



The HORIZON

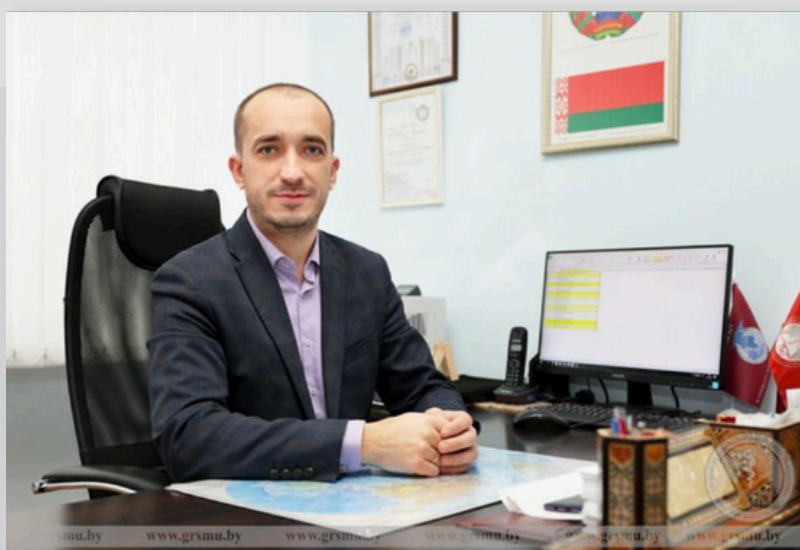
VOLUME 3, ISSUE 7, JULY 2025

- WHAT TV SERIES LIKE GREY'S ANATOMY GOT RIGHT AND WHAT IT TOTALLY MISSED?
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DEAN'S DESK



Dear students, we at Grodno State Medical University strive to provide students with top-quality education, but that's not it. GRSMU is also a hub for Scientific, Cultural, and Sports related activities. We wholeheartedly acknowledge that International students are an integral part of our university, and we take immense pride in that. Grodno State Medical University is glad to work with students from different countries and provide them with a stage to represent their nation and culture.



**DEAN OF FACULTY OF INTERNATIONAL STUDENTS
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

GRSMU celebrates its uniqueness in diversity, for in its true essence our university is a junction where students from various backgrounds and cultures come together as one big family. GRSMU has always encouraged students to explore further and beyond in every field they try their hands at. I hope that you like the novel concept of 'The Horizon' - a magazine that serves as a platform for the students to voice their opinions, share their takes and present their points of view.

'**The Horizon**' is a medium of extended communication where we can learn a lot from one another. I highly appreciate this initiative and personally support it. I look forward to reading the interesting blogs written by you.

WELCOME TO THE HORIZON



“We all have fascinating stories to share!” For the longest time, I have had this idea of starting a magazine. But not just any conventional magazine, one that shall serve as a platform for the students and alumni of International faculty at Grodno State Medical University to share their stories. A platform that enables students to share their takes on various curricular and extracurricular aspects of medicine. Thus, the idea of **‘The Horizon’**, came to life.



**DR. MEHUL H. SADADIWALA, FOUNDER,
CLASS OF 2023**

‘The Horizon’ will be a creative intersection where students can freely give commentaries about Lifestyle, Culture, Productivity tips, and more. Throughout the years, many individuals at GrSMU have inculcated valuable skills and gained experience with a fair share of success in various disciplines. Maybe you run a successful YouTube channel or an educational website, or maybe you are a successful student-researcher or an educator, and so much more. 'The Horizon' enables students to share their personal experiences. The insights that you share will encourage other students to take further strides and explore future possibilities.

‘The Horizon’ is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly revolve around student life to share knowledge and the collective growth of students.

For inquiries and submissions.

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EDITOR'S DESK



“I'm Fathima Aysha Hafeel, a final-year medical student at Grodno State Medical University and the editor of Horizon's Summer Issue 2025. This edition celebrates the vibrant journey of medical college life, aiming to weave narratives that inform and inspire. At Horizon, we share insights on academic challenges, personal growth, and the compassion that defines healthcare. My vision is to foster a supportive community where every voice matters, exploring innovative ideas and celebrating achievements. Join me in this exciting journey, united by our passion for medicine and our commitment to making a difference.”



FATHIMA AYSHA HAFEEL,
EDITOR, JUL - SEP 2025



ERIIYANU OREKOYA
EDITOR, JUL-SEP 2025

“Hey everyone, it's Eriiyanu Orekoya! I'm beyond excited to step into the Editor in Chief role for The Horizon's Summer Season 2025. For me, this is all about creating a cozy corner where we can share laughs, lean on each other, and get pumped about the wild world of healthcare. Let's make this mag a safe little place that lifts us up and keeps us inspired!”

And a message to our dearest readers, we would like to invite you all, students and alumni, to share with us the blogs that directly or indirectly revolve around student life, to share knowledge and experiences that has had an impact on your growth within and outside the bounds of our university.

Concluding, let us alter the limitations of our individual efforts and collectively explore limitless Horizons.

WHAT TV SERIES LIKE GREY'S ANATOMY GOT RIGHT AND WHAT IT TOTALLY MISSED?

This blog explores the stark contrasts and surprising similarities between the dramatized world of medical TV shows like Grey's Anatomy and the real-life experiences of medical school. Through a blend of humor and honesty, it highlights the emotional, academic, and social challenges faced by medical students, offering relatable insights for those navigating this demanding journey.

WRITTEN BY

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CLASS OF 2027

INTRODUCTION

I have to admit I was never really into medical dramas like Grey's Anatomy or House MD growing up (the feeling persists). Honestly, I thought the reality of med school would be completely different, way less 'dramatic' and way more... 'textbooks'. But now that I'm actually here, I'm realizing that some parts of med school do remind me of those shows, just without the cool music, dramatic lighting or everyone looking like a runway model.

THE EMOTIONAL ROLLERCOASTER IS VERY REAL...

On TV, the doctors cry dramatically in supply closets or yell at each other during emotional breakdowns. In real life, the emotional ups and downs are usually less "Oscar-worthy performance" and more "silent panic while you desperately trying to remember the cranial nerves and not fail the anatomy mini for the 3rd time."

Most of us don't have time even for tears. Instead, it's all about trying to get enough sleep to go through long cycles and questioning your life choices at 3 AM. If med school had a soundtrack, it would be the sound of your alarm ringing... over and over again.

And even if you wanted to have a dramatic meltdown, you'd probably have to schedule it between classes or while waiting for your instant noodles to finish cooking. We've all had those "crying internally in the class" moments while pretending we're okay. Spoiler: we're not. But we also kind of are. Somehow.



NO MIRACLE SAVES. JUST TEAMWORK.

Medical dramas love their last-minute, "miraculous" diagnoses that save the day. One second the patient is coding, the next they're walking out of the hospital cured. In reality, medicine is a team sport. Diagnoses come from tests, consultations, a thorough history, lab results, and often a lot of Googling (okay maybe that's just me).

There are no lone geniuses solving mysterious cases with a single glance. Instead, we rely on group discussions, patient inputs, and sometimes even asking our seniors to explain something we should probably already know.

Exams are no different—no dramatic "aha!" moments; just sweaty palms, repetitive revision, and the fleeting hope that you get an easy variant in the exam. And if you don't? Well you try again, because that's the real miracle: persistence.

SOCIAL LIFE MORE SURVIVAL MODE THAN SOAP OPERA?

TV medicos seem to have endless time for complicated romances, late-night parties, and love triangles. Reality? We're just trying to remember if we've eaten today or when we last washed our hair. Romantic drama? Most of us are in long-term relationships... with our notes.

Friendships mostly happen during group study sessions, bonding over shared exhaustion and memes about med school trauma. Honestly, the trauma bonding in med school makes some of the best friendships. Nothing brings people closer than failing the same test or surviving a terrifying viva together.

The biggest drama usually involves someone forgetting to return "the token" to the cloakroom lady or getting lost trying to find a new class. Spoiler alert: it's always the strictest teacher's class. And let's not even talk about being a minute late to that one professor's 8:00 AM class...

MENTORS: PRACTICAL, NOT DRAMATIC.

Professors in drama tend to be intimidating figures who give inspiring speeches in lecture halls or whisper life-changing advice in corridors. Real-life mentors do challenge us, but mostly they just make us sweat during practical exams and judge our messy handwriting during written tests.

Don't expect a heartfelt "You were born to be a doctor" moment when it's more like a tired "Ujus" (it means trash in Russian) coupled with a sigh and a red-inked circle around your answer.

Still, they're the ones shaping us slowly but surely, sometimes without us realizing it until we're actually doing something right and remembering what they taught us months later.



THE MOMENTS THAT MAKE YOU FEEL LIKE YOU BELONG

After all the self-doubt, wondering if you're smart enough, if you're cut out for this, or if you even deserve to be here, there are moments with patients that remind you why you started in the first place. Whether it's a simple thank you from someone you helped, or just making a patient smile during a tough day, or just trying to sing a song in broken Russian to the paediatric patient, those little connections make the exhaustion and uncertainty worth it. Sometimes, it's just listening to someone's story, holding their hand when no one else is there, or making a child laugh with a silly face. It's not dramatic or perfect, but it's real. And those moments make you feel like you belong in this crazy, challenging journey.



SO WHAT'S MED SCHOOL REALLY LIKE?

It might not be glamorous or dramatic like a TV show, but med school has its own kind of chaos and it's addictively real. It's exhausting, stressful, and sometimes really frustrating but also rewarding in ways that don't fit into neat episodes.

There are no perfect characters or scripted storylines, just a bunch of tired, passionate students doing their best and trying to survive another day.

If med school were a show, it would be less "Grey's Anatomy" and more a long, messy saga about surviving, learning, growing, failing, recovering, laughing at memes in between lectures, and occasionally squeezing in a nap. And honestly? I wouldn't have it any other way.



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THE DEPTH OF EMOTION : BEING FULL OF EMOTIONS AND EMOTIONAL IS NOT THE SAME

In this article, we will explore the art form of emotions, delving into their effects on our mental health and relationships. By finding the balance between bearing and expressing emotions, we can cultivate a healthier emotional life and embrace personal growth, paving the way for fulfilling connections with ourselves and others.

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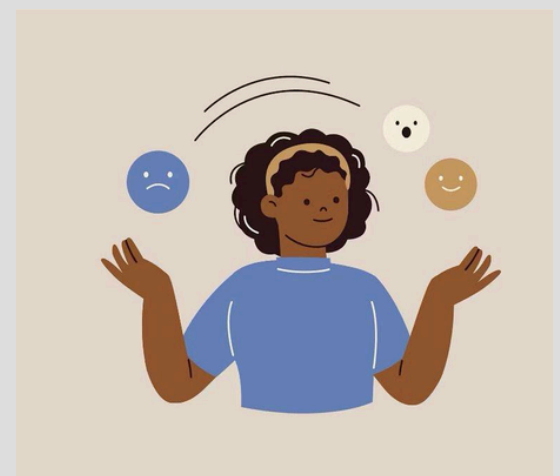
INTRODUCTION

Emotional experiences shape who we are, deeply influencing our thoughts, behaviors, and relationships. In this journey of feeling, we often find ourselves navigating two distinct paths: "bearing a lot of emotions" and "being emotional." When we bear emotions, we may internalize our feelings, creating a quiet strength that can sometimes lead to emotional strain. On the other hand, being emotional means expressing those feelings openly, allowing for deeper connections and shared understanding with others.

RECOGNIZING DIFFERENT EMOTIONS IN OUR INTERACTIONS

Understanding emotional diversity in the spectrum of feelings will allow us to navigate the myriad personalities we encounter daily and to build up healthy relationships with mutual respect upon the insight that not everyone experiences emotions the same way.

Emotions play a crucial role in influencing our thoughts, behaviors, and relationships. However, the intensity and expression of emotions can vary widely among individuals. Those who feel emotions deeply may sometimes appear less emotional outwardly, complicating our understanding of their inner world.



DOES BEING EMOTIONAL MEAN EXPRESSING EMOTIONS AND LOSING CONTROL?

For some of us, emotions are like a vast ocean—deep, turbulent, and often overwhelming thus experiencing intense feelings of joy, sadness, anger, and love. These Highly Emotional Individuals often feel a strong connection to others' emotions, making them highly empathetic, expressing feelings openly which can manifest in visible reactions. This can lead to deeper relationships but also emotional fatigue. They may be more sensitive to their surroundings and the emotions of others, which can enhance their creative abilities but also lead to feeling easily hurt. Their emotional experiences are often visible, whether through tears, laughter, or passionate expressions. This can foster authenticity in relationships but may also draw criticism from those who value restraint.



While deeply emotional individuals may enjoy rich emotional lives, they can also face challenges. Intense feelings can lead to stress and anxiety, making it difficult to navigate everyday situations eventually being vulnerable at times. Others may misinterpret their emotional expressions as being overly dramatic or unstable, leading to social isolation. Managing emotions can be a struggle, especially in high-pressure environments such as any emergency setting or heated arguments.

DOES BEING FULL OF EMOTIONS MEAN HOLDING EMOTIONS?

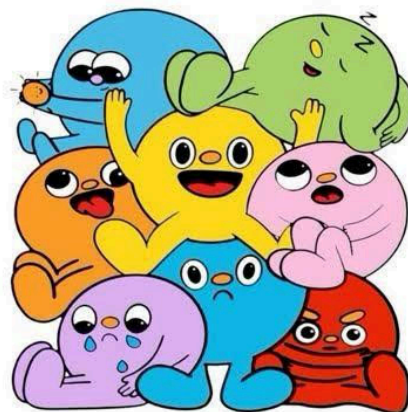
On the opposite end of the spectrum are those who may be perceived as less emotional. They feel emotions intensely nevertheless might not be expressed as openly. They experience a deep range of feelings often internally without necessarily expressing them outward as for instance, their compassion for others in distress will not be shown outwardly in tears or distress. They often approach situations with a level-headed demeanor, which can be reassuring to others. Their emotional responses may be more measured, allowing them to make decisions based on logic rather than feelings. They may prefer to process emotions internally, leading to a perception of strength and resilience. Their calmness can provide stability in crisis situations, making them effective problem solvers and leaders. They may find it easier to focus on tasks without being sidetracked by intense emotional responses.

Their reserved nature can sometimes lead to fewer conflicts in relationships, as they may not react strongly to disagreements. Moreover the tendency to think deeply about emotions and their causes, being reflective on the choices made, and the people they associate and the energy shared, could be overwhelming at times.

HOW TO MANAGE AND UNDERSTAND OUR EMOTIONS

Encouraging open discussions about feelings can help both emotional types understand each other better. Learning to appreciate different emotional expressions can enhance relationships and reduce conflicts. Both highly emotional and less emotional individuals can benefit from self-care strategies tailored to their needs—whether it's emotional processing or mindfulness. For those who bear emotions, the focus may be on developing coping strategies to process feelings without overwhelming themselves. They might benefit from practices that encourage self-reflections and gradual emotional release, allowing them to articulate their feelings when they feel ready.

It's okay to have Emotions



all your emotions are valid.. even the sad ones

Conversely, individuals who express emotions easily might need to work on finding balance. Techniques like emotional regulation strategies can help them pause and reflect before responding, ensuring their expressions are constructive.



CONCLUSION

Whether one feels deeply or approaches life with a more reserved demeanor, both perspectives bring unique strengths to our shared day to day experience. Embracing this diversity can lead to greater understanding, compassion, and connection among us all. By recognizing and valuing different emotional expressions, we can cultivate a more inclusive and supportive environment that allows everyone to thrive.

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"Losing weight over Losing mind"; The mental game of losing weight.

This article talks about how often people lose their sanity while trying to stay healthy and maintain their goal weight. This blog highlights about how most of us struggle mentally when it comes to body shaming and unrealistic beauty standards.

Losing weight and mental health are intertwined. Weight loss can improve mood and reduce anxiety.

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HOW WEIGHT LOSS AFFECTS MENTAL HEALTH?

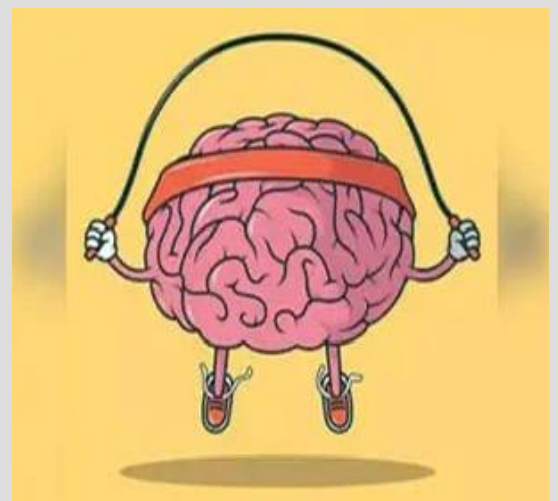
It's crucial to approach it in a healthy way that prioritizes overall well-being. Unhealthy weight loss methods can negatively impact mental health, leading to stress, anxiety, or even depression. Focusing on sustainable lifestyle changes, stress management, and seeking support are key for both physical and mental health during weight loss.

POSITIVE IMPACTS COULD BE;

- **Improved Mood:** Weight loss, especially when achieved through healthy habits, can trigger the release of endorphins, natural mood boosters.
- **Reduced Anxiety:** Weight loss can help regulate hormones like cortisol, leading to a more stable mood and less anxiety.
- **Increased Confidence and Self-Esteem:** Losing weight can improve body image and overall confidence.
- **Improved Sleep:** Weight loss can lead to better sleep quality, which is crucial for mental health.
- **Reduced risk of depression:** Studies show that maintaining a healthy weight can lower the risk of depression and other mental health problems.

POTENTIAL NEGATIVE IMPACTS COULD BE:

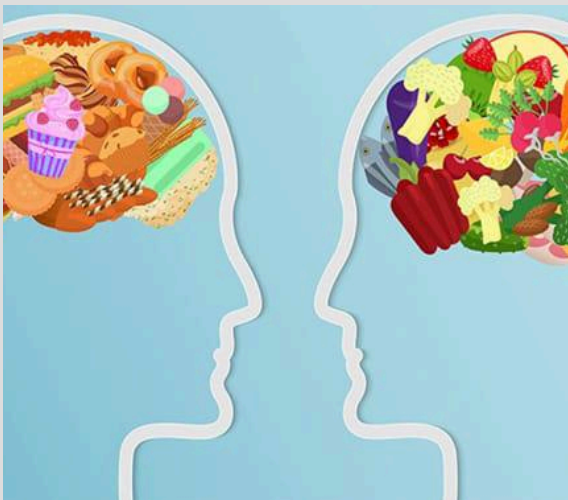
- **Diet-related stress and anxiety:** Extreme diets or calorie restriction can lead to stress, anxiety, and even disordered eating patterns, according to Healio.
- **Disappointment and depression:** If weight loss goals are not met, or if the desired lifestyle changes don't lead to happiness, feelings of disappointment or depression can arise, according to Healthline.
- **Body dysmorphia:** Some individuals may develop body dysmorphia, where they continue to perceive themselves as overweight even after losing weight.



MODERN WAYS OF LOOSING WEIGHT

When we look back at how people use to lose weight and maintain a healthy body over the past few decades; yoga, heavy physical workouts and balanced diets are massively replaced by fancy alternatives like pilates, calisthenics, calorie deficit, detox juices and intermittent fasting. Also, people often tend to pay more attention to the scale and the calories which will eventually make the weight loss journey a lot more stressful.

Where does our mind play the role in losing weight? It's probably from the moment we think that we should change our body structure, to continuous workouts, diets, detox juices to finally achieving our dream body and then to doing it all over again to maintain what we've achieved. In this mental game, the moment we become unnecessarily obsessed over how we look or the more we try to please others, we might actually start to lose our sanity.



MIND- BODY CONNECTION

Our mind and body go hand in hand. Research depicts that stress, anxiety and emotional eating can significantly affect the progress of the weight loss journey. Our bodies produce cortisol, the so called 'stress hormone' under intense conditions. This will eventually lead to fat storage around the midsection of the body.

THE SCIENCE OF EXERCISE-INDUCED IMMUNITY: SEROTONIN, THE SUPERMAN MOLECULE

Therefore, stressing over not losing weight isn't going to help us achieve our targets on the long run.

Therefore, transforming the body while keeping the mind relaxed is the key to a successful weight loss journey.

HOW TO PRIORITIZE YOUR MENTAL HEALTH!

A. Out of sight, out of mind;
keeping all your unhealthy snacks away for some time could help us binge eating them from time to time. Also just looking at them and not eating could be torture!

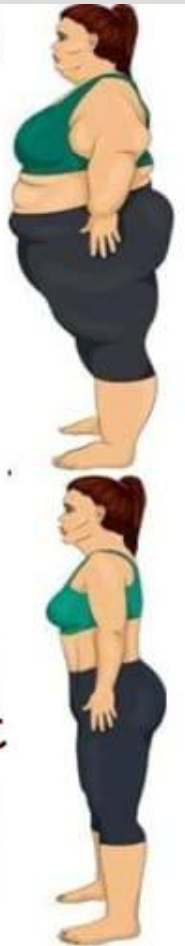
B. Mindful eating and portion control.
Eating slowly and paying attention to the hunger and fullness could help to minimize overeating. Also portion control could be a better way to track your macros and micros.

C. Motivation and support system.
No one can change things overnight! So is our body. When it comes to losing weight, taking things slow and easy could be important in staying on track on the long run. But many of us give up on our goals when we don't see any results within a short period of time. Therefore, documenting the weight loss journey could be an interesting way to keep yourself on track without losing interest. Having a positive environment and support system could also be helpful to avoid unnecessary distractions.

SELF-CARE COMES FIRST

Self-care directly affects the well-being of our mental health. Therefore, getting enough sleep, staying hydrated and engaging in recreational activities could make us feel more relaxed and energized throughout our weight loss journey.

**Drink this
drink
every
morning
on an
empty
stomach,
your
stomach
will be
100% flat
in 7 days. It
will clean
your hard
fat.**



MAKE YOUR OWN RULES

Your transformation is a unique experience. So, make your own plan to achieve it. Taking notes from other people's journeys could be beneficial but it shouldn't demotivate you at the same time. So, having a unique diet plan and a workout routine is essential. Also, these routines shouldn't be a torture on the long run. It should be fun to continue and stay on track without draining yourself.

CONCLUSION

Losing weight isn't an easy task. It needs a lot of courage to initiate and even more strength to be consistent and disciplined. So, losing mind could often go hand in hand with losing weight. Therefore, make it a habit to prioritize your mental health before anything else!

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Future-Proof Your MD: The Tech & Skills You Need to Lead Tomorrow’s Healthcare

This blog outlines the essential technological and leadership skills medical students must master to thrive in the rapidly evolving healthcare landscape, from AI diagnostics and telemedicine to genomics and adaptive leadership. It provides actionable steps and resources to help future physicians integrate cutting-edge tools with human-centered care, empowering them to lead and innovate in tomorrow’s medicine.

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INTRODUCTION

The stethoscope revolutionized medicine in 1816. Today, breakthroughs like AI diagnostics and CRISPR gene editing define the new frontier. For medical students, deep clinical knowledge remains the essential foundation, but it is no longer the complete blueprint for leadership. Tomorrow’s healthcare demands fluency across converging disciplines. You must master digital health tools (telemedicine platforms, wearable integration), harness data science (interpreting complex datasets, understanding predictive analytics), and grasp genomics and precision medicine to personalize care. Critically, adaptive leadership is paramount – the ability to navigate rapid change, foster interdisciplinary collaboration, manage ethical dilemmas in tech adoption, and lead resilient teams through uncertainty. This evolving landscape requires physicians who are not just clinicians but tech-savvy, data-literate, systems-thinking leaders. Commit to continuous learning in these domains; this evidence-backed roadmap is your key to not just navigating, but actively shaping and dominating the future of medicine.

ARTIFICIAL INTELLIGENCE: YOUR NEW DIAGNOSTIC PARTNER

AI isn’t replacing physicians—it’s amplifying human expertise. Landmark studies confirm AI outperforms radiologists in detecting breast cancer (McKinney et al., Nature 2020) and

diabetic retinopathy, with accuracy rates exceeding 95%. Future MDs will ethically leverage AI for:

- Predictive Analytics: Identifying sepsis risk from EHR patterns hours before clinical decline.
- Workflow Revolution: Automating clinical notes (e.g., Nuance DAX) to reclaim 50% of charting time.
- Hyper-Personalized Medicine: Machine learning models that cross-reference genomics, lifestyle, and social determinants for tailored treatments.

Action Steps:

- Skill Up: Audit AI for Medicine (Stanford/Coursera) or Harvard’s Bioethics in the Age of AI.
- Hands-On: Test open-source tools like Google’s Med-PaLM 2 on clinical case simulations.
- Think Critically: Study WHO’s AI Ethics Framework (2021)—interrogate algorithmic bias in training data.

"AI won’t make doctors obsolete—but doctors using AI will replace those who don’t."

TELEMEDICINE & REMOTE CARE: BEYOND THE CLINIC WALLS

Telehealth isn't a pandemic stopgap—it's the new standard. With 38% of U.S. patients now using virtual care (NEJM Catalyst 2023), tomorrow's physicians will master:

- **Digital Physical Exams:** AI stethoscopes (e.g., Eko) and smartphone dermatoscopes for remote assessments.
- **Wearable Data Integration:** Interpreting real-time streams from ECG patches (AliveCor) and CGMs (Dexcom G7).
- **Prescribed Digital Therapeutics:** FDA-approved apps managing conditions like PTSD (reSET-O) or insomnia (Somryst).

Action Steps:

- **Platform Proficiency:** Train on Teladoc or Amwell; explore hybrid clinic workflows.
- **Virtual Bedside Manner:** Practice "camera eye contact," eliminate background distractions, and use empathetic pauses.
- **Legal Literacy:** Master HIPAA-compliant workflows and state cross-licensing rules.



GENOMICS & DATA LITERACY: THE PRECISION MEDICINE DUO

CRISPR and \$100 genome sequencing are dismantling one-size-fits-all medicine. By 2030, physicians will routinely:

- **Optimize Drug Responses:** Pharmacogenomics guiding SSRI or warfarin dosing.
 - **Predict Disease Trajectories:**
Polygenic risk scores triggering early interventions for cardiac or Alzheimer's risk.
 - **Target Cancer Therapies:**
Tumor sequencing matching patients to immunotherapies.
- Data literacy is non-negotiable:
- **Querying EHRs with SQL** to identify population health trends.
 - **Using Python (Pandas/NumPy)** to analyze clinical trial datasets.
 - **Navigating ClinVar or dbGaP** to interpret variant pathogenicity.

Action Steps:

- **Learn Genomics:** Complete NIH's *Genomics 101* (genome.gov) or EMBL-EBI courses.
- **Code Clinically:** Master Python basics via Kaggle's healthcare micro-courses.
- **Real-World Practice:** Mine **UK Biobank** datasets for genotype-phenotype correlations.

THE IRREPLACEABLE HUMAN EDGE: ADAPTIVE LEADERSHIP

As technology saturates care, human skills become your premium currency. A JAMA study (2022) linked physician empathy to 50% fewer malpractice claims and 40% higher patient adherence. Essential competencies include:

- Cultural Agility: Delivering BRCA results sensitively across diverse belief systems.
- Interdisciplinary Leadership: Collaborating with AI engineers and genetic counselors on complex cases.
- Ethical Navigation: Addressing AI bias against underrepresented groups or genetic privacy breaches.

Action Steps:

- Join Cross-Functional Teams: Volunteer for hospital AI integration projects.
- Master Design Thinking: Take IDEO.org's Health Design course to solve patient pain points.
- Stress-Test Ethics: Use VR simulations (Oxford Medical Simulation) for crisis decision-making.

CONCLUSION

Healthcare's next era needs physicians who fuse technological mastery with humanity. Start building your legacy today:

1. This Month: Enroll in AI for Medicine or shadow a telehealth team.
2. This Semester: Complete a genomic case analysis using NIH resources.
3. This Year: Lead a QI project leveraging EHR data to reduce ER wait times.

"The future of medicine isn't happening to you—it's waiting for you to build it."



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