

Five Years Ago: A Poem of Reflection

On the fifth anniversary of my testicle removal, I summon my inner Dr. Seuss.

January 5, 2022 By [Justin Birckbichler](#)

It's hard to believe that it has already been five years
Since I returned from an appointment, shedding some tears
I had heard one of the worst sentences of all:
["It's cancer, Justin, in your left ball."](#)

From there, everything just happened so fast
Surely it would be done soon, this just couldn't last
A snip, a scan, [another trip to the doc](#)
Chemo ahead: my life heading into gridlock

But I made it through and I'm still here
And I want to focus on the past year
[One year ago](#), my life was a giant mess
I felt defeated, alone, and full of distress

Looking back, I see now that I had hit rock bottom
But things are much better come this year's autumn
The happiest I've ever been, I would have to say
And I'm always grateful to have lived another day

I continue to be in good health, minus one bone
A summer foot surgery has kept me quite prone
It has put quite a damper on my exercise
But giving it time to heal is most wise

My mental health is also doing much better
Still doing regular therapy—I'm a go getter
Earlier this year, [I chose to stop taking my Prozac](#)
And I'm happy to report no depression came back

Last year, I had just adopted two kittens
And now they like to be as snuggly as mittens
This June, I [started a brand new career](#)
Like I said, it's been quite the big year
Probably the biggest change was finding God
To anyone who knows me, that may have seemed odd
Yet it was the one thing that I needed in my life
It saved me from all the despair and the strife

Getting to year five seems like such a big deal
Throughout this journey, there's been so much to feel
Many ups and downs and I know it's still the beginning
But getting another chance at life, well, I'd call that winning

As I end this and wrap it up here,
Reflecting on the passing of another year,
I'm so thankful to be out of a bad rut
Though I'm still waiting til I regrow another nut.

This post originally appeared on [A Ballsy Sense of Tumor](#) on October 28, 2021. It is republished with permission.