube.com/watch?v=b9iOk8PqkKs>

## Country Neutrophils

*Baahahahahha! Great work y'all. I think perhaps a bit of Dolly could be in order (to the tune of Jolene).*

Neutro, neutro, neutro, NEUTROPHI I I L!

I'm begging for you, please increase, for our man...

Neutro, neutro, neutro, NEUTROPHI I I L!

Please appear, just because you can!

Your beauty is beyond compare,

Microscopic beauty, yeah

Your cell walls are the greatest ever seen...

Your smile is like a breath of spring

When you populate Keith's blood stream

To fight infection and create repair, neutrophil...

Neutro, neutro, neutro, NEUTROPHI I I L!

I'm begging for you, please increase, for our man...

Alex Falkiner, 23 March 2012

Tune: [http://www.youtube.com/watch?v=T\\_nwAkOGL78](http://www.youtube.com/watch?v=T_nwAkOGL78)

## Hallelujah

*I would like to start a group entry for the Neutrophision Song Contest. Here's a possible first verse. I do love the chorus, and have been humming it all through my exam supervision which gave me the time to "compose"!*

I've heard there was a secret horde  
Of neutrophils, and it pleased the Lord  
And you want them for our Keithy darlin', do ya?  
They're growing fast,  
The fourth, the fifth,  
The minor fall, the major lift,  
The neutrophils are growing, Hallelujah.

Hallelujah, Hallelujah  
The neutrophils are growing, Hallelujah.

*Little did 10 Blue History know that I was silently humming "The neutrophils are growing, Hallelujah!" all through their exam! I'd love someone else to add a verse. Perhaps we could all hum "The neutrophils are growing, Hallelujah!".*

Kathy H., 23 March 2012

Tune: <http://www.youtube.com/watch?v=YrLk4vdY28Q>

## Little Neutrophils

There are little neutrophils sitting in Keith's bloodstream  
Little neutrophils doing what they oughter  
They're taking a bite of that infection  
Got a big smile and said "we're glad"  
We are little neutrophils sitting in Keith's bloodstream  
chomp chomp chomp

*(Not sure what neutrophils actually do but I visualize them chomping madly away at the bad bugs.)*

Buff, Ian, Nell and Cate, 24 March 2012

Tune: <http://www.youtube.com/watch?v=Y57RWhz76y8>

## Kumbayah Neutrophils

*The Sisters of the Holy Tea Leaf have brewed a pot of Irish Breakfast and come up with a contribution for singing. The tune is Kumbayah, which means Come By Here, so it's quite apt; it's also really easy (for others) to sing.*

### *Chorus*

Neutrophils, my blood, Neutrophils  
Join my red blood cells and cure my ills.  
Though it may be hard, it's all uphill  
I'm counting on your skills.  
I'm counting on your skills.

### *Verse 1*

Yes we really love those immune cells  
Let us sing to them, ring their bells  
Till all the cancer Keith farewells  
Their power just excels.

### *Chorus*

### *Verse 2*

Neutrophils we want, more than enough  
And then we want them to be tough  
Lots and busy, yes that's the stuff  
Neutrophils, Keith won't rebuff.

### *Chorus*

### *Verse 3*

We will have no neutropenia  
Threat of illness, be much teenier  
On bad bacteria be much meanier.  
Beautiful as a white gardenia.

### *Chorus*

### *Chorus*

### *Chorus*

*Catherine (Sr of the HT), 25 March 2012*

*Tune: <http://www.youtube.com/watch?v=wRLciYdedzU>*

## Gypsy Neutrophils

*Sorry not ready to sing yet but happy to produce terrible lyrics by the score:  
(Working on words to The Gypsy Rover)*

The neutrophils came onto the scene  
Down through the bloodstream like crazy  
They whistled and they sang 'til the bloodstream rang  
And they made the infection go ha-a-y-zy.

Ah-dee-doo-ah-dee-doo-dah-day  
Ah-dee-doo-ah-dee-day-dee  
They whistled and they sang 'till the bloodstream rang  
And they made the day for our Ke-ei-th.

*Buff, Ian, Nell and Cate, 26 March 2012*

Tune: <http://www.youtube.com/watch?v=apFNXOM8-wg>



## Hey There, Neutrophil!

*Wow the competition is hotting up. I've rushed this one to press not realising the extended closing date. Anyway here are my lyrics to Georgy Girl aka Keithy Boy.*

Hey There! neutrophil  
Cruisin' down Keith's vein so fancy free  
Where are all your mates we'd like to see  
To cruise with you there, inside Keith.

Hey There! Bone marrow  
Where are all your stem cells, healthy ones?  
Could you pump out some for Keith, and lots of new neutrophils?  
We're all here cheering for Keith and sending him strong healthy vibes  
So shed those dowdy blast cells and churn, out neutrophils.

Hey There! Keithy Boy  
There's a lot of neutros deep inside  
Bring out all the cells you hide and  
Oh, what a change there'll be  
The world will see a new Keithy Boy.

Come on neutrophils  
Wake up neutrophils (*fading out*)  
Come on neutrophils.

*Sending heaps of love, hugs and neutrophils and neutrojills and neutrobills to help out.*

*Jill, 28 March 2012*

Tune: <http://www.youtube.com/watch?v=c-GApOqzqWM>

## **No! No! No!**

*Hi to all you talented Neutrophision Song Contest composers. My entry is based on Amy Winehouse's Rehab.*

Neutrophils tried to leave town but Team Keith said "No, no, no!"

They backtracked but are coming back we know, know, know.

I'll bet you a dime their levels will pass nine

Neutrophils tried to leave town but Team Keith said "No, no, no!"

*Jenny Blake, 28 March 2012*

Tune: <http://www.youtube.com/watch?v=GgfrxZlrYR4>

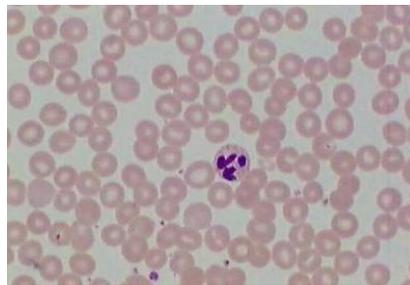
## Counting Song

*My humble entry sung to "One Potato..."*

One neutrophil, two neutrophil,  
Three neutrophil, FOUR!  
Five neutrophil, six neutrophil,  
Seven neutrophil, MORE!!!!

*Judy Rose, 30 March 2012*

Tune: <http://www.youtube.com/watch?v=0yA98MujNeM>



*One neutrophil surrounded by platelets.*

Image: <http://histology-world.com/photoalbum/displayimage.php?album=7&pid=2161>

## Happy Little Neutrophils

*(To the tune of Happy Little Vegemites)*

We've happy little neutrophils  
As high as they can be.  
We all help out our neutrophils  
With GCSF at tea.  
Our doctors say we're growing stronger every single day  
Because we love our neutrophils.  
It also helps our white cell count.  
IT PUTS A ROSE IN EVERY CHEEK!  
We're growing stronger every day.

*Unknown*

Tune: <http://www.youtube.com/watch?v=0yA98MujNeM>

## Neutrophilia

*Here's my little neutrophil song. You'll have to imagine me singing it because it doesn't bear hearing.*

The blogger and the gardener were walking by the sea  
The blogger with her cam-er-a, the gardener with needs 🎵  
Misfortune had befallen him that made him very weak  
So she helped him with his burden and they wandered up the beach. 🎵

“I think I'd rather fancy some neutrophils” said he  
“I had them in abundance once but then they had to leave  
Cause I blasted them with chemicals to get those other weeds 🎵  
And the overspray was deadly so they had to hit the streets”.

“Now I miss the little rascals 'cause they were full of fun  
And they were willing little workers each and every one  
They kept the riff raff off the lawn and kept the bugs away  
And I never even noticed them or even said “g'day”.

“Now that they've deserted me I'm holding back the tears  
I'm filled with tons of foreign drugs right up to my ears  
And though they have exotic charms that serve to quell my fears  
It's not the same as neutrophils. I love the little dears.”

The Blogger then suggested that a party might be good  
A party just for neutrophils with gobs and gobs of food 🎵  
We'll put it up on Facebook and send out lots of tweets  
They're greedy little buggers and they can't resist a feast.

And that was such a good idea he readily agreed  
That a party would be wonderful, just the thing indeed  
So he noted in his diary that it was to be arranged  
To host an intravenous party in his long capacious veins.

And so the doors were opened as the neutrophils arrived  
And they mingled and they gobbled up the greeblies floating by  
And they snorted nitrous oxide from the epithelial walls  
And they rocked and raged and multiplied and had a f\*\*\*ing ball.

\*\*\*\*

Now neutrophils are tiny but they do enjoy a fight  
You may think they are boring cause they only come in white  
But the Gardener loved them dearly (like a neutrophiliac) 🎵  
It's love in vein not love in vain and that's the end of that.

*It's a happy ending.* 😊

*Dave, 30 March 2012*

*Tune: Dave says... Ah the melody. It eludes me too. There never was one in fact. What about a recital by Walter Winchell over Elgar's "Land of Hope and Glory"? No that wouldn't work. What about some folksy old dude with pan pipes and ocarina? Yes, here we go. Unchained Melody on pan pipes, just the thing for the bat lover in each of us. Nothing to do with the silly poem but I like it :)*

<http://www.youtube.com/watch?v=Z1ITXhXTasA&feature=related>



## **Zippedee doo daa**

Zippedee doo daa, Zippedeeyay  
My oh my it's a neutrophil day!!!  
Plenty of poos are heading your way  
Zippedee doo daa, Zippedeeyay 😊 .

*Linda Heron, 2 April 2012*

Tune: <http://www.youtube.com/watch?v=LcxYwwlL5zQ>

## Neutrophils Forever

Let me take you down, 'cos you're going to make Neutrophils.  
Nothing is real and nothing to get hungabout.  
Neutrophils forever.

Living is easy with eyes closed, Neutrophils are all you see.  
It's getting hard to be someone but it all works out, those Neutrophils come for free.

Let me take you down, 'cos I'm going to get some Neutrophils.  
Nothing is real and nothing to get hungabout.  
Neutrophils forever.  
Neutrophils forever.

Alex Falkiner, 11 April

Tune: <http://www.youtube.com/watch?v=jJdQTbChn70>



*Part of the Wall of Inspiration, Haematology (Leukaemia) Ward, Royal Brisbane and Women's Hospital. Created by patients and staff.*

## Neutropenia Blues

I woke up this mornin'  
My neutrophils were all gone  
I woke up this mornin'  
Mmm, my neutrophils all gone  
Anyone seen my neutrophils  
Please send them on home

Can't live without them neutrophils  
Need those sweet neutrophils  
Can't live without my neutrophils  
Need my sweet neutrophils  
Anyone seen my neutrophils  
Oh please send them on home

Need you in my guts  
Need you in my bones  
Need you in my blood  
Need you everywhere I go.  
Can't live without you neutrophils  
Oh please come on home.

*Christie, 9 April 2012*

Tune: <http://www.youtube.com/watch?v=B944jMtu6Qc>

## And for the young ones:

Neutrophil, neutrophil  
Please come on home  
Keith's gut is on fire  
His strength is all gone  
Neutrophil, neutrophil  
Hurry on home.

*Christie, 9 April 2012*

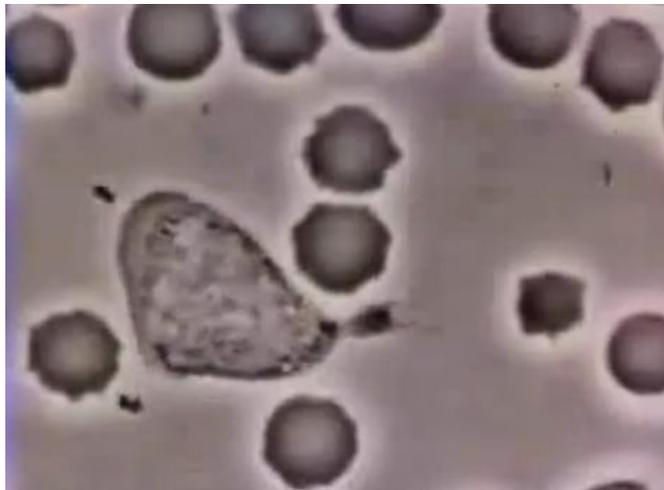
Tune: <http://www.youtube.com/watch?v=Ey4agMLCnvY>

## *Neutrophil poems...*

### **Haiku**

Tiny assassins  
I am bereft, pray return  
I will welcome you

*Kenneth Beckman, 22 March 2012*



*1950s footage of a neutrophil (the big blob)  
chasing Staphylococcus (the tiny black bacteria)*

Source: <http://www.encyclopedia.com/video/YyQfIVJ5MGI-neutrophil-chase.aspx>

And the same film set to music: <http://www.youtube.com/watch?v=VAhM9OxZDKU>

## **An Ode to Little Neutrophils**

*Penned with love and sent to Keithy and Chris with lots of kisses and hugs from the Zohl.*

Clever Little Neutrophils...

You're at point 5 7, point 5 7, point 5 7.

Struggling little neutrophils

It's time to make your stand!

Keithy's little neutrophils

It's time to make a jump.

Rumbunctious little neutrophils

It's time to grow up to 5-point-7, 5-point-7, 5-point-7.

Beautiful, magnificent little neutrophils!

I hope you grow up FAST!

Health-making little neutrophils

Your job's to take good care of our Keithy.

Dynamic life-saving little neutrophils

I know you can do this

I know you can do this

I know you can do this

Yeeha! Yeeha! Yeeha!

Smart little neutrophils

I know you can do this

I know you can do this

I know you can do this

Yeeha! Yeeha! Yeeha!

*Zohl de Ishtar, 29 March 2012*

## Little Neutrophils Sitting in a Row

All the little neutrophils sitting in a row  
Along comes a gobbleygook  
Munch, munch, munch.

'Nother little neutrophil sitting by itself  
Along comes a goobleygook  
Lunch, lunch, lunch.

All the little neutrophils having lots to eat  
Along comes a goobleygook  
and they all say 'Neat!'

The other little neutrophil sitting by itself  
Just had its dinner  
Now it's giving birth.

All the little neutrophils want to join in  
So they start making babies  
And soon there's a din.

All the little neutrophils having had their lunch  
Now they're making babies too  
Making a big bunch.

Hooray for Keith-ee, you're gonna get well  
All those little neutrophils are refusing to be still  
They're all busy making more and more  
Until we've got the numbers that we adore.

All the little neutrophils are barracking for Keith-eeeeee  
So he can go ho-ome and be-e health-eee.

*Zohl de Ishtar, 30 March 2012*

## Healing is best done at home

Oh happy place of peace and rest  
Where happy thoughts caress my sense  
Where my comfy bed awaits my Zeds  
And Chris can cook all my veg.

*Jim Dennis, 23 May 2012*

## The noblest of cells

Bring on the champagne and strawberries, or maybe even a rum,  
It's time to have a party, as my count's up point zero one!

There's just no amount of gourmet food that this one joy can fulfil,  
When the doctor tells me I have more than one whole neutrophil!!

The wait is long and hard, but these neuts, they win the war,  
The body once unwell, becomes as it was before.

The neutrophil, he breathed his last microscopic breath,  
His two day life was over, he died a martyr's death.

So let us thank the neutrophil, who gives his life to us,  
Who fights with our bacteria, and dies with them in pus.

No choristers will sing, for him we'll toll no bells,  
But we will thank the neutrophil, the noblest of cells.

*Sam Finch and staff of 6A South, Royal Brisbane and Women's Hospital*



*Image source: to be advised*

## *Supplementary songs and poems for bowel and lungs...*

### **La Bowel e Mobile**

*Hi Guys. Hoping for some action. Here's another inappropriate ditty for you.  
You'll have to get Placido to sing it. He's pretty good 😊  
(From Verdi's Rigorletgo (sorry).)*



Neutrophils are cheap today  
Cheaper than yesterday  
Oxygen is two and six ♪  
That's not the end of this  
Low grade fe-ver persists  
Tem-pre-ture drops a bit  
Neu-tro-phils get a break  
Free to regenerate  
Re-gen-er-RAAAATE  
Ubity um tum tum. ♪



La bowel e mobile  
E dilatato ♪  
Gardi da vento  
Molto Imminente  
Soggiorno vicino  
All'ossigeno  
Ora protegga  
This could be ugly ♪  
When it comes we'll CHEER  
Ubity um tum tum.

Nuetrophils will multiply ♪  
Zero to dieci  
When they do we'll CHEER  
Ubity um tum tum.

*Dave, 31 March 2012*

## Edgar Allan Poo....THE CRAP

Once upon a midnight dreary, while I pondered weak and weary,  
Over many quaint and curious volumes of forgotten poo,  
While I nodded, nearly napping, suddenly there came a feeling,  
As of something gently moving, moving in my pelvic floor.  
'Tis some gas,' I muttered, 'moving in my pelvic floor  
Only this, and nothing more.'

Ah, distinctly I remember I was in the bathroom trying,  
And each separate sphincter motion wrought its ghost upon the air.  
Eagerly I wished the motion; – vainly I had sought solution  
From my bowels surcease of sorrow – sorrow for the lost late faeces  
For the rare and radiant species whom the angels named galore (as in faeces  
galore!)  
Nameless here for evermore.

And the silken sad uncertain rustling of each bedside curtain  
Thrilled me – filled me with fantastic terrors never felt before;  
So that now, to still the beating of my heart, I lay repeating  
'Tis some visceral entreating bubbling in my pelvic floor  
Some late vestige of dinner gurgling in my pelvic floor;  
This it is, and nothing more,'

Presently my bowels grew stronger; hesitating then no longer,  
'Doctor,' said I, 'or Nurse, truly your forgiveness I implore;  
But the fact is I was napping, and so gently it came massing,  
And so faintly it came tapping, tapping at my pelvic floor,  
That I scarce was sure I felt it' – here I opened wide the gasket;  
And God save us, quoth the Doctor, FAECES GALORE!

*Apologies to Edgar Allen Poe.*

*Jim Dennis, 3 April 2012*

Tune: <http://www.youtube.com/watch?v=8A3zetSuYRg>

## Limericks

Keith's bowel took a trip to New Ealing  
A place of TREMENDOUS healing  
The trip did the trick  
He became well, so quick!  
And could finally stop staring at the ceiling...

*Alex, 15 March 2012*

Keith's lung took a quick trip to France,  
To expel fluid, by chance...  
With just one Pain Au Chocolat,  
All fluid vanished, VOILA!  
Chrissy Celebrated in joyous dance  
;~)

*Alex, 16 March 2012*

For a while, thing looked dire,  
Chemo removed all desire...  
White blood cells reappeared!  
Their timing was dear (cheer!)  
Perfect health and rosy glow he'd acquired!

*Alex, 17 March 2012*

*A bit less cheery than the others (I blame Leonard..)*

All around, loved ones listen to Hallelujah  
Connected in song, willing health right to you...  
Neutrophils start to appear  
Doing their magic, easing fear  
Sending all our love, Hallelujah...

*Alex, 18 March 2012*

Keith's heart went to visit Matisse  
For a dance, might his heart rate increase...  
Dancing into the night,  
Blood pressure steadied, DELIGHT!  
Healed by time travel? 'Of course!' Said his neice.

*Alex, 20 March 2012*

Keith's tum was rather distended...  
We'd all hoped the pain would have ended  
Neutrophils, abundant!  
Swelling, redundant!  
Keith returned to health, as spaghetti monster intended...

*Alex, 28 March 2012*

Keith took a trip to the Riviera  
Time spent, on the balcony of the era!  
He's a warm fella already,  
But the sun shine on his belly,  
was pure magic, delight, a real healer....

*Alex, 5 April 2012*

Keith has returned to 5C  
What a GREAT sign, yippee!  
Sparkle and colour return  
Miracle of medicine, modern!  
Next step, home, i decree!

*Alex, 13 April 2012*

The power of collective thought is mighty  
So, today let's all pause and invitey (heehee 😊)  
surgery perfection  
In Keith's direction...  
And a wonderful recovery, alrighty?

*Alex, 4 May 2012*

Perhaps we need some new limericks for this stage  
For this almost home, turn of the page  
Time to fatten you up  
Send you even more love  
Like a bat, to be released from his cage...

*Alex, 25 May 2012*

## Quite Unbelievable

How fowl how fowl  
it was in my bowel  
so in went the surgeon  
with his spade and his trowel  
he scraped and he cut  
he opened and shut  
then he left me all mended  
minus a piece of me gut....

*John B., 8 May 2012*



*From Alex Falkiner's (alfalky) limerick series for Keith – bowel poem.*

## Appendix

### More about neutrophils

Neutrophils – a type of white blood cell – are brave kamikaze-style warriors who last two days at most and are crucial for the creation and maintenance of healthy blood. They provide the body's first wave of attack against any invading infection – and often die in the process of fighting (eating) the invading cells. Each time you see pus or redness from an infection, it's a sign that neutrophils have rushed to the area and a good number have died while protecting you.

Depending on the type of leukaemia (cancer of the blood), treatment can involve chemotherapy and radiotherapy to destroy all the body's neutrophils in order to allow healthy neutrophils to regenerate and the bone marrow to function normally.

Neutrophil counts generally fall to zero within a week of treatment and may take many days or even weeks for the count to recover, depending on the type and doses of drugs used, overall health etc. Whatever, it can seem a VERY LONG TIME for the little blighters to re-emerge. During the phase the patient is described as *neutropenic* and is highly vulnerable to infection – even from the very ordinary, friendly flora in their own mouth or gut! At this stage the patient is generally kept in isolation in hospital. Waiting and watching for the daily counts – of neutrophils, red blood and platelets – to gradually return to normal levels is frequently THE most important topic of conversation, and one that everyone waits on with baited breath, to see the neutrophils first appear again, and then continue to increase to the normal range (approximately 2.0 – 8.0).

If serious infection sets in, it can take even longer for the blood counts to return.

## Internet videos and audios about neutrophils

- *Neutrophil Chase*. A classic movie from the 1950s created by David Roger, Vanderbilt University. <http://www.encyclopedia.com/video/YyQfIVJ5MGI-neutrophil-chase.aspx>
- *How White Blood Cells Work*. A useful overview. <http://www.youtube.com/watch?v=0TvTyj5FAaQ&feature=related>
- *How Cells Divide and How Chemotherapy Works*. <http://www.youtube.com/watch?feature=endscreen&NR=1&v=VRhz3DhjG5M>
- *The Neutrophil Song*. Song from the opening of the '4<sup>th</sup> State of the Art Symposium on Hematologic Malignancies', New Zealand, January 2007. To the tune of 'Baby Face'. <http://video.google.com/videoplay?docid=-4436966863196046400>



Neutrophil song'

4<sup>th</sup> State of the Art Symposium on Hematologic Malignancies  
New Zealand, January 2007