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Unit

Learning objectives

After studying this unit, you will be able to:

- describe how artificial intelligence (AI) has changed doctors' professional development and their ways of practicing medicine;
- explain the opportunities and challenges of applying AI in health care;
- write a medical commentary on a chosen topic;
- analyze the medical terms
 related to the body and
 properly use medical language
 in context;
- discuss the application of AI
 in health care from different
 perspectives in a panel
 discussion.





Viewing through the lens

Word bank

distance vision

impairment / m peamant/

n. 远视障碍

replica /ˈreplɪkə/ n. 复制品

anatomy /əˈnætəmi/

n. 解剖构造

physiology / fizi pladzi/

n. 生理机能

hypertensive

/ˌhaɪpə^ltensɪv/ *a.* 高血 压的

normotensive

/ˌnɔːməʊˈtensɪv/ a. 血压 正常的

Pre-viewing

AI has a wide array of applications in health care, significantly transforming various aspects of the industry. The following pictures illustrate some key areas where AI is having a profound impact. Can you identify these areas and think of more areas where

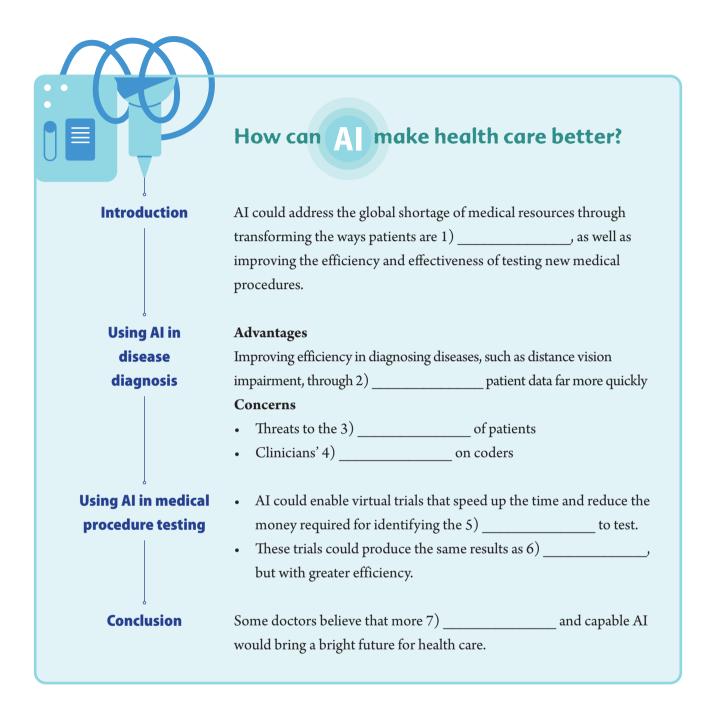


Viewing and synthesizing



Have you ever wondered how AI could make health care better? Scan the code. Watch the video clip and complete the outline with what you hear.





Viewing and discussing

Work in groups and discuss the questions.

- 1. AI has shown great potential in health care. In which aspects do you think AI could outperform human doctors? Are there any aspects of medical practice that you think should remain exclusively human, and why?
- 2. As AI becomes more integrated into health care, some people argue that patients may feel less connected to their health-care providers. What impacts do you think AI will have on the doctor-patient relationship?



round /raund/ n. 巡诊; 查房

- Then faced with a particularly tough question on **rounds** during my **intern** year, I would run straight to the bathroom. There, I would **flip** through the medical **reference book** I **habitually** carried in my pocket, find the answer, and return to the group, ready to respond.
- ² At the time, I believed that my job was to know the most **elusive** of medical terms by heart. Surely an excellent clinician would not need to consult a book or a computer to diagnose a patient. Or so I thought then.
- Not even two decades later, we find ourselves at the dawn of what many believe to be a new era in medicine, one in which AI promises to write our notes, to communicate with patients, and to offer diagnoses. The potential is **dazzling**. But as the AI-driven tools and systems improve and are integrated into our practice in the coming years, we will face some hard questions: Where does **specialized** expertise live? If the thought process to arrive at a diagnosis can be performed by a computer "**co-pilot**," how will that change health care, for doctors and for patients?

diagnostician /₁daɪəgnɒsˈtɪ∫n/n. 诊断医师

The idea of a computer diagnostician has long been compelling.
people have tried to develop machines that can "think" like a doctor and

diagnose patients for decades. But early models were **time-consuming** to employ and ultimately not particularly useful in practice. They were limited in their utility until advances in natural language processing and deep learning made **Generative** AI – a machine-learning model capable of creating new content in the style of a human – a reality.

- To date, Generative AI has not yet been integrated into our work in the **intensive care unit**. But it seems clear it inevitably will. The power of AI is most evident in tasks that require pattern **recognition**, such as reading X-rays. Even the best doctor may be less **adept** than a machine when it comes to recognizing complex patterns without bias. There is also a good deal of excitement about the possibility for AI programs to write daily patient notes for us as a sort of electronic **scribe**, saving us considerable time. Some medical **professionals** claim that this technology could liberate doctors from the burden of **paperwork**, so that they can have deep and personal communication with patients, thus providing a path to restore the **humanity** in health care.
- Beyond saving us time, AI if used well could make us better at our jobs. Experts have been studying the use of AI to read **electrocardiograms**, or ECGs, which are a simple recording of the heart's electrical activity. An expert **cardiologist** can **glean** all sorts of information about the heart from an ECG, but AI can glean more, including information about other diseases the patient might have, which could help doctors make more informed decisions.
- And this is just the start. Researchers promote the capabilities of AI to speed drug discovery. But as an intensive care unit doctor, I am most **captivated** by the ability of Generative AI programs to diagnose a patient. **Envision** this: a pocket expert on rounds with the ability to **plumb** the existing knowledge in seconds.
- An **internist** at the Beth Israel Deaconess Medical Center in Boston found that the **majority** of his medical students were using AI already, to help them on their rounds. Curious about how AI would perform in tough medical cases, some researchers evaluated the technology using the **notoriously** challenging *New England Journal of Medicine* cases. **Remarkably**, AI offered the correct diagnosis over 60% of the time a performance most likely better than any individual could accomplish.

intensive care unit n. 重症监护室

electrocardiogram

/ɪˌlektrəuˈkɑ:diəˌgræm/ n. 心电图 cardiologist /ˌkɑ:diˈɒlədʒɪst/ n. 心脏病专家

internist /'ɪntɜ:nɪst/ n. 内科医生

- How those abilities translate to the real world remains to be seen. Even as doctors prepare to embrace this new technology, some wonder if something will be lost. A number of doctors are concerned that in the very near future, the new generation coming up would probably fail to develop some essential thought processes and clinical skills. Even when it comes to AI writing notes for us, there is a **trade-off**. After all, writing notes is not simply **drudgery**; it also represents a time to take stock, to review the data and reflect on what will come next for our patients. If we **offload** that work, we surely gain time, but maybe we lose something, too.
- Yet, a balance can surely be struck. Maybe the diagnosis offered by AI will become an adjunct to our own thought process, not replacing us but allowing us all the tools to become better. Particularly for those working in settings with limited specialists for consultation, AI could bring everyone up to the same standard. At the same time, patients will be using this technology, asking questions and coming to us with potential answers. This democratizing of information is already underway and will only intensify.
- Perhaps being an expert doesn't mean being a **fount** of information, but being adept at **synthesizing**, communicating, and using judgment to make hard decisions. AI can be part of that process just one more tool that we use, but it will never replace a hand at the bedside, eye contact, and understanding what it is to be a doctor.
- A few weeks ago, I downloaded an AI app. I've asked it all sorts of questions, from the medical to the personal. And when I am next working in the intensive care unit and faced with a question on rounds, I just might open the app and see what AI has to say.



Reading and synthesizing

Global understanding

Read the passage and complete the outline with information from the passage.

••• <	> E1 Q	♥ ♣ ₽				
	 Hard questions to answer in the new era of medicine What role does 1) play in medical practice? How will computer diagnosticians change 2) 	?				
O	Applications of AI in health care					
	Examples					
	Reading X-rays Title 1 (1 (2))					
	Writing daily 3) Advantages					
	AdvantagesSaving doctors' time					
	 Saving doctors time Helping doctors make more informed decisions 					
	• Speeding 4)					
	Assisting doctors in 5) patients					
	Concern about applying AI in health care					
	The new generation of doctors would possibly lack some necessary thought processes	es				
	and 6) if they offload much of their work onto AI.					
	Response to the concern					
	Using AI as 7) to doctors' thought processes					
	Conclusion					
	AI can be one more tool to help doctors 8), communicate, and					
	use judgment to make hard decisions, but it will never replace the human touch that					
	defines what it is to be a doctor.					

Detailed understanding

Read the passage again and decide whether the statements are true (T) or false (F). Then correct the false ones.

The author used to believe that the excellence of doctors lies in their abilities to deal with challenging medical cases.
 It is believed that AI could help restore the humanity in health care by leaving doctors time to communicate with patients.
 To the author, an intensive care unit doctor, the application of AI in diagnosing diseases is most exciting.
 In a test involving the diagnosis of the challenging New England Journal of Medicine cases, AI performed equally well as human doctors.
 AI can promote the democratization of information, benefiting both doctors and patients.

Cultivating

medical thinking



The passage delves into the complicated relationship between AI and health care, raising some critical issues that lie at the heart of this technological integration. Work in groups and discuss the questions.

- 1. It is mentioned in the passage that using AI to write patient notes has both pros and cons. Can you think of any other specific applications of AI in medicine that also have such dual impacts?
- 2. Considering the dual impacts of AI, how can doctors balance the benefits of AI-assisted medical practice with the need to maintain their own expertise and judgment?
- 3. The author of the passage argues that AI will never replace "what it is to be a doctor." What do you think it means to be a doctor in the era of AI? How might the role of doctors evolve with the times?

Language in use





Scan the code and complete the language exercises on Ucampus.

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Enhancing medical writing



The passage is a typical example of medical commentaries – articles in which an author makes a point or takes a stance on an issue in the field of medicine. There are different types of commentaries. Some commentaries are on published articles or research. Others, like Reading 1, focus on current events or hot topics and mainly address the general public. Writing a medical commentary is one of the best ways for authors to establish their voice on a particular medical topic.

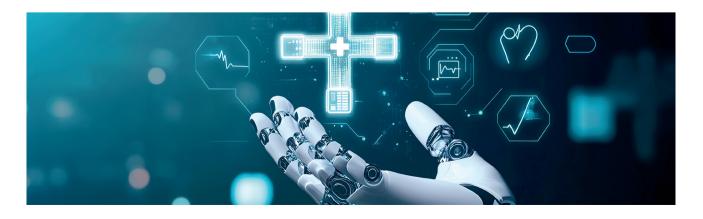


Medical commentaries, which share some similarities with scientific writing, should aim to be coherent, credible, and convincing. To achieve this, you need to:

- construct a well-organized framework, with a central idea backed up by reasons and examples;
- · include information that stands up to verification;
- provide an in-depth critical analysis of the topic under discussion.

Moreover, good commentaries are usually engaging because of the author's personal perspective, which relies much on their extensive experience or expertise. Bear in mind the following to capture and hold your readers' attention and interest.

- · Write in plain language to tailor to the general public.
- Address your audience on emotional as well as intellectual level. This could involve sharing real-life experiences, or appealing to values such as empathy, justice, or progress.
- Task 1 Reread the passage and analyze how the author builds a coherent, credible, and convincing argument regarding the integration of AI into health care.
- Task 2 Reread the passage and explore how the author makes the passage engaging when discussing a complex medical topic.
- Task 3 Write a medical commentary of no more than 300 words on a medical topic that interests you. You may refer to the tips above for guidance.



Reading 2



Log on to Ucampus for interactive learning.

Al in medical diagnosis is not just hype

urinary /ˈjuərɪn(ə)ri/ tract infection n. 尿路感染

palpation /pæl¹peɪ∫n/ n. 触诊 percussion /pə¹kʌ∫n/ n. 叩诊

imaging /ˈɪmɪdʒɪŋ/ n. (体内器官)成像 genomic /dʒiːˈnəʊmɪk/ a. 基因组的

- The history of medical diagnosis is a march through painstaking observation. Ancient Egyptian doctors diagnosed urinary tract infections by observing patterns in patients' urine. Throughout subsequent centuries, techniques like pulse-taking, palpation, and percussion were developed and refined, serving as invaluable tools for doctors to identify and understand diseases. The 20th century transformed medical diagnosis with standardized laboratory tests and sophisticated imaging technologies. In the 21st century, advancements in genomic science have opened new frontiers, enabling personalized diagnosis and treatment.
- Despite advances, however, diagnosis has largely remained a human endeavor, with doctors relying on the so-called illness scripts, which include clusters of signs, symptoms, and diagnostic findings that are hallmarks of a disease. Medical students spend years memorizing such scripts, training themselves to, for example, identify the subtle changes in ECGs that might alert them to a heart attack.
- But human beings, of course, err. Sometimes, misdiagnosis occurs because the doctor overlooks something when the patterns of the disease fit the scripts, but the scripts are misread. Other times, misdiagnosis occurs because the disease has features that do not match known patterns, such as when a heart attack occurs without **telltale** symptoms or ECG findings.
- ⁴ AI can help solve these two fundamental problems if it's given enough financial support and **deployed** properly.
- ⁵ First, AI is less **susceptible** to common factors that lead doctors to make diagnostic errors: heavy workload, lack of sufficient time and **cognitive**



bandwidth, gaps of knowledge, etc. Even when diseases conform to scripts, computers will sometimes be better than humans at identifying details buried within **voluminous** data.

- Using AI to improve the accuracy and **timeliness** with which doctors recognize diseases can mean the difference between life and death. **Ischemic stroke**, for example, is a life-threatening emergency where a blocked **artery impedes** blood flow to the brain. Brain imaging **clinches** the diagnosis, but that imaging must be performed and interpreted by a **radiologist** quickly and accurately. Studies show that AI, through superb pattern matching abilities, can identify strokes seconds after the imaging is performed much sooner than human radiologists. Similar capabilities have been demonstrated in diagnosing **pneumonia**, **blood clot** in the lungs (**pulmonary embolism**), acute **kidney** injury, and other diseases.
- Second, computers can be useful in diagnosing diseases for which we haven't developed right scripts. AI can, in fact, diagnose diseases by identifying new patterns too **subtle** for the human eye. Consider, for example, **hypertrophic cardiomyopathy**, a genetic disorder in which the heart muscle grows thicker than it should, leading to eventual **heart failure** and sometimes death. Experts estimate that only about 20% of those affected are diagnosed through a process that requires consultation with a cardiologist, heart **ultrasound**, and often genetic testing. What, then, about the remaining 80%?
- Research has demonstrated that AI can detect complex, previously unrecognized patterns to identify patients likely to have hypertrophic cardiomyopathy, meaning AI-driven algorithms will screen for the disease in routine ECGs.
- AI was able to recognize these patterns after examining the ECGs of many people with and without the disease. The rapid growth in health-care data, including detailed electronic health records, imaging, genomic data, **biometric** data, and behavioral data combined with advancements in AI technology has created a major opportunity. Because of its unique ability to identify patterns from the data, AI has helped radiologists find hidden cancers, **pathologists** characterize liver **fibrosis**, and **ophthalmologists** detect **retinal** diseases.

ischemic stroke /ɪˈski:mɪk strəuk/ n. 缺血性卒中 artery /ˈɑːtəri/ n. 动脉

radiologist /ˌreɪdi¹plədʒɪst/
n. 放射科医生

pneumonia /nju:'məuniə/ n. 肺炎 blood clot /klɒt/ n. 血凝块 pulmonary embolism /'pʌlmən(ə)ri 'embə_ılız(ə)m/ n. 肺栓塞

hypertrophic cardiomyopathy

/ˌhaɪpə'trɒfɪk ˌkɑ:diəυmaɪ'ɒpəθi/
n. 肥厚型心肌病
heart failure n. 心力衰竭

ultrasound /ˈʌltrəˌsaund/ n. 超声波检查

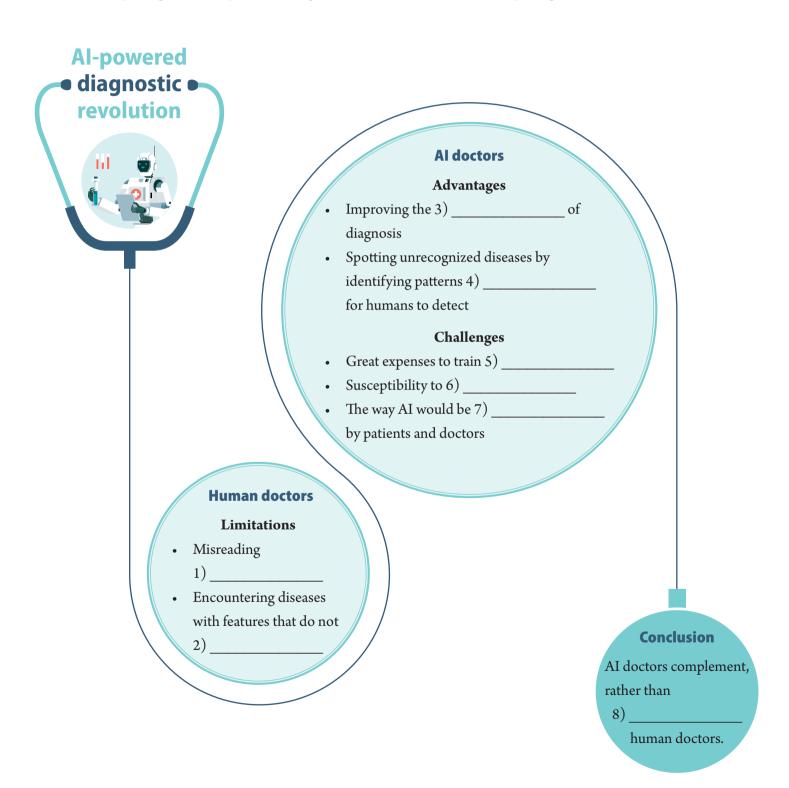
biometric /ˌbaɪəʊ'metrɪk/
a. 生物特征识别的
pathologist /pə'θɒlədʒɪst/
n. 病理学医生
fibrosis /faɪ'brəʊsɪs/ n. 纤维化
ophthalmologist
/ˌɒfθæl'mɒlədʒɪst/ n. 眼科医生
retinal /ˈretɪn(ə)l/ a. 视网膜的

- However, along with opportunities also come challenges and risks. One challenge is that AI is expensive, requiring large-scale data to train computer algorithms. As these resources become more accessible, protecting the associated intellectual property will be increasingly difficult, discouraging public and private investment. Although the use of AI may improve the quality of care and long-term outcomes in patients, without financial incentives, its development and thus adoption may be slow.
- Experts are also concerned that AI could be susceptible to misinformation. Its algorithms predict the next word based on its likelihood in the online text on which they were trained. This can potentially grant equal weight to, for example, information from the World Health Organization and a **random** thread on the Internet. Many studies and user experiences have shown that AI can **fabricate** sources that do not exist and present them as if they were reliable ones. To address these potential risks, governments should implement **surveillance** and **supervision**, establishing regulatory bodies to oversee data collection, deployment, and protection. Furthermore, developers and users should work together to assess AI applications in a continuous and transparent way.
- Then there's the question of how AI would be interpreted and deployed by patients and doctors. A recent survey found that around 60% of patients would feel uncomfortable if their own health-care providers relied on AI to diagnose diseases and recommend treatments. Although users trusted AI to answer simple questions, the more complex the question became and the higher the risk involved was the less willing they were to trust AI's diagnosis.
- Doctors also need to develop new skills to better interpret AI-generated information. According to an article published on the *New England Journal of Medicine*, at least three skills are essential: to think in terms of **probability**, to be aware of what information AI has to employ, and to understand how to integrate AI into clinical care. Doctors need these skills to help them effectively use AI to enhance their work, while at the same time holding onto their unique gifts of **humanism** and **empathetic** care for patients.
- AI should **complement**, rather than replace, the human expertise that has already saved so many lives. The future of medical diagnosis doesn't mean handing over the keys to AI, but rather making use of what it can do that we can't. This could be a special moment for diagnosis, but only if we invest enough and do it right.

Reading and synthesizing

Global understanding

Read the passage and complete the diagram with information from the passage.



Detailed understanding

Read the passage again and identify the paragraphs from which the following statements are derived. You may choose a paragraph more than once. Each statement is marked with a letter.

 A.	Doctors need to develop new skills to effectively utilize AI in their practice
	while preserving their unique qualities of humanism and empathy.
B.	Computers can sometimes outperform humans in identifying detailed
	information hidden within a great amount of data.
 C.	While AI has the potential to enhance the quality of care and long-term
	patient outcomes, lacking financial incentives may hinder its development
	and adoption.
 D.	Research has found that AI may use unreliable sources in training its
	algorithms.
 E.	Research has shown that AI can screen for patients running a risk of
	hypertrophic cardiomyopathy in routine ECGs.
 F.	Many patients were found to feel uneasy if their doctors depended on AI in
	diagnosis and treatment.
 G.	Supervision and assessment from governments, developers, and users should
	be implemented to better address the possible risks of AI.
 H	AI could diagnose diseases accurately and quickly, which would be life-
	saving in critical conditions like ischemic stroke.
 I.	It was found that patients tended to be skeptical of AI's diagnosis in highly
	risky or complex cases.
J.	Advances in medical diagnosis have been driven by improvements in
	observation techniques.

Language in use





Scan the code and complete the language exercises on Ucampus.

Word building

Medical terms are primarily formed by combining roots with affixes which include prefixes and suffixes. This word-forming strategy, known as affixation, is the most commonly used method of word formation in medical terminology. A root serves as the fundamental unit, establishing the basic meaning of the word. Prefixes and suffixes are added to the roots to modify their meanings. A prefix is placed before a root, while a suffix is added at the end.

In this unit, we have encountered some roots for describing body organs and body parts, as well as prefixes and suffixes that can add more meanings to these roots.

Roots	Meanings
cardi/o	heart
pulm/o, pulmon/o	lung
fibr/o	fiber
my/o	muscle
bi/o	life
ophthalm/o	еуе
urin/o	urine

Affixes	Meanings
electro-	relating to electricity
-logist	expert in a particular field
-an	specialist
-osis	abnormal or diseased condition
-pathy	disease
-ary	pertaining to; connected with
-gram	record; something written or drawn
-metric	relating to measurement

1 Write down the medical terms according to the given explanations.

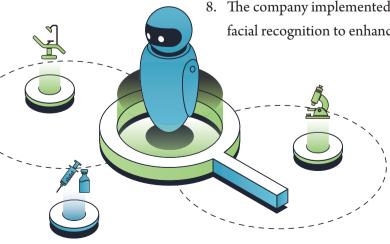
- 1. a disease of the eye
- 2. a specialist in lung diseases
- 3. a condition affecting the fibrous tissue
- 4. a record of the electrical activity of the heart
- 5. a disease of the heart muscle

2 Complete the sentences with the medical terms given below. Change the form if necessary.

cardiologist fibrosis urinary pulmonary biometric ophthalmologist cardiomyopathy electrocardiogram

1.	If a general practitioner suspects a heart condition, they might refer the patient to		
	a(n) for further diagnosis and specialized trea	atment.	
2.	2. During a routine checkup, a doctor may order a(n)	to ensure that	
	the patient's heart is functioning properly, especially when they h	nave symptoms like	
	chest pain or palpitations (心悸).		
3.	3. A person with vision problems would consult a(n)	for diagnosis	
	and management of their conditions.		
4.	4. The patient was advised to take a(n) test to as	ssess kidney	
	function and detect potential abnormalities.		
5.	5. The circulation refers to the flow of blood fro	m the right side of	
	the heart to the lungs for oxygenation and then back to the left si	de of the heart.	

- 6. Patients with pulmonary _____ may experience shortness of breath even when performing light duties.
- 7. The diagnosis of ______ often involves various tests, such as an echocardiogram and a chest X-ray.
- 8. The company implemented a(n) ______ system, utilizing fingerprint and facial recognition to enhance access control.



Medical terms

Complete the sentences with the medical terms you have learned in this unit. Change the form if necessary.

	ischemic stroke	ultrasound	pulmo	onary embolis	m im	ıaging
	physiology	intensive care ι	unit	blood clot	interni	ist
1.	In the	_, patients receive	e contin	uous monitoring	g of vital si	igns and
	treatment.					
2.	Understanding human _		_is esse	ntial for medical	profession	nals to
	diagnose and treat disea	ses effectively.				
3.	The	conducted a thor	ough ph	ysical examinati	on and or	dered a
	series of laboratory tests	to evaluate poter	ntial cau	ses of the patien	t's chest pa	ain.
4.	Timely intervention is c	rucial for patients	sufferin	ng from		م. as it helps
	minimize brain damage	and ensure better	outcom	nes.		
5.	The pregnant woman felt	relieved when the	e	cor	firmed tha	at her baby
	was growing perfectly.					
6.	A(n)	is a clump of blo	od that	can stop the blee	eding by p	lugging the
	injured blood vessel.					
7.	Brain	refers to the usu	ally nor	ı-invasive or min	imally inv	asive
	techniques that reflect th	he structure or fu	nction o	f the brain.		
8.	A(n)	occurs when a b	lood clo	t gets stuck in ar	artery in	the lungs.
	It is life-threatening and			_		-

Medical translation

Translate the paragraph into English.

全球首家人工智能医院 Agent Hospital 问世,标志着医疗智能化迈入新阶段。该医院由清华大学研发,配备有 AI 医护人员和虚拟病人,它们能模拟从分诊、诊断、治疗到随访的医疗全流程。患者就诊时,人工智能医生能够分析其症状和病史,从庞大的数据库中整合信息,进而提供权威诊疗方案。尤为突出的是,它们还能自主更新专业知识,为患者提供前沿方案。这一尖端科技展示了中国在人工智能与医疗融合领域的领先地位。

Navigating medical discourse

Having a panel discussion on the role of AI in health care

Your university is going to host a simulated international conference on "The future of health care" to cultivate students' ability to engage in academic exchanges on the international stage. One of the sessions of the conference is a panel discussion on the theme of "AI in health care: Opportunities and challenges." You and your classmates would like to participate in it.

Log on to Ucampus to get guidance from your Al tutor.





Step 1 Decide on the role

Form groups of six. Each member of the group chooses one of the following roles:

- A moderator
- A doctor
- A patient
- A medical educator
- An official from the government health-care department
- An expert in AI

Step 2 Conduct research and prepare for the discussion

Each member of the group conducts in-depth research based on their role.

- The moderator: Familiarize yourself with the overall topic, anticipate the key points from each panelist's perspective, and prepare a series of guiding questions to keep the discussion going smoothly.
- The panelists: Explore the latest trends, achievements, and challenges that concern you. Gather real-world examples and cases, as well as first-hand experiences from people around you. Anticipate potential questions from the moderator, other panelists, and the audience, and think of well-considered responses.

Step 3 Rehearse the discussion

Rehearse the panel discussion in class following the procedure below. The rest of the class will be the audience and raise questions to the panelists.

Tips

Procedure of a typical panel discussion

- 1. Welcome: The moderator extends welcoming remarks to the participants.
- 2. Introduction: The moderator introduces themself, the panelists, and the topic to be discussed.
- 3. Panel presentations: Each panelist expresses their own ideas on the topic in no more than three minutes.
- 4. Questions from the moderator: The moderator poses prepared or spontaneous questions to the panelists.
- 5. Questions from the audience: The moderator invites questions from the audience for the panelists to answer.
- 6. Summary: The moderator provides a closing summary of the key points discussed and possibly invites a final remark from the panelists.

Step 4 Improve the discussion

Reflect on your performance during the discussion, and think of how to get better prepared for the simulated international conference. You can:

- dive deeper into the topic and fill knowledge gaps related to your role in particular;
- practice your delivery, including the tone and body language;
- practice time-bound discussions to manage time better;

. . .





Scan the code. Watch the micro course recorded by industry experts to help you better complete the project.