



February - 2021

# THE CPU



**Official Bulletin of CMIC-IAP**  
Computer & Medical Informatics Chapter  
Email : cmic.iap@gmail.com

## Congratulations!



**Editor : Dr. Bakulesh Chauhan**

Society Registration No. : Gujarat/3194/Vadodara  
Public Trust Registration No. : F/2878/Vadodara

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# Message from Chairperson

## Dr Pallab Chatterjee

Chairperson,  
CMIC IAP 2021-22

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Dear friends,

Warm wishes from the Computer and Medical Informatics Chapter of IAP.

It is my proud privilege to present to you the first CPU this year in time, thanks to the untiring efforts of Dr Bakulesh Chauhan, our current editor. There are quite a few articles that provide interesting information and tips, which I am sure will be useful in your routine activities.

The Digital Infonars and various other programmes organised by our Chapter in the previous year have been very popular, thanks to the efforts of Dr Sanjeev Goel,

Dr Samir Shah, Dr Jagdish Chinnappa, Dr Naveen Kini, to name a few. I am proud to inform you that our Chapter has won a consolation prize in 2020, and we promise to continue with the good work this year.

Another major achievement this year has been an updated IAP Drug Formulary 2.0. The highlight of this new modified version is its availability in the offline mode and very elaborate and clear details. We plan to give an app key free to all members of IAP once. For details you can log in to [www.cmic-iap.org](http://www.cmic-iap.org). Dr Jeeson Unni needs a special mention for carrying on with this herculean task of managing the IAP Drug Formulary for the past 16 years!

We request all our supporters to become members of CMIC and strengthen our hands. We request each member to get one friend to join CMIC. Let us all work together to take the CMIC to greater heights.

Wishing all of you a very happy and prosperous New Year 2021.

Jai CMIC. Jai IAP.

**Access to computers and the  
Internet has become a basic need  
for education in our society.**

Kent Conrad

# Message from Secretary



## Dr. Samir Shah

Secretary,  
CMIC of the IAP 2021-22

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My dear ePediatricians,

Greetings from the Computers and Medical Informatics Chapter of the IAP!

First of all, my sincere thanks to all members of chapter for allowing me to serve our chapter for 2nd term as Secretary for the year 2021-22.

My sincere thanks to the members of team 2019-20 for giving excellent co-operation in functioning of chapter during these two years and giving your fruitful contribution in such a way that, very first time our chapter got consolation prize in the Best Chapter Category of IAP. It is really a remarkable achievement.

My heartiest congratulation to the members of team 2021-22 of CMIC and expecting their whole hearted support to make our chapter more vibrant.

Last year due to Lockdown we were not able to do too many activities. Even though in such a difficult period, after acclimating to the new normal online era, we were able to do few online webinars which were very well appreciated by all. More details you can get from the Secretary report of 2020.

One of these activities is a series of digital awareness INFONAR with the theme of "Ignorance is No Longer Bliss" on topics focusing on "Social Media for the Doctors" started from the 5th November, 2020 getting more and

more popularity. Till the date we have completed 3 in a row and few more are under planning. For the year 2021 we can expect more CORONA free periods and will be able to do more physical activities also. Planning for the Annual Conference CMICcon is also a part of our activity planning. Very soon we will announce the final date and program of it.

COVID-19 and lockdown taught us the strength of digital technology in communication, knowledge sharing and almost all our routine day to day activities. Last year due to lockdown we were not able to add more numbers of members in our chapter. This year we are expecting more new members and for that I am requesting each and every member to help in our membership drive program as per your contacts and capability. Let's make a target for the membership strength of magic figure 1000.

My sincere thanks and congratulations to Dr. Jeeson Unni for his excellent effort to keep our Drug Formulary up to date. Due to his efforts now we are able to get updated and very user-friendly version 2.0 of Drug Formulary having Online, Offline and App based versions. For more details you can visit our CMIC website : [www.cmic-iap.org](http://www.cmic-iap.org) and Drug Formulary website [www.iapdrugformulary.com](http://www.iapdrugformulary.com) Ending with a quote learned from year 2020 - Grow through what you go through.

**It always seems  
impossible until it's done.**

Nelson Mandela

# Ipad Air 4 2020 version

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### Introduction

The first iPad was released on April 3, 2010; the most recent iPad models are the eighth-generation iPad, released on September 18, 2020; the fifth-generation iPad mini, released on March 18, 2019; the fourth-generation iPad Air, released on October 23, 2020; and the second-generation 11-inch (280 mm) and fourth-generation 12.9-inch (330 mm) iPad Pro, released on March 25, 2020.

Long back in 2011 I was able to acquire the iPad second generation and believe me I was simply blown away by the portability and the things an iPad could do. I had written quite a few articles on it and the usability was tremendous.

Steve Jobs has been a real wonder boy – as far as the innovations and launching of the new products. The world has always followed in the footsteps of all the products that have been launched by Apple.

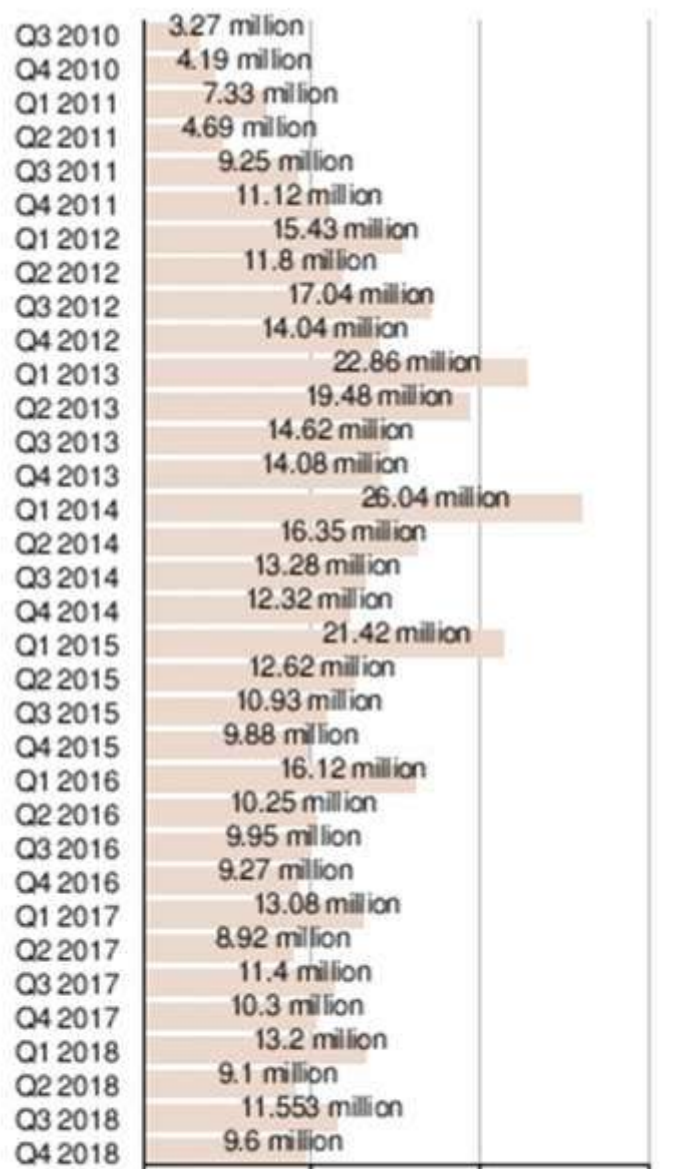
Starting with the personal computer to iPod to iPhone to iPad and soon an Apple Car.



Can you believe the sales of the iPad till now

All the Apple products have been very premium but the demand has always been tremendous.

Today I am going to tell you about the latest iPad Air 4th generation released recently on 23rd October 2020.



Worldwide iPad sales by Apple's fiscal quarters (Q3 2010 – Q4 2018).

## iPad Air 4



OS: iPadOS 14

CPU: A14 Bionic

Storage: 64GB, 256GB

Display: 10.9-inch (2360 x 1640 pixels) Liquid Retina

Rear cameras: 12MP wide (f/1.8)

Video: Up to 4K at up to 60 fps

Front camera: 7MP TrueDepth

Wireless: Wi-Fi 6, optional 4G LTE

Battery: 28.6 watt-hour

Battery life: 10:29 (tested)

Size: 9.7 x 7 x 0.24 inches

Weight: 1 pound

Price: Rs 54,900 (64GB) and Rs 68,900 (256GB)

### Advantages

1. The Rs 54,900 Apple iPad Air (2020) sees Apple finding a new pricing tier between the Rs 29,900 10.2-inch iPad (2020) and the Rs 71,900 iPad Pro (2020), creating a mid-range iPad option for those who want Pro-level perks without paying for it. But is it great enough to spend almost twice as much as you would on the normal iPad? I'd say so, as it's my new favourite iPad.
2. Not only does the 10.9-inch iPad Air 4 impress with its flat-edge design (which has the cool colour options of

the iPhone 12 in the shell of the 11-inch iPad Pro), but its Apple Pencil (2nd Gen) and Magic Keyboard support mean it's more capable of replacing your laptop (provided you spend more for those accessories). It's also got speedy A14 Bionic performance (which the iPad 8th generation has only A12 Bionic) and USB-C charging, two upgrades I wish the normal iPad could get. Also the normal iPad cannot use the second generation Apple Pencil but uses only 1st generation Pencil (which has a lag)

3. Thinking about the iPad Air 4 as the successor to the iPad Air 3, you can see how removing the home button from the bottom of the screen gave Apple the ability to increase its screen size, as the iPad Air 4's 10.9-inch screen is bigger than the iPad Air 3's 10.5-inch panel.



5. The other key differentiators are in its buttons and security measures. Apple opted to give the iPad Air 4 a Touch ID fingerprint scanner that's hidden inside of its lock button. I prefer the iPad Air 4 to the Galaxy Tab S7 (which also puts its fingerprint sensor in its lock button), as Apple's button sticks out slightly, making it easier to detect visually. The iPad Air 4 does not have the Face ID feature as in iPad Pro but I prefer the iPad Air 4 – touch ID as it is the most convenient thing.
6. The iPad Air 4 also dumps the Lightning port for USB-C, which will help me cut down on the number of cables I use (retiring another Lightning cord for just my iPhone and Air Pods). This is a welcome change, and one I wish the regular iPad could get too. Most of the devices are having USB-C as charging – moving towards the universal standards of charging. That is the reason you may not need to include a charging brick with every device. Good.
7. The iPad Air 4 doesn't have a headphone jack, but neither does the iPad Pro nor Tab S7. Apple's letting too many devices drink from the iPhone's fountain of 'courage,' and that's probably annoying for those who haven't jumped to wireless headphones. And while I wish this trend would

end, I love my wired headphones connected all the time – no headache of charging it. This device doesn't need to be water resistant like an iPhone than why take away the option? Of course the True Wireless Earphones are now cheaper and with a long lasting batteries but still let the user decide.

8. Measuring 9.7 x 7 x 0.2 inches and weighing 1 pound even, the iPad Air 4 has the same measurements as the 11-inch iPad Pro, while being slightly thinner and lighter than the 10.2-inch iPad (9.8 x 6.8 x 0.3 inches, 1.1 pounds). The Samsung Galaxy Tab S7 (10 x 6.5 x 0.2 inches, 1.1 pounds) is also a touch heavier. No wonder it is called Air – the lightest of them all.
9. The other reason to go for the iPad Air 4 over the iPad is its screen has a few extra perks. Those include full lamination and an anti-reflective coating, so it's more resistant to glare and fingerprints. The iPad Air 4 doesn't offer the smoothness of 120Hz refresh rates that the iPad Pro and Tab S7 do. I don't think most folks outside of early adopters will notice.
10. The iPad Air 4 runs on the A14 Bionic chip, which has a hexa-core CPU and a quad-core GPU, which combine to give it a serious speed advantage over most tablets. I saw zero stutter under basic everyday usage — splitting its screen between 12 Safari tabs and a 1080p YouTube video— with Tweeter open in slide-over mode. With all of that going on, I opened an image in the Pixelmator Photo image editor, and saw its Super Resolution upsizing complete in less than 30 seconds. Awesome.
11. The iPad Air 4's stereo speakers produce enough sound to fill not just my small-to-medium-sized room, but also spill over sweet tunes to adjacent rooms. The vocals too were great.
12. The two lovely accessories – Apple Pencil 2 and The Magic Keyboard. Let's start with the Apple Pencil 2nd Gen, which simply snaps to the top edge of the iPad Air 4,

and doesn't charge by plugging it into the port on the bottom edge (as the original Apple Pencil does with Lightning port-based iPads). More importantly, the iPad Air 4's support for the Magic Keyboard means that typing on this iPad is as easy as on the iPad Pro.

Some people will use the iPad Air 4 as a camera, and who am I to say they shouldn't? Apple's definitely encouraging tablet photography by giving the iPad Air a 12-megapixel wide angle webcam. The 7MP front-facing webcam provides sharp and accurate image captures. Simple awesome.

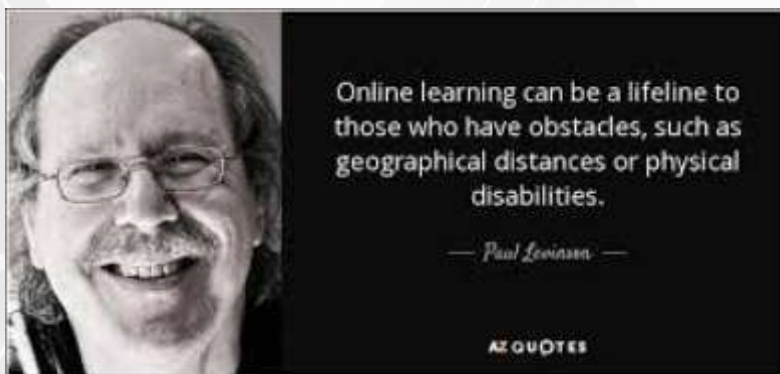
13.



14. The iPad Air 4 offers all-day battery life, going 10 hours and 29 minutes on web-surfing-based battery test. That narrowly beats the iPad Pro (10:16), but the 10.2-inch iPad (12:57) and Samsung Galaxy Tab S7 (13:16) lasted longer. That difference may mean you're going to charge the iPad Air 4 a little more often, but not by much. As such the battery life on the iPad's was amazing.

Verdict

It is a superb product and you would love to own it.



# What is USB ? All that you need to know.



## Dr. Yatin Mehta

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USB stands for "Universal Serial Bus." It is the most common type of computer port used in today's computers. It can be used to connect keyboards, mice, game controllers, printers, scanners, digital cameras, and removable media drives, just to name a few.

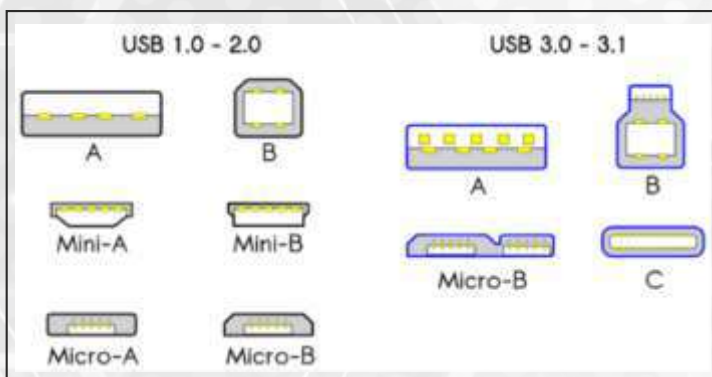
In technical term: Universal Serial Bus (USB) is an industry standard that establishes specifications for cables and connectors and protocols for connection, communication and power supply (interfacing) between computers, peripherals and other computer.

All USB ports are 5 volts DC. The transformer (or computer) will take care of converting the 120/220 AC current to the necessary 5 volts DC.

A broad variety of USB hardware exists, including eleven different connectors, of which USB-C is the most recent.

### Connector

USB 1.0	USB 1.1	USB 2.0	USB 2.0
1996	1998	2001	Revised
USB 3.0	USB 3.1	USB 3.2	USB 4
2011	2014	2017	2019



Among other improvements, USB 3.0 adds the new transfer rate referred to as SuperSpeed USB (SS) that can transfer data at up to 625 MB/s, which is about 10 times faster than the USB 2.0 standard.

**It is recommended that manufacturers distinguish USB 3.0 connectors from their USB 2.0 counterparts by using blue color for the Standard-A receptacles and plugs and by the initials SS.**

**Let us identify & understand various USB hardware.**

### USB-A:

The standard flat, rectangular interface that you find on one end of nearly every USB cable. Most computers and Laptops have multiple USB-A ports for connecting peripherals. You'll find them on game consoles, TVs, and other devices too.

The USB A connector is primarily be used on host controllers in computers and hubs. USB-A socket is designed to provide a "downstream" connection intended for host controllers and hubs, rarely implemented as an "upstream" connector on a peripheral device.



### USB-B:

An almost square connector, mostly used for printers, scanners and other powered devices that connect to a computer.



### USB-C:

The newest USB standard, this is a reversible cable that promises higher transfer rates and more power than previous USB types. It's also capable of juggling multiple functions. Aside from data transfer, USB-C can also power devices, output display to a monitor, and more.

Some laptops and tablets feature a USB-C port.



### Mini-B:

A smaller connector type that was standard for mobile devices before micro-USB. While not as common today, you'll still see them on some cameras, the PlayStation 3 controller, MP3 players, and similar.



### Micro-B:

The current standard (though slowly declining in popularity) for mobile and portable devices, which is even smaller than mini-USB. While you'll still find micro-USB on all sorts of smartphones, tablets, USB battery packs, and game controllers, some have moved onto USB-C.

### Micro-B Superspeed:

This you will find with many external HDD for faster data transfer.



### Something more on USB-C:

Unlike its predecessor, USB-C connectors are significantly smaller, which means that USB-C enabled devices have the ability to be lighter and thinner. Designed to be user friendly, **USB-C connectors feature a reversible cable head, so it will work regardless of the orientation you use to plug it in.**

In comparison to traditional connectors, USB-C outputs have a more powerful and rapid transfer rate with the ability to power almost any compatible device, from laptops to 4K high-resolution monitors. A USB-C cable can perform various functions including charging your devices, connect to external monitors, provide wired internet connection, dock your laptop and more; eliminating the need for additional proprietary cables or power cords.

USB-C isn't a trend, it's the new standard. Major tech companies have displayed their support and willingness to adopt USB-C connectors therefore; all devices will soon be connected, powered and charged by USB-C cables.

### What is USB On-The-Go?

USB On-The-Go (OTG) is a standard available on many Android phones that allows portable devices to act as USB hosts.

Let's say you have an external drive, a Smartphone, and a



laptop. What do you do if you want to move files from the external drive to the Smartphone? The most straightforward method is to move files from the external drive to the laptop, then from the laptop to the Smartphone.

With USB OTG, the Smartphone can actually host the external drive, thus bypassing the need for the laptop altogether. And that's just one of the many ways to use USB OTG.

To use USB OTG, you'll need a suitable adapter.

### **How do you tell the difference between USB 2.0 and 3.0 ports?**

You can generally tell the difference between USB 1.0, 2.0, and 3.0 by color alone. While the size and shape may be identical, the key is to look at the color of the plastic inside the device. The USB 1.0 features a white plastic color, while USB 2.0 is black, and the USB 3.0 is blue.

### **Let me mention about "Lightening" of Apple:**

This isn't a true USB standard, but is Apple's proprietary connector for the iPhone, iPad, AirPods, and more. It's a similar size to USB-C and comes standard on Apple devices released since September 2012.



Let me end this article while sharing with you an interesting fact:



Ajay V. Bhatt (born 6 September 1957) is an Indian-born American computer architect who defined and developed several widely used technologies, including USB.

“

If you want to teach people a new way of thinking, don't bother trying to teach them. Instead, give them a tool, the use of which will lead to new ways of thinking.

R. Buckminster Fuller

DESIGNING  
THE FUTURE

# Knowledge Is Power - Knowledgeable Citizen is a Powerful Citizen

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## Be a Knowledgeable Citizen- Part 1

### Introduction

As the Greek philosopher, Heraclitus, said: **“change is the only constant.”** Well, Heraclitus would have been amazed if he were able to look around today. Change is not only changing constantly but is changing fast. Whether it is daily dose of new information about Covid, or it is about ever changing laws of the land which we need to keep updated about. Latest being the fire safety norms which has set all the medical fraternity on fire.

There is another saying **“Ignorance is bliss”** which originates in Thomas Gray's poem “Ode on a Distant Prospect of Eton College” (1742). Many people would view this as a flaw or a hindrance. There isn't a person on this planet who knows everything. The fact that one is aware enough to recognize their own ignorance gives them an immediate advantage. A lack of knowledge in any field can be a fantastic catalyst for learning

**Ignorance of the law is no excuse** in any country. If it were, the **laws** would lose their effect, because it can always be pretended.

We have started a series of Infonars **“Ignorance in no longer Bliss”** through the digital platform of Computer and Medical Informatics Chapter of the IAP with an aim of imparting digital knowledge to the IAPIans all over the country. Here in our own

bulletin, I would try to share some of the important information which we can use on day today basis. I plan to write a short article every one or 2 months.

### A. Have you turned Fifty or about to turn Fifty? Renew your Driving License

1. Do not forget to renew your driving license. The validity of the driving expires when you turn 50. The license has to be renewed every 5 years thereafter
  - a. The license is valid up-to one month after the expiry date and application can be made before one month of the expiry date (your 50th birthday)
  - b. The renewal process is very simple. NO NEED TO GO TO AN AGENT. Visit the ParivahanSarathi website or click on the below link and take the appointment by paying the required fees.  
<https://sarathi.parivahan.gov.in/sarathiservice/dlServicesDet.do>

### 2. Other services which you can avail online with your Driving License. (For those who are far off from 50)

- a. Change of name and address and other services: Driving license is one document which we all carry at all times with us(If we do not then we must). This photo id can be used at almost all the places as photo id and address proof. With digital records it is important that our names must match at all places. Using the above link you can do the following online
  - i. Updating address
  - ii. Change in name
  - iii. Issue of duplicate driving licence
  - iv. Issuing international driving license
  - v. Change of date in birth

PLEASE BE INFORMED THAT YOU CAN HAVE A SOFT COPY OF THE DRIVING LICENSE AND MANY OTHER IMPORTANT DOCUMENTS IN DIGILOCKER, THE APP WHICH YOU CAN

## DOWNLOAD ON YOUR MOBILE

### B. Are you still carrying the old fragile Aadhar Card? Get a PVC Smart Aadhar Card now

1. Are you aware that you can get a PVC Aadhar Card online by just applying online with one OTP and paying Rs. 50. And LO, the New Smart Aadhar card having QR code too will be delivered to your door step in less than a week.

Click on link <https://residentpvc.uidai.gov.in/order-pvc reprint>

- i. Click on the above link
- ii. Enter your Aadhar card number
- iii. Enter OTP
- iv. Pay online (Rs. 50)



2. Other services which you can order online for Aadhar : Visit <https://uidai.gov.in/>

#### Registered Mobile number is necessary to avail these services

- i. Change of address
- ii. Download soft copy of Aadhar card
- iii. Link Aadhar to PAN and Bank via the banking login
- iv. Lock and unlock biometrics.
- v. Retrieve the Aadhar number in case you have forgotten
- vi. Create a virtual Aadhar number
- vii. Change date of birth and name online by self help <https://ssup.uidai.gov.in/ssup/>

Please download the mAadhaar app where you can have your soft copy of Aadhar card which is now accepted at airports, and other places

- C. Is your data in Permanent Account Number(PAN) matching with your Aadhar and Bank

Update PAN details by visiting website <https://www.onlineservices.nsdl.com/paam/endUserRegisterContact.html>

It is of utmost importance that you have exactly the same names in your PAN, Aadhar, Passport, Driving Licence, Bank accounts. Some people have names like Sanjeev, Sanjeevkumar, Sanjeevbhai, Sanjiv in different places.

1. Most of the websites are interlinked now. If you want to get a PAN card online, you don't even have to submit a photo as you have the option that your photo and other details can be picked up from the Aadhar card.
2. You need exactly the same spelling in PAN and Aadhar to verify income tax returns and to link PAN with Aadhar
3. You can visit the above website and do the following
  - a. Change your name
  - b. Change address
  - c. Change date of birth
  - d. Apply for duplicate PAN

Again you can download the Digilocker app and store all your documents in the apps

Dear friends, however we may want to interact with humans for our needs, the future will be governed by artificial intelligence. Already your first point of contact with banks, mobile companies, insurance companies is automatic systems and not humans. It's time that we keep ourselves updated. Best of learning and gaining knowledge

For any queries please feel free to contact me on [goelsanjeev@gmail.com](mailto:goelsanjeev@gmail.com) or ping me on 9825265114



# Tips for Safe Online Shopping

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Billions of dollars are spent shopping online every year. While most transactions will be uneventful, security on those purchases is not a given. These tips can help.

There's every reason in the world to shop online. The bargains are there. The selection is mind-boggling. The shopping is secure. Shipping is fast. Even returns are easy, with the right e-tailers. Shopping has never been easier or more convenient for consumers. And in the age of COVID, it's safer than going out even if you're fully masked and gloved.

But what about the bad guys? It happens. The FBI's own Internet Crime Complaint Center (IC3) says the number one cybercrime of 2019 in half the 50 states was related to online shopping: non-payment for or non-deliver of goods purchased.

Stay calm. While somewhat alarming, these stats should not keep you from shopping online. You simply need to use some common sense and follow practical advice.

Here are basic guidelines; use them and you can shop with confidence.

## **Use Familiar Websites**

Start at a trusted site. Search results can be rigged to lead you astray, especially when you drift past the first few pages of links. If you know the site, chances are it's less likely to be a rip-off. We all know Amazon.com carries everything under the sun; likewise, just about every major retail outlet has an online store, from Target to Best Buy to Home Depot. Beware of misspellings or sites using a different top-level domain (.net instead of .com, for example)—those are the oldest tricks in the book. Yes, sales on these sites might look enticing, but that's how they trick you into giving up your info.

## **Look for the Lock**

Never buy anything online using your credit card from a site that doesn't have SSL (secure sockets layer) encryption installed—at the very least. You'll know if the site has SSL because the URL for the site will start with HTTPS—instead of

just HTTP. An icon of a locked padlock will appear, typically to the left of the URL in the address bar or the status bar down below; it depends on your browser. HTTPS is standard now even on non-shopping sites, enough that Google Chrome flags any page without the extra S as "not secure." So a site without it should stand out even more.

## **Don't Overshare**

No online shopping e-tailer needs your Social Security number or your birthday to do business. However, if crooks get them and your credit card number, they can do a lot of damage. The more scammers know, the easier it is to steal your identity. When possible, default to giving up as little personal data as possible. Major sites get breached all the time.

## **Check Statements Regularly**

Don't wait for your bill to come at the end of the month. Go online regularly during the holiday season and look at electronic statements for your credit card, debit card, and checking accounts. Look for any fraudulent charges, even originating from payment sites like PayPal (After all, there's more than one way to get to your money.)

Speaking of, you should definitely only buy online with a credit card. If your debit card is compromised, scammers have direct access to your bank funds. Any seller that wants a different kind of payment, like wired money, is a big red flag. The Fair Credit Billing Act ensures that if you get scammed, you are only responsible for up to \$50 of charges you didn't authorize. There are protections even if you're not happy with a purchase you did make.

If you see something wrong, pick up the phone to address the matter quickly. In the case of credit cards, pay the bill only when you know all your charges are accurate. You have 30 days to notify the bank or card issuer of problems, however; after that, you might be liable for the charges anyway.

## **Create Strong Passwords**

The vast majority only change a password to protect privacy a few times a year (27 percent) or more likely, never (35 percent).

If you're going to be like the latter group, I will again beat this dead horse about making sure that you utilize uncrackable passwords. It's never more important than when banking and shopping online.

Even your perfect password isn't perfect. The smarter move: use a password manager to create uncrackable passwords for you. It will keep track of them and enter them, so you don't have to think about it.

## **Check Statements Regularly**

Don't wait for your bill to come at the end of the month. Go online regularly, especially during the holiday season, to view electronic statements for your credit card, debit card, and checking accounts.

## **Inoculate Your Computer**

Swindlers don't sit around waiting for you to give them data; sometimes they give you a little something extra to help things along. You need to protect against malware with regular updates to your antivirus program. Better yet, pay for a full-blown security suite, which will have antivirus software, but also will fight spam, spear-phishing emails, and phishing attacks from websites (the latter two try and steal your personal info by mimicking a message or site that looks legit). Remember, it's not enough to have it installed. Make sure your anti-malware tools are always up to date. Otherwise, they can let in any new threats—and there are always new threats.

## **Privatize Your Wi-Fi**

If you're shopping via a public hotspot, stick to known networks, even if they're free, like those found at Starbucks. Any of the providers in our roundup of the Fastest Free Nationwide Wi-Fi can generally be trusted, but you should probably also use a virtual private network (VPN) to be safe.

## **Avoid Shopping in Public**

What about using your own laptop to shop while you're out? It's one thing to hand over a credit card to get swiped at the checkout, but when you have to enter the credit card number and expiration date and 3-digit code on the back into a shopping site while sitting in a public cafe, you're giving an over-the-shoulder snooper plenty of time to see the goods. Think like a gangster: Sit in the back, facing the door. Use sites that you trust that already have your credit card stored, so you don't have to pull it out for more than a latte. Better yet: stay home when online shopping.

## **Think Mobile**

There's no real need to be any more nervous about shopping on a mobile device than online. Simply use apps provided

directly by the retailers, like Amazon and flipkart. Use the apps to find what you want and then make the purchase directly, without going to the store or the website.

## **Skip the Card, Use the Phone**

Paying for items using your smartphone is pretty standard these days in malls, and is actually even more secure than using your credit card. Using a mobile payment app like phonepay generates a one-time-use authentication code for the purchase that no one else could ever steal and use. Plus, you're avoiding card skimmers—hell, you don't even need to take your credit card with you if you only go places that accept phone-based payments. How does that matter if you're online shopping? Many a phone app will now accept payment using Google Pay. You just need your fingerprint, face, or passcode to make it happen instantly.

## **Count the Cards**

When it comes to gift cards, stick to the source when you buy one; scammers like to auction off gift cards on sites like eBay with little or no funds on them. There are many gift card "exchanges" out there that are a great idea—letting you trade away cards you don't want for the cards that you do—but you can't trust everyone else using such a service. You might get a card and find it's already been used. Make sure the site you're using has a rock-solid guarantee policy. Better yet, simply go directly to a retail store to get the physical card.

## **Check the Seller**

If you're wary of a site, perform your due diligence. The Better Business Bureau has an online directory and a scam tracker. Yelp and Google are full of retailer reviews. Put companies through the wringer before you plunk down your credit card number. There's a reason that non-delivery/non-payment is the most common cybercrime complaint: it hurts when that happens, financially and emotionally.

That said—online reviews can be gamed. If you see nothing but positive feedback and can't tell if the writers are legitimate customers, follow your instincts.

If nothing else, make absolutely sure you've got a concrete address and a working phone number for the seller. If things go bad, you have a place to take your complaint. In fact, call them before you order so you can clarify a return policy and where to go with any issues after the purchase.

## **Complain Loud and Proud**

Don't be embarrassed if you get taken for a ride while online shopping. Instead, get very, very mad. Complain to the seller. If you don't get satisfaction, report it.

Have a happy shopping...

# Five Tips to Start a YouTube channel for Your Practice

– without even being in front of the camera!

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### Why have a YouTube Channel?

Primary purpose would be to educate your patients and promote your practice.

Remember, millions of people watch online videos, and your patients are some of them too!

They respond to video and are attracted by video. So, how do you start doing this for your practice?

The easy and most expensive answer is to pay someone to do this for you. However, this is expensive and cumbersome and you may not feel very comfortable in front of the camera, at least in the beginning.

Your main goal is to create videos that promote your practice and educate your patients.

### What can you do with the videos that you create?

You can put them on your website, on YouTube, on your Facebook page (for business, not personal), on Twitter, and in e-mails you send to patients.

Here are five methods you can use and interestingly none of them involve you being in front of the camera and a few don't even require you to even talk.

1. Transform a patient education article into a PowerPoint video presentation.

Pick a subject that's in the top 10 of medical problems faced by your patients. Outline a short presentation with seven or eight slides with minimal text. Then if you have a new version of Powerpoint (or Keynote) all you need to do is save your presentation as a video. Go to the tab named File -> Save As -> Video (.mp4) and you have a video. You can add some music to it after uploading the video on your YouTube Channel by using the Edit button as well. That's all!

2. Give a screencast tour of your favorite patient education website.

A screencast is just a recording of what's on your screen. Several tools, both free and paid, are available to accomplish this. Examples include: EzViD. ([www.ezvid.com](http://www.ezvid.com)) Visit the website as you're recording and talk the viewer through what you want them to see. Show how to find the most useful information patients ask about most frequently. Save the screencast as a video file and post a link to it on your website.

3. Use a screencast to give a quick visual overview of common clinical topic.

You can put up a report or a patient X ray or photo on the computer screen (Identifying details deleted of course) and discuss them on a screen cast – record yourself talking and post the video online. You can even take a WhatsApp medical video that is going viral and discuss it after downloading it and playing it on your computer while recording it on screen cast!

4. Use a free video slideshow tool to make a promotional video for your practice.

Video slideshows are a quick way to create videos out of still pictures you may already have, or can quickly take. There are many options to make a slideshow out of multiple pictures including [www.Animoto.com](http://www.Animoto.com) which is a free online tool that will let you do this. Just upload your pictures, choose some background music, and the online software creates a video. You can link to the video on your website or social media. This can be a great intro video for your YouTube channel as well, with photos of your building, your staff, the rush of patients and anything else that may be relevant to your practice.

5. Create a series of frequently asked questions on a narrow but popular clinical topic and put them on YouTube.

Try searching for common videos that are popular on YouTube related to your speciality and create a set of small videos – no more than a few minutes each and

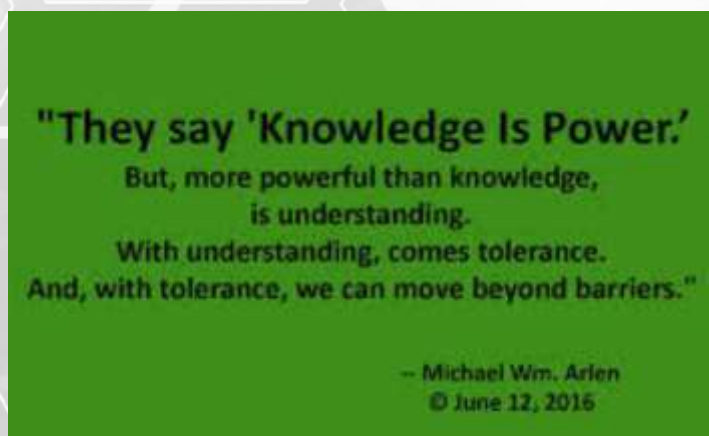
create a playlist on YouTube. You can use common things parents ask in your clinic to create these videos too. You can just as easily make these using PowerPoint or Keynote as a slide presentation with you talking off camera.

Google seems to love these related video series and I've seen these videos rank highly in regular search engine results on the first page.

So even if you don't want to be on camera, your practice can certainly have a YouTube channel that will help you become more visible online & attract more patients improving your practice,

**Reference:**

<https://www.physicianspractice.com/view/five-tips-start-using-videos-your-medical-practice>



# IAP Drug Formulary

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The IAP Drug Formulary (IAP DF), first published in 2004-2005, has completed 16 yrs of service to the pediatric specialists in our country and abroad, being the only exclusively pediatric formulary in the world, other than the British National Formulary for Children (BNFc). The IAP DF contains recommendations for drug therapy for >510 pediatric ailments and detailed, well researched information for 669 Drugs in 231 Drug Classes, that are licensed for use in neonates, children and adolescents.

The IAP DF hard copy textbooks are printed once in 3 - 4 years as after 12-16 web updates, the text would have changed drastically and the IAP Sub Chapters submit latest updates of their respective chapters. The 5th Edition - The IAP Drug Formulary 2019 - part of IAP President's Action Plan for 2018 - was released by IAP President Dr Santosh Soans, at the IAP CMIC National Conference and IAP WB State Annual at Kolkata on Dec 8/9th 2018. It has sold nearly 8750 copies since Jan 2019.

The December Web Update 2020(3) will be the Edition 58, the 56th web update of the IAP Drug Formulary. The Web Updates are a quarterly exercise where new drugs, changes in use of drugs and new recommendations for drug therapy of pediatric illnesses are updated as and when they are available. This has made the formulary a dynamic and up-to-date reference for pediatric therapeutics.

The IAP DF, in its 17th year required a complete overhaul as it was becoming difficult for our admin to update charts, figures, flow charts and even formatting of text on the old platform. We therefore spent 6.5 lakh last year to create The IAP Drug Formulary 2.0. The updates include the following –

### Web Portal:

- 1) New Design Layout
- 2) New User Profile Login
  - a) Using registered Email ID and OTP Authentication. Therefore not requiring the user to remember their password

b) New User Profile Page displaying the list of IAP DF subscriptions along with the respective App Keys and Profile Info.

- 3) New Admin Pages
  - a) To moderate all the content of the website. Hence making all the content of the website dynamic.
  - b) Pre Release preview of all update content before release.
  - c) Single Point release for all IAP DF Platforms.
  - d) Advanced User management to Create /Update Users and Manage Subscriptions. Email Feature, which will directly send an Invitation email to subscribers with the relevant App key information. No need for pre-generated App keys anymore.
- 4) Drug Formulary:
  - a) Refined Search Module along with display of tables and Images
  - b) Hyper Link to Brands on selection of Generics.
- 5) No Need for CD's: The Users can directly download the Windows Desktop App (If subscribed to) through their Profile Page.

### Android and IOS App

- 1) New Apps created on a new platform with the following Features
  - a) Login using App Key/Registered Email ID and through email OTP.
  - b) OFFLINE APP: Unlike the earlier version, the new Apps will work off line. A new Sync Module will download the content on the device for viewing off line.
  - c) New Feature of viewing Editors, IAP President, Hon. Gen. Secretary, IAP CMIC Chairperson and



Secretary's message along with photographs can be viewed.

- d) Contributors List will also be viewable.
- e) The Home page has the editors email id and mobile no which can be directly dialled by clicking on the number
- f) Advanced Notification feature which will alert the users of any new notifications or updates. The App will auto prompt the users to download whenever there are new updates released.
- g) Advanced Drug Formulary
  - Search and view of content, be it in text, tables or in image form.
  - Pinch Zoom in feature to expand any content.
  - Hyperlink to Brands page for the respective Generics.

3) The New platform enables search and view of content, be it in text, tables or in image form.

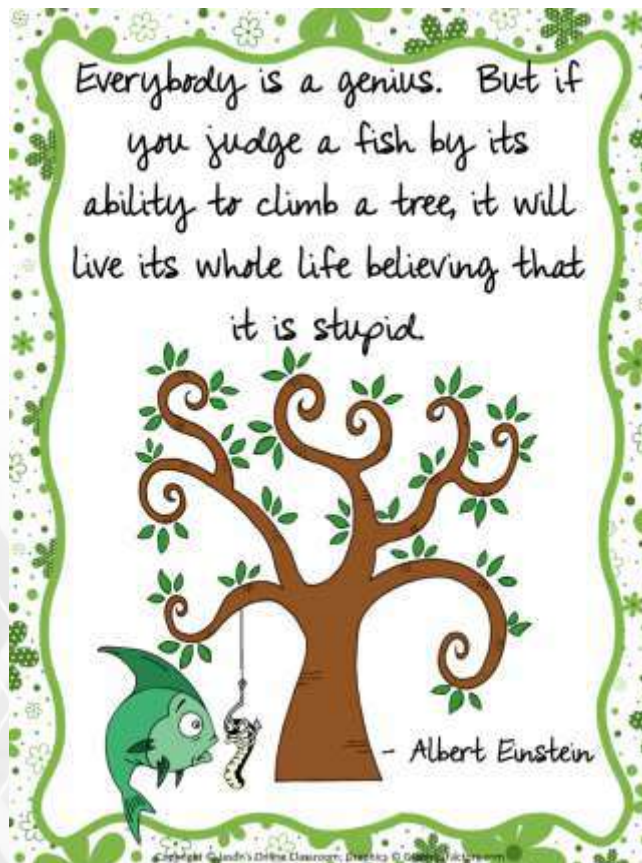
4) Auto Update (No Update Patches required)" Quarterly Updates will be a simple Update Link within the software, wherein the software identifies any updates and automatically updates the new version.

**All users need to therefore uninstall their mob apps and re-install the new desktop and mobile versions. The highlight of the update is that the user can, after synchronising the app, scan the contents of the IAP DF offline and the web updates will be automatically updated.**

We hope that this year onwards we will be able to offer 1 free mob app key to all IAP members (till now our MOU with IAP CO offered this facility to all members who joined the academy on or before Dec 31st 2015).

### Windows Desktop App

- 1) Built on a completely new platform compatible with Windows 7 and above.
- 2) Easy Installation process wherein the users just need to download a Single Installable EXE file and Login using their Registered Credentials and OTP.



# Internet Lingo

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The modern world revolves around internet. The Internet has changed business, education, government, healthcare, and even the ways in which we interact with our loved ones—it has become one of the key drivers of social evolution. The Internet has removed all communication barriers in almost every way possible. It has opened floodgates of opportunities for all. In the online community, one can express their views and opinions through various social media platforms. One of the most distinct features of social media, is the way in which, internet users have broken the traditional writing norms and boundaries of languages. Internet Lingo, is just the fun take of youth (and other social media users) on the English language.

### Frequently used terms on Social Media

- **SNS** – SNS is short for social media
- **TW** – TW is short for Twitter
- **Ig & Igers** – IG is short for Instagram. Similarly Igers is Instagramers, meaning the people who use Instagram often.
- **YT** – YT is short of YouTube
- **FB** – FB is short for Facebook
- **Netizen** – Netizens are people who use the internet and are active on it. They usually stay active by commenting on blogs, posts etc. They also have all the latest news of any corner of the world. Another generic word for netizens is 'internet user'.
- **Trend/Trending** – A trend is what is popular at the moment. When something is trending online, it's popular and has a lot of people talking about it.
- **Viral** – A thing (as in an image, video, piece of information, etc.) that is circulated rapidly and widely from one internet user (netizen) to another.
- **Iconic** – A thing widely recognized, known and acknowledged by people.
- **Meme** – A meme is an image, text or video that's copied

and modified over and over again. People add their own changes to the image or text to make it funny.

- **Troll** – Trolls are people who usually post or comment in a way that will annoy or anger most people. Basically, a social media troll is someone who purposely says something controversial in order to get a rise out of other users.
- **Lurk/Lurker** - people who visit a web page or read a post but don't comment or make their presence felt. —'to lurk' means to hide just out of sight
- **Noob** – Noob means a beginner. Noob can be a mean way of saying someone is ignorant or not good at something, or it can be a way of saying that you're new and don't know much.
- **Lag** – Lag is when an application slows down or hangs.
- **Click bait** – Internet content whose main purpose is to attract attention and urge visitors to click on it. (Like thumbnails, videos, links, websites etc.
- **Hashtag** – Many apps & websites use tags to make it easier to search for content
- **DM** – Direct Message: It means texting/chatting someone privately/directly
- **RT** – Retweet: When you share someone's Tweet, Retweeting something means you like what that person said or agree with it.
- **MT** – Modified tweet: This is when you alter the text of a tweet before resharing it.
- **Tag** - Tag means mentioning someone in your post. Usually if you write their name after '@' symbol then you've tagged them in your post.
- **Trend jacking** – When ppl/users take over a trending topic with an irrelevant topic/content
- **Photobomb** – When you accidentally appear in other's photo without the photographer meaning to include it, it is called Photobomb.

- **Spam** – Spam is a type of email which is not meaningful or personal to you. Spam emails are usually annoying advertisements that you never wanted to receive. Another meaning of spam is- messages that are sent to you and are irrelevant to you. Sometimes a person might spam you if you're offline, so to get your attention they spam you.
- **Handle / Alias** – Also called a "username," your handle or alias is the nickname you choose for a website.

### Conversational Words/Slangs

people usually use these words in conversations or in commenting something

- **Facepalm** – Facepalm simply means put your palm on your face in disappointment.  
Example- A: I just realised Apple's logo looks like an apple!

B: \***Facepalm**\*

- **Period /Periodt** –Period/periodt means that there is no counter argument and it is like saying "this is my final word on this subject"

Example- There is no better artist than A.R.Rahman, **periodt**.

- **Lit** – Lit describes something that is exciting or excellent and is a lot of fun

Example- Did you see the new dance?! it is **lit!**?

- **Bop** – A song that has had great success/is a hit

Example- 'Dynamite' is a **bop!!**

- **Slay** – Slay means that if someone's doing particularly well on something.

Example- \*There's a video of X singing and at the comment section someone writes\* "You're slaying it!"

- **Yaas** – An enthusiastic form of 'yes'

Example- A: Are you going to join the game today?

B: **Yaaas**

- **Fam** – Shortened version of 'family'. Can be used to describe a community.

Example1- Me and my **fam** are going to Hawaii for our summer vacation!

Example2- Me and my **fam** are going to perform a rally for the justice of XYZ.

- **I can't even** – This is another way of saying "I'm speechless." This is used when something is so unbelievable that you have no words to respond with.

Example- A: What is Obama's last name!? Do you know!!

B: ...**I can't even**

- **On fleek** – On point

Example- Perfect! Your dance is on **fleek!**

- **All the things** –This phrase comes from a famous blog and in that the author has written that she'll 'clean all the

things'. Now this phrase is used as an exaggeration for any work. Usually written as "X all the Y"

Example- I'll eat **all the pizzas** [this means that he/she is very hungry]

- **Totes & Adorbs** – These are shortened versions of "totally" and "adorable"

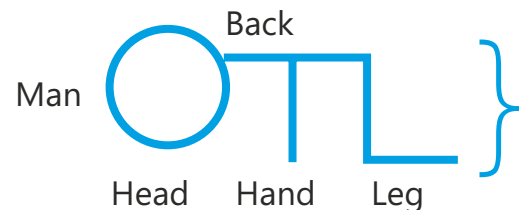
Example- This bag is **adorbs!** You should **totes** get it

- **XD** – This is not an acronym, but an emoji showing happiness (and laughter)



- **OTL** – Actually, this is not an abbreviation — it's an emoji. It's a man kneeling on the floor, and is used to show disappointment or desperation.

Example- Someone ate the last cookie..... **OTL**



### Conversational Abbreviations

- **IDK** – I don't know
- **IDC** – I don't care
- **LOL** – Laughing out loud
- **Ppl** – Short for 'people'
- **JK** – Just kidding
- **TBH** – To be honest
- **BTW** – By The Way
- **TL;DR** – Too long; didn't read
- **HBD** – Happy Birthday
- **IRL** – In real life
- **TMI** – Too much information
- **FYI** – For your information
- **BTS** – Behind the scenes
- **BRB** – Be Right Back
- **AMA** – Ask Me Anything: AMA is when someone answers questions asked by the netizens.
- **HT** – Hat tip, Used for appreciating or thanking other users.
- **MTFBWY** – May the force be with you!

This is just the tip of the iceberg. There is so much more which is left unexplored in the vast ocean of Net Lingo!

And whatever be the language, let the expression of mankind prevail!

# Comparison of Different Operating Systems

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During this time of pandemic, a massive tsunami of online education, webinars and conferences wrapped the whole Earth in its wave, where the whole offline world got transferred on the digital platform, I was a bit confused about which OS (operating system) to be bought for my routine work including online school...

When given a choice, most of us will surely opt for the newest version of WINDOWS and that's proper too when seen from buyer's point of view.

But, what about the other systems? That can be chosen? Do they have service centres in India for their devices also??

So, in this article, let's try to list the pros and cons of all known Operating Systems...

Without wasting much time and space on paper, let's start right away!!

## 1. Windows:

- The most preferred, most used, and most favorite of all the computer users is this operating system!!



No.	Pros	Cons
1.	Comes with an inbuilt & strong firewall	Very much vulnerable to cyber-attacks as it's the most vastly used OS
2.	Comes with easy GUI (graphic user interface, i.e., made to make your work easy)	Need many files to work with easy GUI so your storage gets filled up extremely fast
3.	Have too many apps which are compatible	These apps may also contain some malicious codes to harm your device and take away your data
4.	Compatible with all the processors of Intel & AMD	May not run fast / lag when you have an only HDD running in your computer
5.	It's secure, fast, and flexible system	After every month, the new updates need to be installed... (I know that nobody of us like that one, though...) Also, its Closed source doesn't allow users to edit the system files easily for their own benefit

- All in all, Windows is an easy and user-friendly OS. But also, you need to be careful when you are online, thanks to hackers!! Now, let's go to the next OS i.e., MAC

## 2. MAC OS X:

- This is the 10th version of apple OS industries for pc
- The full form of it is Macintosh. It was the first OS built by apple for working in computers



No.	Pros	Cons
1.	Not much vast	Closed source & has less users so the OS is very secure.
2.	Has many already kept-in programs to work easily like KeyNote (same as MS PowerPoint)	Comes with a bit tough GUI (this has only one cause: we have not used it much... )
3.	Has less apps which are compatible, but these apps don't contain any malicious codes to harm your device and take away your data as these are developed by apple usually.	You can get apps which are needed for your normal use. If you want to do some video editing or music making/editing, then you may not be able to work here for "FREE".
4.	Has only one type of processor, i.e., the one that came from the factory only but still it's superfast.	Can't work properly if the processor gets damaged by any means.
5.	Superb apps in-store.	Almost all are paid...

- One thing, if you want to make professional type of presentations / slides then you can try for KeyNote there in MAC which has rich font types that can be used to enhance your presentation
- So, all in all, we can say that windows got ahead in terms of compatibility and flexibility, but MAC OS is also fine to be used if seen in terms of security

The last one in the list is – Linux!! Do you know about this OS? If not, then let's get introduced about it here...

### 3. Linux:

- This system is a free distribution by the developer "s" (this was made by a group of people and not by only one person unlike Windows and MAC).
- It's easily compatible with Windows OS too.
- Has many examples like:
  - o Ubuntu (multi-user system – Check for its documentation in QR 1)
  - o Kali (for ethical hacking – Check for its documentation in QR 2)
  - o Redhead and many more...
- The operable files are available of website of Linux. Just google the name and go to the official site. I would like if you all can try for ubuntu Linux and find the pros and cons of system except those listed below...
- You can also dual boot Linux versions using your pen drives but remember that you need to have them of atleast 8 GB (for safety) even they can work on 4 GB pen drives. Check for the video in QR 3 to learn how to dual boot any OS



No.	Pros	Cons
1.	Open source so you can edit the files for your own use	If you gonna remove some important code, then you might crash the system...
2.	Takes up directly which ever drive is free if you have made the Partitions	Has less files to work upon so, you have to download many 3rd party apps for one thing
3.	You can't download programs without the Admin's Permission	Need to enter the password every time (I know we all, especially me, are somewhat lazy and get irritated if we need to enter the password all the time...)
4.	Safe as no apps can be downloaded without your permission i.e., you have to enter your password to start the download	You might be attacked any time as there is no proper and strong firewall
5.	Has every half yearly updates which can be postponed till 5 years	All updates are of very large size, so you need high storage to store files

Let me clarify that all these data are written according to my research, knowledge, and personal experiences. You all can try for Linux versions and review me about your experience on my mail "[devanshshah768@gmail.com](mailto:devanshshah768@gmail.com)" ...

Hope you like the article... Here are some QRs that I have mentioned in the article...

QR 1



Links: <https://docs.ubuntu.com>

QR 2



<https://www.kali.org/docs/>

QR 3



<https://youtu.be/Z-Hv9hOaKso>

# Artificial intelligence in medicine and healthcare

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### Introduction

Artificial intelligence in medicine and healthcare has been a particularly hot topic in recent years. The health care market for AI is increasing at a rate of 40% and is expected to reach \$6.6 billion by 2021 (Frost & Sullivan, 2016). While there is a sense of great potential in the application of AI in medicine, there are also concerns around the loss of the 'human touch' in such an essential and people-focused profession. This article discusses basic of Artificial intelligence (AI) and its use in medicine.

### What is AI?

Artificial intelligence (AI) is an important branch of computer science concerned with building smart and intelligent machines capable of performing tasks that typically require human intelligence. AI is an interdisciplinary science with multiple approaches, but advancements in machine learning and deep learning are creating a paradigm shift in virtually every sector of the tech industry. Self-driving car, smart assistant like Alexa or Siri, Email with spam filtering, disease mapping and prediction tools are few example of AI application.

### How is AI used?

AI generally falls under two broad categories.

- **Narrow AI:** Sometimes referred to as "Weak AI," this kind of artificial intelligence operates within a limited context and is a simulation of human intelligence. Narrow AI is often focused on performing a single task extremely well and while these machines may seem intelligent, they are operating under far more constraints and limitations than even the most basic human intelligence. Examples of such narrow AI include speech recognition, facial recognition, etc. These technologies exhibit certain facets of human intelligence. Such intelligence is derived from AI techniques known as machine learning and deep learning which have improved performance in areas such

as image classification, text analysis, speech and facial recognition with a range of promising applications such as autonomous vehicles, natural language processing, and in medicine.

- **Artificial General Intelligence (AGI):** AGI, sometimes referred to as "Strong AI," AGI is a machine with general intelligence and, much like a human being, it can apply that intelligence to solve any problem. This kind of artificial intelligence we see in the movies and currently we are far away from AGI.

### What is AI in medicine?

AI in medicine refers to the use of artificial intelligence technology / automated processes in the diagnosis and treatment of patients who require care.

AI in medicine can be split into two categories: Virtual and physical. The virtual part ranges from applications such as electronic health record systems to Machine Learning-based guidance in treatment decisions. The physical part deals with robots assisting in performing surgeries, intelligent prostheses for handicapped people, and elderly care etc.

Diagnosis and treatment may seem like simple steps, but there are many background processes take place before starting diagnosis or treatment. Diagnosis includes gathering information by asking series of questions to patient, cleaning information( by asking further question or confirming by some test), analyzing the result and starts diagnosis with result and symptom presents. Treatment starts with selecting appropriate method considering patient history, preparing and implementing treatment methods, monitoring treatment. Treatment also includes follow-up and aftercare.

Automated background process will not only make whole process efficient, but also it will free medical professional time. According to study in 2016, physicians spent 27 percent of their office day on direct clinical face time with patients and spent 49.2 percent of their office day on EHRs and other desk

work. Automated processes will allow doctor to focus on nonautomated things like analyzing complex symptom or perform other duties.

### How is AI used in medicine?

We might have observed that technology and automation in play in medicine. Medical record are digitized, appointment and follow-up are automated. Basic diagnosis is automated. Actually, Humanity has been enjoying the benefits of artificial intelligence in medicine for few decades now. Few examples are

1. DXPlain, 1987 : Given set of symptoms, it comes up with possible diagnoses
2. Laboratory information systems, Germwatcher 1993– It is designed to detect, track and investigate infections in hospitalized patients
3. Davinci Robotic surgery systems, 2000 : Allows doctors to precision surgery that wouldn't be possible with an entirely manual approach

AI has moved from being a futuristic promise into a reference point for innovation. It has unimaginable potential in medicine. Here are few other organizations which use AI for diagnosis and treatment

1. PathAI, Cambridge, Massachusetts : It is developing machine learning technology to assist pathologists in making more accurate diagnoses. The company's current goals include reducing error in cancer diagnosis and developing methods for individualized medical treatment.

2. Enlitic, San Francisco, California : It develops deep learning medical tools to streamline radiology diagnoses. MIT named Enlitic the 5th smartest artificial intelligence company in the world, ranking above Facebook and Microsoft.
3. Freenome, San Francisco, California : It uses AI in screenings, diagnostic tests and blood work to test for cancer. By deploying AI at general screenings, Freenome aims to detect cancer in its earliest stages and subsequently develop new treatments,
4. BenevolentAI, London, UK : The primary goal of BenevolentAI is to get the right treatment to the right patients at the right time by using artificial intelligence to produce a better target selection and provide previously undiscovered insights through deep learning.

The potential is not just limited to reduce manual task, freeing up physician time or increasing efficiency. It is giving us an opportunity to move towards more 'precision medicine'.

In this article, I have discussed what is AI and what is AI in medicine means. I have also discussed how is AI used in medicine. In my next article, I will discuss what does AI mean for future of doctor and how to adapt AI in medicine and healthcare?

### References :

1. <https://ww2.frost.com/news/press-releases/600-m-6-billion-artificial-intelligence-systems-poised-dramatic-market-expansion-healthcare/>
2. <https://www.advisory.com/daily-briefing/2016/09/08/documentation-time>



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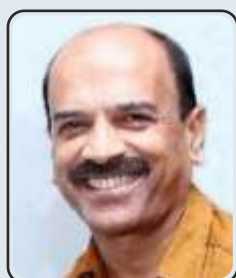


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