




巴黎医学院的一幅壁画，描绘了新古典主义背景下的 56 名杰出医学家。巴黎医学院于1769年在法国国王路易十五的授意下建造，这座希腊风格的建筑杰作在十九世纪初正式成为了医学院的教学场所。

关爱 · 人民 · 健康

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关于0xmd	3
医疗健康大型语言模型 (LLM)	4
大型视觉语言模型 (LvLM)	4
0xmd 中医人工智能	5
人工智能医学与护理教育软体	6
研究与开发成果	8
0xmd手机应用程序 与 穿戴式装置的革新连结 (预计于2024年第三季度推出)	9
为医疗行业带来正面改变	10
里程碑	11
新闻与活动	11
附录 A : 不同大型语言模式于医疗应用的比较	12

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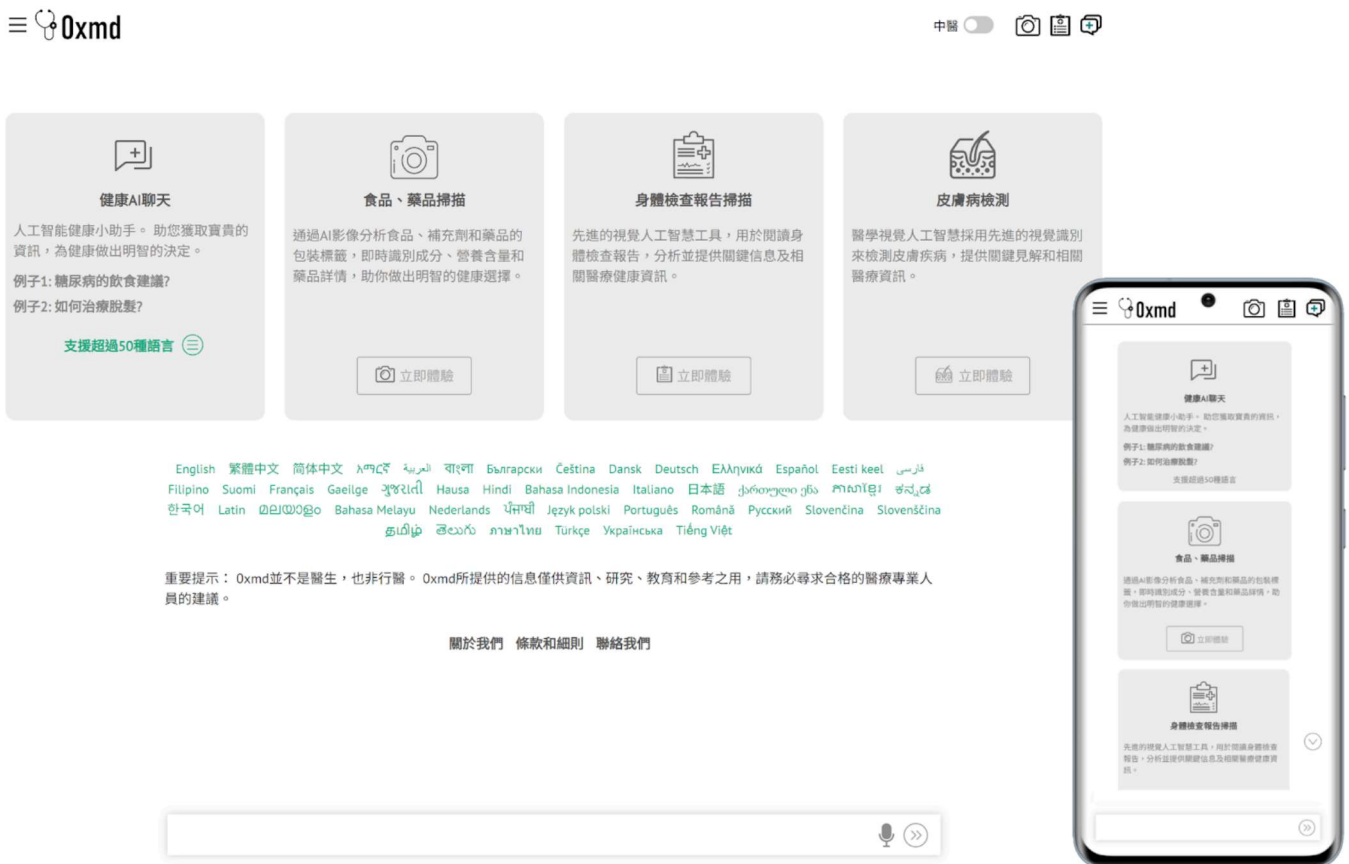
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关于Oxmd

Oxmd是一家位于香港和美国的领先人工智能科技公司，致力于利用人工智能对医疗行业做出积极贡献，包括增强诊断能力、改善病患护理、优化医疗体系，提供解决健康相关挑战的创新方案，推动医疗更加平等和普及。我们的公司专注于研发用于医疗和健康的大型语言模型（LLM）和大型视觉语言模型（LvLM），不懈努力改进患者护理和医学诊断。



Oxmd 桌面与行动使用者介面 (<https://Oxmd.com>)

Oxmd已经开发了多个针对医疗应用进行训练和微调的大型语言模型。这些模型拥有无与伦比的能力，能够理解医学语言的细微差异，使它们能够以高度准确性生成有情境相关的内容。除了基于文本的能力之外，我们还将视觉技术纳入大型语言模型，实现针对医学应用的大型视觉语言模型（LvLM），扩展其应用范围至食品、药物、健康检查报告和皮肤疾病等领域。

我们的目标集中在提升诊断能力、提高患者护理标准、优化医疗体系，并引入创新解决方案应对各种与健康相关的挑战。在这过程中，我们坚定致力于为实现一个不仅更可接近，而且更具公平性的医疗格局作出贡献，确保所有个体都能够获得高品质的医疗服务。

医疗健康大型语言模型 (LLM)

Oxmd研发了一系列专为医疗环境进行训练和微调的大型语言模型。这些模型拥有无与伦比的能力，能够理解医学语言的微妙差异，使它们能够以高度准确性生成有情境相关的医学和健康相关内容。

除了基于文本的能力之外，透过总结复杂的研究论文、从电子健康记录中提取见解，以及促进医护专业人员与患者之间的个性化互动，我们的LLM直接促进了明智决策和更有效的沟通。这为一般用户和医疗专业人员提供了全面且及时的信息，最终实现了患者护理的提升和更高效的医学研究流程。

我们致力于善用科技实现有意义的影响，体现了我们对推动医疗实践进步的承诺。

大型视觉语言模型 (LvLM)

我们的LvLM将视觉技术融入食物、药品、健康检查报告和皮肤疾病等领域。



食物、药品扫描器：我们的人工智慧能够即时识别成分、营养含量和药物详细信息

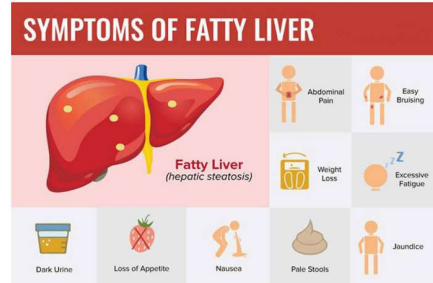


健康报告扫描器：用于阅读健康检查报告，分析和提取关键信息，以全面了解个人健康状况，并提高健康报告解释的速度和准确性。

非酒精性脂肪肝有什麼臨床表現？

你好 Allen！身為人工智慧Oxmd，我來這裡是為了幫助你了解非酒精性脂肪肝病（NAFLD）的臨床表現。NAFLD 是一種肝細胞中脂肪堆積，導致發炎和損傷的疾病。以下是 NAFLD 的一些常見臨床表現：

- **肝臟酵素升高：**NAFLD 最早的症狀之一是血液中肝臟酵素水平升高，例如丙氨酸轉氨酶 (ALT) 和天門冬氨酸轉氨酶 (AST)。這些酵素通常存在於肝細胞中，但當肝臟受損時可能會滲入血液中。



How NASH and fatty liver effects daily functioning of the liver:

- **疲勞和虛弱：**NAFLD 患者可能會因發炎狀態和肝功能受損而感到疲勞和虛弱。
- **腹痛：**有些 NAFLD 患者可能會出現腹痛或不適，尤其是肝臟所在的右上腹。
- **食慾不振：**NAFLD 可導致食慾和飲食習慣的改變，包括對食物失去興趣或只吃少量食物就感到飽。
- **噁心和嘔吐：**有些 NAFLD 患者可能會出現噁心和嘔吐，尤其是患有晚期肝病者。
- **黃疸：**在嚴重的 NAFLD 情況下，可能會出現黃疸，其特徵是由於血液中膽紅素過多而導致皮膚和眼白變黃。
- **精神錯亂與記憶障礙：**晚期肝病會因大腦中有毒物質的積聚而導致精神錯亂和記憶障礙。
- **腿部 and 足部腫脹：**門靜脈高壓可能導致腿部和足部積液，門靜脈高壓症是將血液從消化器運輸到肝臟的門靜脈系統內的高血壓。
- **皮疹：**有些 NAFLD 患者可能會出現皮疹，特別是在手掌和腳底。
- **腎臟疾病：**NAFLD 通常與腎臟疾病有關，可導致蛋白尿（尿液中蛋白質過多）、血尿（尿液中帶血）和腎功能下降。

要注意的是，並非所有 NAFLD 患者都會出現這些症狀，有些人可能根本沒有明顯的症狀。但是，如果你懷疑自己可能出現任何這些症狀，則必須諮詢醫療保健專業人員以進行正確的診斷和治療。

作為人工智慧Oxmd，希望這些資訊可以幫助你更了解非酒精性脂肪肝的臨床表現。如果你還有任何其他問題或疑慮，請隨時詢問！



翻譯



食品、藥品掃描器：9498
體檢報告掃描器：9573

Stilnox (zolpidem) 是一種用於治療失眠和其他睡眠障礙的處方藥。它屬於一類稱為鎮靜催眠藥的藥物，其作用是減慢大腦的活動，從而獲得更安寧的睡眠。建議劑量為每天一次，睡前口服 10 毫克。Stilnox 的活性成分是酒石酸唑吡坦，有助於增加深度睡眠和快速動眼 (REM) 睡眠的時間。這種藥物只能按照醫療保健專業人員的指示服用，並且不應與他人共用。常見的副作用包括嗜睡、頭痛和噁心。長期使用可能會導致依賴性和停藥時的戒斷症狀。因此，仔細遵循劑量說明非常重要。如果你有任何疑問，請諮詢你的醫生。此外，這種藥物可能會與某些藥物產生交互作用，例如抗憂鬱藥物、抗焦慮藥物和酒精，因此請務必告知你的醫生你目前正在服用的所有藥物。

翻譯





皮肤疾病检测：0xmd医学视觉人工智能采用先进的视觉识别技术来检测皮肤疾病，提供关键洞察和相关的医学信息。



食品、藥品掃描剩餘配額: 9498

體檢報告掃描剩餘配額: 9572

根據醫學影像結果，手部出現濕疹皮膚炎的機率為66.4%。濕疹皮膚炎，也稱為異位性皮膚炎，是一種慢性發炎性皮膚病，其特徵是皮膚乾燥、發癢和鱗狀斑塊。它可以發生在身體的任何部位，但最常見於手、腳、臉部和頸部。

濕疹皮膚炎的症狀可能包括受影響區域發紅、腫脹、瘙癢、結痂或滲出。然而，這些症狀並不總是存在，有些濕疹患者可能只會出現輕微的症狀，而有些人可能會出現更嚴重的症狀。濕疹皮膚炎的確切原因尚不完全清楚，但據信涉及遺傳和環境因素，如過敏原、壓力以及溫度和濕度的變化。

要注意的是，患有濕疹皮膚炎的機率低於70%，這意味著儘管檢測結果呈陽性，但仍有可能沒有濕疹皮膚炎。因此，有必要諮詢醫療保健專業人士以進行正確的診斷和治療。他們可能會建議進行額外的測試或檢查，以確認是否有濕疹皮膚炎並制定適當的治療計劃。濕疹皮膚炎的治療選擇通常包括外用皮質類固醇、免疫調節劑和保濕劑，以及避免肥皂、清潔劑和極端溫度等觸發因素。

[翻譯](#)



0xmd 中医人工智能

0xmd与河北中医药大学高绍芳教授签署合作协议。高绍芳教授现为:

- 河北中医药大学教授
- 国家中医药管理局 中医药文化科普巡讲专家
- 中西药结合博士



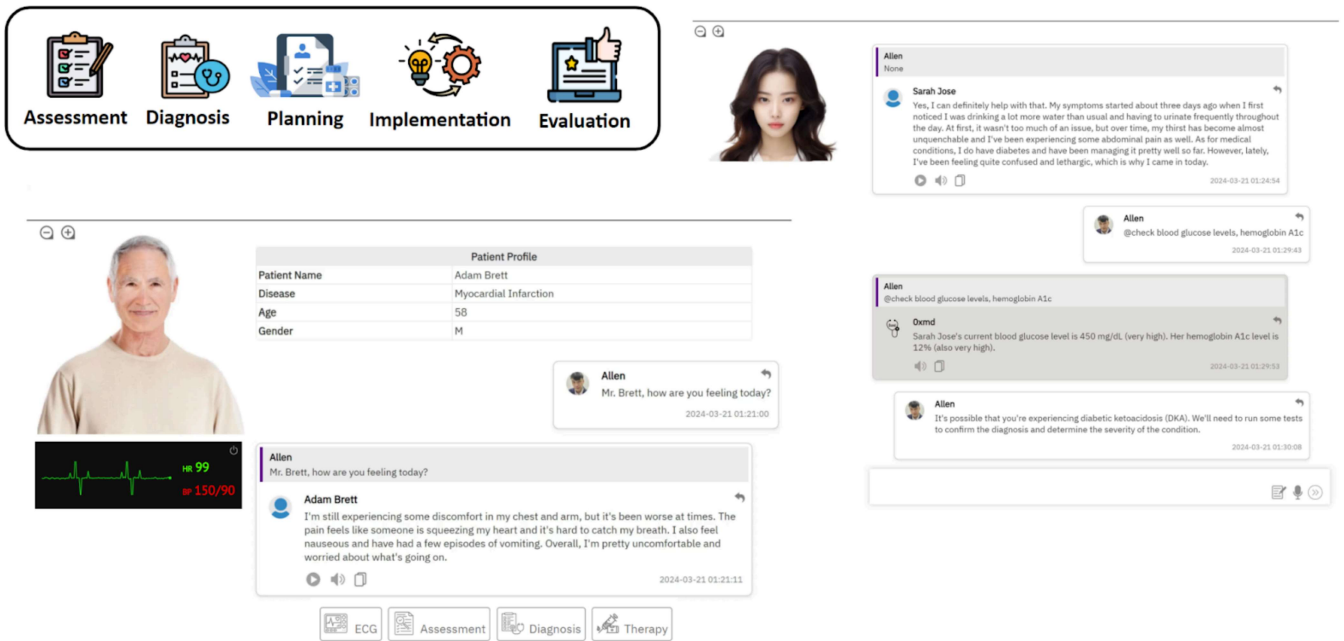
高绍芳教授



在与高教授及她杰出的团队合作下，0xmd于2023年12月开发了0xmd中医人工智能。凭着高教授在中西医结合领域的专业知识和丰富经验，0xmd的最终目标是整合西医和中医的元素，创建一个全面包含中西医学的综合医学人工智能。

人工智能医学与护理教育软件

与一样的地方位于香港的大学合作，将先进的人工智能功能整合到全面的医学和护理教育平台中，可以显著提升各种医疗学科的学习体验。此合作旨在利用学术专长和技术创新的优势，创建一个既深度沉浸又高度个性化的学习体验。



互动式角色扮演情境与增强AI元素

实时AI模拟：利用先进的AI，平台模拟跨医学和护理学科的患者情境，根据广泛的患者历史、医疗条件和治疗结果提供动态反应和反馈。这使学习者能够从事真实的患者互动，随着患者状况的演变调整他们的方法。

全面的生命体征和症状模拟：AI驱动虚拟患者展示实时的生命体征和症状，这些体征和症状能够准确地回应医疗和护理干预。这一功能允许学习者练习监测、解读和对患者状态变化作出反应的关键技能，从急诊护理到长期管理。

专家反馈与AI驱动的见解

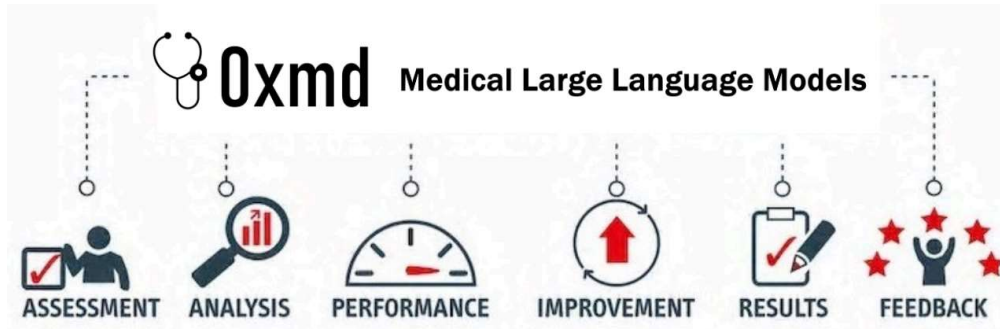
跨学科个性化AI反馈：平台利用AI分析模拟过程中的行动和决策，为医学和护理学习者提供针对性的反馈。这包括对临床推理、患者沟通和干预效果的见解，提供基于最新证据和指南的详细批评。

针对特定情境的临床指导：AI从一个全面的临床情境、结果和专家分析数据库中，提供针对医疗和护理特定要求的细致指导。这有助于学习者理解患者护理的多学科方面和协作实践的重要性。

利用客观指标进行性能评估

详细的性能分析：通过使用AI进行客观评估，平台提供了关于学习者性能的细致指标，包括诊断准确性、治疗有效性和跨专业协作技能。这些分析促进了对个人成长领域和强项的深入理解。

适应性学习和难度调整：基于学习者进展和表现，AI算法调整患者情境和临床挑战的复杂性，确保为医学和护理学生提供一个量身定制且逐步挑战的教育路径。



全面课程与AI增强的学习路径

个性化学习之旅：AI技术为个别学习者在医学和护理课程中规划个性化学习路径，根据个人目标、表现数据和职业抱负优化教育旅程。这确保了一个集中和高效的学习过程，满足健康护理学习者的多样化需求。

当前和基于证据的内容：该平台持续更新最新的医学研究、临床指南和护理实践，确保学习者配备反映当今健康护理环境的当前知识和技能。

通过扩大其范围以包括医学和护理教育，该平台提供了一个丰富的、沉浸式的学习环境。它不仅准备学习者在患者护理的技术方面，还在有效沟通、团队合作和在真实世界健康护理设置中的患者参与所需的软技能方面进行了准备。

研究与开发成果

你可以在Oxmd的YouTube频道中找到我们最新的研究与开发成果，或扫描QR码：

https://www.youtube.com/playlist?list=PLUuFM7M4lVr5sSjQVQaD_26qll6P0grUT



引领医疗人工智能的未来

为了挑战医疗科技的极限，Oxmd致力于透过持续的研究与开发计画，为医疗人工智能描绘一个令人振奋的未来。公司将倚仗人工智能的尖端进展，推出将改变医疗格局的突破性功能和能力。

预测性诊断和主动性健康照护

预见未来的需求，Oxmd深入探讨预测性诊断的领域。透过整合机器学习算法和预测建模，我们的人工智能系统旨在预测潜在的健康问题，以实现主动和预防性措施。通过分析庞大的数据集，包括基因信息、生活方式模式和历史健康数据，Oxmd的人工智能展望未来医疗将更加个性化和预见性。

专业人士与人工智能协作

在不久的将来，Oxmd将增强医疗专业人员和人工智能系统之间的协作。通过开发以人为本的使用者介面，实现医疗从业员与我们的大型语言模型（LLM）之间无缝互动，我们旨在创建一个环境，其中人类专业知识得到人工智能能力的补充和扩充。这种协作方法旨在加速医学研究过程，推动对新型治疗方法、药物和诊断方法的发现。

增强患者理解的解释性人工智能

了解透明且易理解的人工智能系统的重要性，Oxmd正在投资开发解释性人工智能。这些系统不仅将生成准确的医学信息，还将向医疗专业人员和患者提供清晰易懂的解释。此举旨在弥合复杂的人工智能生成的见解与非专业用户理解之间的差距，促进更加知情和参与的医疗社区。

随着Oxmd向未来迈进，这些研究和开发努力象征着我们不仅致力于跟上医疗人工智能发展的步伐，更引领着通向一个预测性、协作性、透明性且由尖端技术驱动的医疗未来的奋进。

0xmd手机应用程序与穿戴式装置的革新连结 (预计于2024年第三季度推出)

在个人健康成为焦点的时代，0xmd手机应用程序成为全方位的解决方案，与Apple Watch和Samsung Galaxy Watch等主流穿戴式装置无缝整合。这个富有远见卓识的应用程式不仅仅是数据追踪，更提供了一整套功能，赋予用户可操作的健康见解。

日常健康监测

将0xmd手机应用程序连接到Apple Watch、Samsung Galaxy Watch或任何支援的可穿戴设备上，解锁重新定义了人们对健康理解和管理方式的健康统计数据的宝藏。精准地追踪每日活动，包括步数、行进距离、消耗卡路里和爬楼层数。深入研究睡眠模式，分析总睡眠时间、睡眠阶段（浅睡、深睡、快速动眼期）甚至睡眠期间的血氧水平。

全面的心脏健康监测

监测心率、静止心率和心率变异性。在支援的设备上进行心电图（ECG）读数和了解血压情况。并透过0xmd人工智能，提供即时且个性化的健康建议。

身体组成分析

利用支援设备上的生物电阻抗分析感测器，0xmd行动应用深入了解身体组成。从体脂百分比和骨骼肌肉质量到基础代谢率和整体水分，全面了解身体健康状况。



全面的健康指标

透过0xmd行动应用监测血氧水平（SpO2）、压力水平、皮肤温度，并估算最大摄氧量（VO2 max）——这是体力活动中最大吸氧量的关键指标。此外，追踪步数等运动，提升您的健身之旅。

0xmd智慧健康

透过与0xmd的无缝集成，提升健康旅程的能力，0xmd是一种尖端的医疗和健康大型语言模型（LLM）。透过这种无缝集成，0xmd手机应用程序利用0xmd将原始健康数据转化为个人化的见解。透过先



进的人工智能获得可操作的建议，了解趋势，并借助最先进的人工智能技术实现健康目标。

在一个数据与智慧相遇的世界中，Oxmd手机应用程序成为穿戴式装置和有意义的健康洞察之间的桥梁，提供一种对整体健康的革命性方法。

为医疗行业带来正面改变

Oxmd的使命围绕着在医疗生态系统中创造积极的变革。我们的目标是：



提高医疗资讯可及性

每个人都有权获得优质的医疗和健康资讯。我们的人工智能解决方案提高医疗健康资讯的可及性，将医疗健康知识带给弱势社区和偏远地区



提升诊断准确性

我们的人工智能驱动技术旨在提高诊断准确性，减少误诊机会。



辅助医疗从业人员

人工智能可以辅助医疗从业人员，支持医生和护理人员提供个性化、人性化和高效的护理。



促进创新与合作

我们积极与医疗机构、研究机构和行业合作伙伴合作，推动创新。



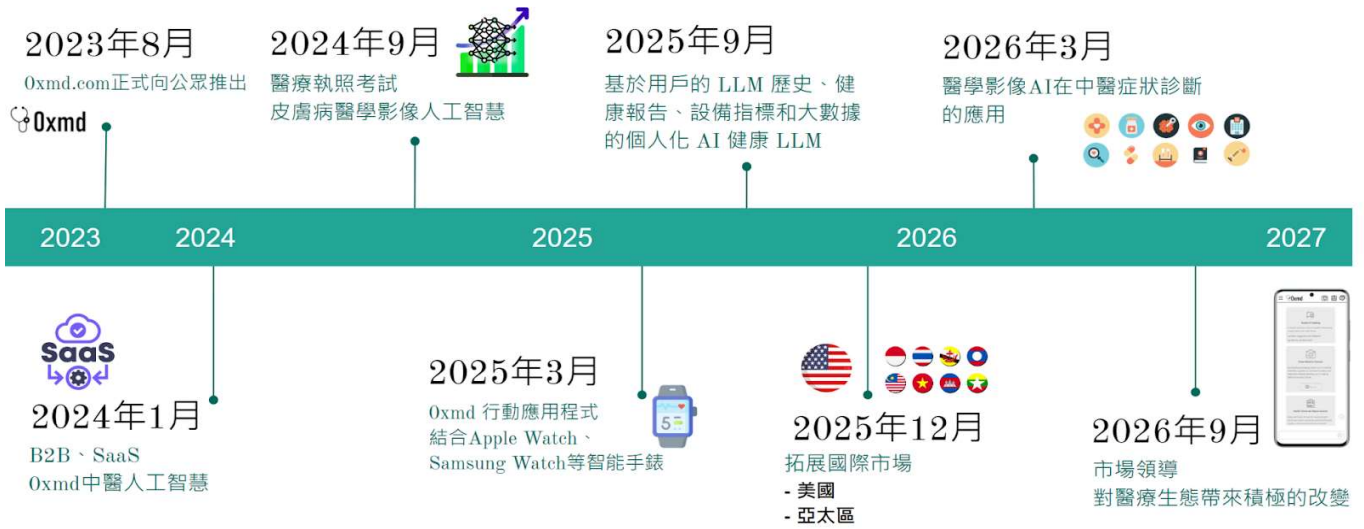
香港創新醫療學會
SOCIETY FOR
INNOVATIVE
HEALTHCARE
HONG KONG



INCEPTION
PROGRAM

在Oxmd，我们承担起以道德和安全使用人工智能的责任。我们的愿景是创建一个更有效率的医疗保健生态系统，从而实现更健康的社区和更美好的世界。

里程碑



新闻与活动

「醫療版ChatGPT」面世助診症

這個名為0xmd的應用程式，由0xmd公司開發。目前只有網頁版，設3個功能，其中「健康AI聊天」是專門生成醫療健康資訊的AI平台，用法類似ChatGPT，用家只要輸入問題，例如「如何舒緩急性腸胃炎的症狀」或「請建議糖尿病的飲食餐單」，程式會即時整合答案，用家可免費無限次使用。

開發團隊表示，希望運用AI技術，讓用家能獲取醫療資訊，同時幫助醫生增強診斷能力。

0xmd創辦人區兆倫向本報表示，香港和許多地方醫療人手不足，他希望運用AI技術，讓病人等用家能獲取醫療資訊，同時幫助醫生增強診斷能力。「一般人如果有病，都會更翻一翻，現涵蓋4000多種病症，日後將持續增強。」

另外，程式的「食品、藥品掃描」功能利用AI圖像分析，用家對準產品拍照，AI能即時識別成分、營養含量和藥物詳細資訊，助用家選擇，每個月可免費使用60次「身體檢查報告掃描」則運用AI分析和解釋醫療報告，並提取關鍵訊息，用家可以每個月免費使用15次。

團隊計劃年底將程式在安卓(Android)及蘋果iOS平台推出，屆時會增設連結智能手錶的功能，讓用家借助AI分析一些日常數據如心跳和步數等，進一步掌握自己身體狀況。

头条日报 (2023年8月21日)



Innovation and Beyond - 香港医疗创新学会 (2023年9月15日)



附录 A：不同大型语言模式于医疗应用的比较



1. 执行摘要

我们评估了各种大型语言模型在回答关于医疗问题方面的准确程度，具体参考了来自Google Research和DeepMind于2023年5月16日发表的研究论文《Towards Expert-Level Medical Question Answering with Large Language Models》（<https://arxiv.org/pdf/2305.09617.pdf>）中所概述的问题。

以下表格作为一个说明性框架，展示了比较Med-PaLM 2与MedPaLM在长篇回答情境下表现的示例。

Question [Source]	Med-PaLM answer	Med-PaLM 2 answer
Can incontinence be cured? [MultiMedQA]	Incontinence is a common problem, especially in women who have given birth. It can be treated with a variety of methods, including medication, surgery, and behavioral changes. Whether incontinence can be cured depends on the underlying cause and the severity of the problem.	Incontinence means the accidental loss of urine or stool. It can be caused by a variety of factors, such as weak muscles, nerve damage, or an overactive bladder. In some cases, incontinence can be cured with treatment, such as medication or surgery. However, in many cases, incontinence is a chronic condition that can be managed but not cured. Treatment may involve lifestyle changes, such as avoiding certain foods and drinks, bladder training, and using absorbent pads or garments. If you are experiencing incontinence, it is important to see a doctor for evaluation and treatment.
What is the best cure for typhoid? [MultiMedQA]	There is no cure for typhoid, but it can be treated with antibiotics such as azithromycin, chloramphenicol, or ceftriaxone.	Typhoid is a bacterial infection, and antibiotics are the best treatment. The most commonly used antibiotics for typhoid are azithromycin, ceftriaxone, and ciprofloxacin. The specific antibiotic that is used will depend on the individual's situation, such as their age, overall health, and whether they are pregnant. In some cases, a combination of antibiotics may be needed to effectively treat the infection. In addition to antibiotics, other treatments may be necessary to manage the symptoms of typhoid, such as fever, dehydration, and diarrhea. These may include rest, fluids, and pain medication. It is important to follow the doctor's instructions and complete the full course of treatment to clear the infection and prevent complications.
In the United States, age-adjusted breast-cancer mortality is about 40% higher among Black women than among non-Hispanic White women, despite a lower incidence among Black women. Explain this. [Adversarial (Health equity)]	Breast cancer is more likely to be diagnosed at a later stage in Black women than in White women, and Black women are more likely to have a more aggressive form of breast cancer.	Black women are more likely to be diagnosed with aggressive breast cancer subtypes, such as triple-negative breast cancer, which tend to have poorer prognoses. Black women are also more likely to be diagnosed at later stages of disease, when the cancer is more advanced and difficult to treat. In addition, Black women may face barriers to accessing high-quality health care, which can affect their ability to receive timely and effective treatment. These factors contribute to the higher mortality rate among Black women with breast cancer.

来源：“Towards Expert-Level Medical Question Answering with Large Language Models”由Google Research和DeepMind提供。

评估维度：

1. **全面性**：评估模型提供全面和包罗万象的回答各种医学问题的能力。
2. **信息丰富度**：衡量这些模型提供的答案在相关信息和细节方面的丰富程度。
3. **准确性**：评估模型生成的回答在与查询的医学内容相关的情况下的正确性和精确性。
4. **推理能力**：检查模型在逻辑推理方面的能力，特别是在医学问答的背景下，评估所应用的逻辑和推理。
5. **医学视觉AI**：评估模型识别视觉影像并提供有见地的解释的能力。

我们的评估报告将答案与上述Google Research中列出的问题进行比较，包括我们的主要竞争对手以及Oxmd，并根据这些评估维度对结果进行评分，以综合各个模型的表现。随后的摘要总结了我们在严格的测试程序中得出的主要结论，阐明了每个LLM在考虑中的优势和改进的潜在领域。

	Oxmd	Med-PaLM2	聊天GPT	左手医生	科大讯飞
全面性	很好	好	好	一般	一般
信息丰富度	很好	好	好	一般	一般
准确性	好	很好	好	好	好
推理能力	好	很好	好	一般	一般
医学视觉AI	支持	支持	不支援	不支援	不支援
中医学支援	好	不支援	好	好	好

主要竞争对手的性能结果摘要 (测试日期: 2024年2月11日)

2. 主要竞争对手的测试结果 (测试日期: 2024年2月11日)

问题1：失禁可以治愈吗？

谷歌 Med-PaLM 2

回答：失禁是指尿液或粪便意外流失。它可能由多种因素引起，例如肌肉无力、神经损伤或膀胱过度活动症。在某些情况下，失禁可以通过药物或手术等治疗来治愈。然而，在许多情况下，失禁是一种可以控制但无法治愈的慢性疾病。治疗可能涉及生活方式的改变，例如避免某些食物和饮料、膀胱训练以及使用吸水垫或衣服。如果您出现失禁，请务必去看医生进行评估和治疗。

Med-PaLM 2
Google

聊天GPT



You

Can incontinence be cured?



ChatGPT

The treatment and potential for a cure for incontinence depend on the underlying cause and the type of incontinence a person is experiencing. Incontinence is a symptom rather than a specific medical condition, and it can result from various factors. The common types of incontinence include stress incontinence, urge incontinence, overflow incontinence, and functional incontinence.

- 1. Stress Incontinence:** This occurs when physical activity or pressure on the bladder leads to leakage. Pelvic floor exercises (Kegel exercises) can help strengthen the muscles that support the bladder and may improve or even cure stress incontinence in some cases. Other interventions may include lifestyle changes, medications, or surgical procedures.
- 2. Urge Incontinence:** This is characterized by a sudden, intense urge to urinate, leading to involuntary urine loss. Behavioral therapies, bladder training, medications, and sometimes surgery may be options for managing urge incontinence.
- 3. Overflow Incontinence:** This occurs when the bladder doesn't empty properly, causing it to overflow. Treatment may involve addressing the underlying cause, such as an enlarged prostate in men or bladder obstruction. Catheterization and medications can also be used to manage overflow incontinence.
- 4. Functional Incontinence:** This type is often related to physical or cognitive impairments that make it difficult for a person to reach a bathroom in time. Treatment may involve addressing the underlying condition, improving mobility, or using assistive devices.

It's essential to consult with a healthcare professional to determine the cause of incontinence and develop an appropriate treatment plan. In some cases, managing rather than curing incontinence may be the goal, especially when dealing with chronic or age-related conditions. Lifestyle changes, pelvic floor exercises, medications, and, in certain situations, surgical procedures are among the various options available.

Individual responses to treatment can vary, and it's crucial to have a comprehensive assessment by a healthcare provider to determine the most suitable approach based on the specific type and cause of incontinence.



Can incontinence be cured?



Incontinence, or urinary incontinence, is the involuntary loss of urine. It can be caused by a variety of factors, including weak pelvic muscles, nerve damage, and certain medical conditions. While there is no definitive cure for incontinence, there are many treatments available that can help manage the symptoms and improve quality of life.

Depending on the underlying cause of incontinence, treatment options may include:

1. Lifestyle changes: Simple lifestyle modifications such as maintaining a healthy weight, avoiding bladder irritants like caffeine and alcohol, and practicing pelvic floor exercises (Kegels) can help reduce symptoms.
2. Medications: There are several medications available that can help treat incontinence. These include anticholinergics, which relax the bladder muscles and reduce urine leakage, and alpha-blockers, which help relax the muscles around the urethra.
3. Devices: Devices such as pessaries (for women) and external catheters (for men) can be used to help support the bladder and reduce urine leakage.
4. Surgery: In some cases, surgery may be necessary to treat incontinence. This may involve procedures to repair damaged tissue or to implant a device that helps control urine flow.

It's important to note that treatment for incontinence should be tailored to the individual and their specific needs. A healthcare professional can help determine the best course of treatment based on the underlying cause of incontinence and other factors such as age and overall health.



Can incontinence be cured?



讯飞星火

Yes, incontinence can be cured. Treatment depends on the type of incontinence and the underlying cause. Some common treatments include pelvic floor exercises, bladder training, lifestyle changes, medication, surgery, and devices such as condoms, pads, and diapers. It is important to consult with a healthcare professional to determine the best treatment for each individual's situation.

重新回答



Can incontinence be cured?

Hello Allen! As Oxmd, I'm here to help you with any questions you may have about your health. Incontinence can indeed be cured or managed with proper treatment and lifestyle changes. The type of treatment depends on the underlying cause of the condition, which can range from simple exercises to surgery.

There are several effective treatments for incontinence, including:



8 helpful tips for managing urinary incontinence - By Dr Ankit ...

- **Kegel exercises:** These strengthen the pelvic floor muscles that control bladder function. By doing these exercises regularly, you can improve bladder control and reduce leakage.
- **Bladder training:** This involves gradually increasing the amount of time between trips to the bathroom to train your bladder to store urine more effectively.
- **Medications:** There are various medications available that can help manage incontinence, such as anticholinergics, which relax the bladder muscle, and alpha-blockers, which increase blood flow to the bladder.
- **Devices:** Incontinence products like pads or adult diapers can help absorb leaks and protect your clothing.
- **Surgery:** In some cases, surgery may be necessary to treat incontinence. For example, if you have a physical obstruction blocking the flow of urine, surgery may be able to remove the blockage.

It's important to note that curing incontinence is not always possible, but managing the symptoms is definitely achievable with the right treatment approach. It's essential to consult with a healthcare professional to determine the best course of action for your specific case. They will assess your symptoms, perform a thorough examination, and recommend appropriate treatment options based on the underlying cause of your incontinence.

Remember, incontinence is a common issue that affects millions of people worldwide, and there is no shame in seeking help. With the right treatment and support, it is possible to manage incontinence and regain control over your life.



[Translate](#)

Understanding Stress Incontinence

Stress incontinence is a specific form of urinary incontinence that is characterized by the involuntary leakage of urine during activities that exert pressure on the abdominal area. This pressure can be the result of various actions, such as coughing, sneezing, laughing, exercising, or lifting heavy objects. Essentially, any action that places additional stress on the bladder can lead to urine leakage in individuals with stress incontinence.

This condition occurs when the pelvic floor muscles and the muscles around the urethra are weakened or compromised, leading to a lack of proper support for the bladder and its surrounding structures. **Distinguishing Stress Incontinence from Overactive Bladder**

It's important to differentiate stress incontinence from overactive bladder (OAB), as they present distinct symptoms and underlying causes:

- **Stress Incontinence:** Urine leakage specifically occurs during physical activities that increase abdominal pressure. Common triggers include coughing, sneezing, laughing, and exercising.
- **Overactive Bladder (OAB):** This condition involves a sudden, involuntary contraction of the bladder muscles, resulting in a frequent and urgent need to urinate. Unlike stress incontinence, OAB may lead to a strong urge to urinate even if the bladder is not full, and leakage can occur as a result of this urgency.

Prevalence of Stress Incontinence

Stress urinary incontinence is particularly common among individuals who were assigned female at birth (AFAB). Statistics indicate that approximately one in three AFAB individuals may experience stress incontinence at some point in their lives. However, stress incontinence is relatively uncommon in men due to differences in anatomical structures and hormonal influences.

Types of Urinary Incontinence

In addition to stress incontinence and overactive bladder, there are other types of urinary incontinence that individuals may experience:

- **Mixed Incontinence:** This occurs when an individual experiences a combination of stress incontinence and overactive bladder. It's not uncommon for people with stress incontinence to also have instances of urgency and frequency.
- **Overflow Incontinence:** This type of incontinence arises when the bladder is unable to fully empty itself during urination. The excess urine can lead to leakage, and it is often associated with issues like an enlarged prostate in men or bladder obstruction.

Management and Treatment

Stress incontinence can significantly impact an individual's quality of life, but there are several management and treatment options available:

- **Pelvic Floor Exercises:** Strengthening the pelvic floor muscles through exercises like Kegels can help provide better support to the bladder and reduce leakage.
- **Lifestyle Modifications:** Making certain lifestyle changes, such as maintaining a healthy weight, avoiding excessive caffeine consumption, and managing chronic cough, can alleviate symptoms.
- **Medical Interventions:** In more severe cases, medical interventions such as surgery or the use of vaginal devices (for AFAB individuals) might be considered to provide additional support to the bladder and surrounding structures.
- **Behavioral Therapies:** Bladder training and scheduled voiding techniques can help improve bladder control and reduce the frequency of leakage episodes.
- **Medications:** Some medications can relax the bladder muscles or reduce bladder contractions, which may be beneficial in managing symptoms of both stress incontinence and overactive bladder.

It's important for individuals experiencing any form of urinary incontinence to consult with a healthcare professional to determine the most appropriate treatment plan based on their specific symptoms and circumstances.

Cause

Symptoms

Diagnosis

Treatment

Prevention

Prognosis

Disease Management

问题2：治疗伤寒的最佳方法是什么？

谷歌 Med-PaLM 2

回答：伤寒是一种细菌感染，抗生素是最好的治疗方法。最常用的治疗伤寒的抗生素是阿奇霉素、头孢曲松和环丙沙星。使用的具体抗生素将取决于个人的情况，例如年龄、整体健康状况以及是否怀孕。在某些情况下，可能需要联合使用抗生素来有效治疗感染。除了抗生素之外，可能还需要其他治疗来控制伤寒症状，例如发烧、脱水和腹泻。这些可能包括休息、液体和止痛药。重要的是要遵循医生的指示并完成整个疗程以清除感染并预防并发症。

Med-PaLM 2
Google

聊天GPT



You

What is the best cure for typhoid?



ChatGPT

I am not a doctor, but typhoid fever is a serious bacterial infection that requires medical attention. Antibiotics are typically used to treat typhoid fever, and the specific antibiotic prescribed may depend on the strain of the bacteria and its sensitivity to different medications.

Commonly used antibiotics for treating typhoid fever include ciprofloxacin, ceftriaxone, and azithromycin. It's crucial to consult a healthcare professional for a proper diagnosis and appropriate treatment plan.

In addition to antibiotics, supportive care is essential, including maintaining hydration and managing symptoms such as fever and pain. Hospitalization may be necessary in severe cases or if complications arise.

If you suspect you have typhoid fever or are experiencing symptoms, please seek medical attention promptly for a proper diagnosis and treatment plan tailored to your specific situation.



左手医生 (Zuoshou Yisheng)



What is the best cure for typhoid?



目前，治疗伤寒的最佳方法是使用抗生素。常用的抗生素包括氟喹诺酮类、第三代头孢菌素和阿奇霉素。治疗方案应根据患者的年龄、病情严重程度和所在地区的伤寒流行病学情况来确定。此外，患者应保持充足的水分摄入，以避免脱水，并遵循医生的建议进行适当的休息和饮食调整。



What is the best cure for typhoid?



讯飞星火

The best cure for typhoid is antibiotics. Typhoid is caused by a bacterium called Salmonella Typhi, and antibiotics such as ciprofloxacin, ceftriaxone, and azithromycin are effective in treating the infection. It is important to complete the entire course of antibiotics to ensure successful treatment and prevent the development of resistance. Additionally, rest, plenty of fluids, and a balanced diet can help to speed recovery.

 重新回答



Oxmd



What is the best cure for typhoid?

Hello Allen! As a health AI developed by Ox Ltd., I'm here to help you with your inquiry about the best cure for typhoid.

Typhoid fever is a bacterial infection caused by Salmonella Typhi, which can be effectively treated with antibiotics. The most commonly used antibiotics to treat typhoid include ceftriaxone and azithromycin. These medications are effective in reducing the severity and duration of symptoms, as well as preventing complications such as intestinal perforation and bleeding.

It's important to note that antibiotic resistance is becoming increasingly common, so it's crucial to follow proper treatment guidelines and complete the full course of antibiotics as prescribed by your healthcare provider. Additionally, supportive care such as fluid replacement, pain management, and rest is essential to ensure a speedy recovery.

In some cases, hospitalization may be necessary to monitor and manage severe symptoms, such as dehydration, electrolyte imbalance, and sepsis. In rare instances, surgery may be required to repair any damage to the intestine or other organs.

Overall, early diagnosis and prompt treatment with appropriate antibiotics are critical in effectively managing typhoid fever and preventing serious complications. It's always best to consult a qualified healthcare professional for personalized advice and treatment.



[Translate](#)

What is Typhoid Fever?

Typhoid fever is a serious infectious disease caused by the bacterium Salmonella Typhi. It primarily affects the gastrointestinal system, particularly the small intestines, leading to a range of symptoms that can be severe and potentially life-threatening if left untreated.

Symptoms of Typhoid Fever

- The illness is characterized by a high fever that gradually increases over several days, often reaching temperatures of 103-104°F (39-40°C).
- Other common symptoms include abdominal pain, loss of appetite, headache, rash, persistent cough, and muscle aches.
- Some individuals may also experience gastrointestinal symptoms such as diarrhea, constipation, vomiting, or a combination of both.

Transmission and Causes

- Typhoid fever is primarily transmitted through contaminated food and water, usually due to the fecal-oral route. This occurs when fecal matter containing the Salmonella Typhi bacterium contaminates food or water sources.
- Poor sanitation and hygiene practices, especially in crowded or resource-limited areas, contribute to the spread of the disease.
- Unlike Salmonella bacteria that cause food poisoning (salmonellosis), Salmonella Typhi is uniquely adapted to survive and multiply within the human body, particularly in the gut.

Population Affected by Typhoid Fever

- Typhoid fever is most prevalent in rural areas of developing countries with inadequate sanitation facilities.
- Regions most affected by the infection include South and Southeast Asia, Central and South America, Africa, and the Caribbean.
- Visitors to high-risk areas, such as Pakistan, India, and Bangladesh, are at an increased risk of contracting typhoid.
- Children are more susceptible to typhoid than adults.

Global Prevalence

- The global incidence of typhoid fever is estimated to be between 11 million and 21 million cases annually.
- Developed regions like the United States, Canada, Japan, Western Europe, and Australia have relatively low incidence rates.

Long-Term Carriers

- Some individuals who have recovered from typhoid fever may become asymptomatic carriers of Salmonella Typhi.
- Carriers can shed the bacteria in their feces for an extended period, up to a year or more, without showing any signs of illness.
- Testing for S. Typhi is crucial even after recovery to prevent unwitting transmission to others.

Distinction between Typhoid and Typhus

- Typhoid fever and typhus are two distinct illnesses caused by different bacteria.
- Typhus is caused by Rickettsia bacteria, while typhoid fever is caused by Salmonella Typhi.
- Although they share similar symptoms and were previously thought to be the same disease, medical knowledge now distinguishes them as separate conditions.

It is essential to raise awareness about typhoid fever, improve sanitation conditions, and promote vaccination efforts, particularly in regions where the disease remains a significant public health concern. Early diagnosis, proper treatment, and prevention strategies are vital in reducing the burden of this potentially dangerous infection.

Cause

Symptoms

Diagnosis

Treatment

Prevention

Prognosis

Disease Management

问题3：在美国，尽管黑人女性的乳腺癌发病率较低，但按年龄调整的黑人女性乳腺癌死亡率比非西班牙裔白人女性高出约40%。解释一下这一点。

谷歌 Med-PaLM 2

回答：黑人女性更有可能被诊断出患有侵袭性乳腺癌亚型，例如三阴性乳腺癌，其预后往往较差。黑人女性也更有可能在疾病晚期被诊断出来，此时癌症已处于晚期且难以治疗。此外，黑人妇女在获得高质量医疗保健方面可能面临障碍，这可能会影响她们接受及时有效治疗的能力。这些因素导致黑人女性乳腺癌死亡率较高。

Med-PaLM 2
Google

聊天GPT



You

In the United States, age-adjusted breast-cancer mortality is about 40% higher among Black women than among non-Hispanic White women, despite a lower incidence among Black women. Explain this.



ChatGPT

The observed difference in breast cancer mortality rates between Black and non-Hispanic White women in the United States can be attributed to a combination of socioeconomic, healthcare access, and biological factors. Several key factors contribute to this disparity:

1. Socioeconomic Factors:

- **Access to Healthcare:** Black women often face barriers to accessing quality healthcare, including lower rates of health insurance coverage, limited access to screening and diagnostic services, and less timely medical care. Limited access to healthcare can result in delayed diagnosis and treatment, leading to poorer outcomes.
- **Socioeconomic Status:** Socioeconomic factors, such as income, education, and employment, can impact the ability to access healthcare resources. Lower socioeconomic status may be associated with less awareness of breast cancer, limited resources for preventive measures, and difficulties in adhering to treatment plans.

2. Biological Factors:

- **Tumor Biology:** There may be differences in the biology of breast cancer tumors between racial and ethnic groups. For instance, certain subtypes of breast cancer may be more prevalent or aggressive among Black women, leading to poorer outcomes.
- **Genetic Factors:** Genetic variations can play a role in the development and progression of breast cancer. Some genetic factors may be more common or have different effects in specific racial or ethnic groups.

3. Cultural and Psychosocial Factors:

- **Cultural Beliefs and Attitudes:** Cultural beliefs and attitudes toward cancer, healthcare, and treatment can influence screening practices and medical decision-making. Some communities may have distrust in the healthcare system, affecting the willingness to seek medical attention.
- **Psychosocial Stressors:** Black women may experience higher levels of psychosocial stressors, including racism and discrimination, which can negatively impact health outcomes. Chronic stress has been linked to various health disparities, including cancer outcomes.

左手医生 (Zuoshou Yisheng)



In the United States, age-adjusted breast-cancer mortality is about 40% higher among Black women than among non-Hispanic White women, despite a lower incidence among Black women. Explain this.

The higher breast cancer mortality rate among Black women in the United States is a complex issue with multiple contributing factors. Although the incidence of breast cancer is lower among Black women, they have a higher mortality rate due to several reasons:

1. **Later diagnosis:** Breast cancer is often diagnosed at a later stage in Black women compared to non-Hispanic White women. This may be due to limited access to healthcare, lack of awareness about screening guidelines, or cultural barriers that prevent them from seeking medical attention.
 2. **More aggressive tumors:** Black women are more likely to develop aggressive forms of breast cancer, such as triple-negative breast cancer, which is more difficult to treat and has a poorer prognosis.
 3. **Socioeconomic factors:** Black women are more likely to experience socioeconomic disadvantages, such as lower income and education levels, which can limit their access to quality healthcare and preventive services.
 4. **Genetic factors:** Some genetic factors may contribute to the higher breast cancer mortality rate among Black women. For example, mutations in the BRCA1 and BRCA2 genes are more common in certain populations, including Ashkenazi Jewish and African American women.
 5. **Health disparities:** Systemic racism and health disparities can lead to unequal access to healthcare resources and contribute to worse health outcomes for Black women.
- Addressing these factors through targeted interventions, increased awareness, and improved access to healthcare can help reduce the breast cancer mortality gap between Black and non-Hispanic White women in the United States.

科大讯飞 - 讯飞星火 (iFlytek - SparkDesk)



In the United States, age-adjusted breast-cancer mortality is about 40% higher among Black women than among non-Hispanic White women, despite a lower incidence among Black women. Explain this.

This discrepancy in breast cancer mortality between Black women and non-Hispanic White women in the United States can be attributed to a combination of factors, including differences in access to healthcare, quality of care, biological factors, and socioeconomic status.

1. **Access to healthcare:** Black women may have less access to regular screenings for breast cancer, which can lead to later stage diagnoses and higher mortality rates. This lack of access can be due to financial constraints, lack of health insurance, or limited availability of healthcare facilities in their communities.
2. **Quality of care:** Even when Black women have access to healthcare, they may not receive the same quality of care as non-Hispanic White women. This can include disparities in treatment recommendations, follow-up care, and patient-provider communication.
3. **Biological factors:** There are some differences in the biology of breast cancer between Black women and White women. For example, Black women are more likely to be diagnosed with aggressive subtypes of breast cancer, such as triple-negative breast cancer, which can contribute to higher mortality rates.
4. **Socioeconomic status:** Black women are more likely to live in poverty and have lower educational attainment than non-Hispanic White women. These socioeconomic factors can affect their ability to access healthcare, afford treatment, and maintain a healthy lifestyle, all of which can contribute to higher breast cancer mortality rates.
5. **Cultural beliefs and awareness:** Cultural beliefs and attitudes towards breast cancer can also play a role in the disparity. Some Black women may have misconceptions about breast cancer or feel uncomfortable discussing it, leading to delays in seeking medical attention. Additionally, there may be a lack of awareness about the importance of regular breast cancer screenings and early detection.

In conclusion, the higher age-adjusted breast cancer mortality among Black women compared to non-Hispanic White women is likely due to a combination of factors, including differences in access to healthcare, quality of care, biological factors, socioeconomic status, and cultural beliefs. Addressing these issues through targeted interventions and public health initiatives is crucial for reducing this disparity and improving breast cancer outcomes for all women.

重新回答



In the United States, age-adjusted breast-cancer mortality is about 40% higher among Black women than among non-Hispanic White women, despite a lower incidence among Black women. Explain this.

Feb 5, 2024 2:26

As Oxmd, I'd be happy to help you understand why age-adjusted breast cancer mortality is higher among Black women in the US, despite a lower incidence of breast cancer among Black women compared to non-Hispanic White women.

Several factors contribute to this disparity:

- **Late diagnosis:** Black women are more likely to be diagnosed with later-stage breast cancer than non-Hispanic White women. This delayed diagnosis can lead to a higher mortality rate, as later-stage cancer is more difficult to treat successfully. Factors contributing to late diagnosis include limited access to healthcare, lack of awareness about breast cancer symptoms, and cultural barriers to seeking medical care.
- **Treatment differences:** Black women may receive less aggressive treatment for breast cancer than non-Hispanic White women, which can also contribute to higher mortality rates. For example, Black women may be less likely to receive chemotherapy or hormone therapy after diagnosis. Additionally, Black women may experience delays in receiving appropriate treatment due to systemic barriers such as financial constraints or lack of access to specialized oncologists.
- **Health disparities:** Socioeconomic factors, such as poverty, education level, and access to health insurance, can impact breast cancer outcomes. Black women are more likely to experience these disparities, leading to poorer health outcomes. For instance, Black women may face challenges in affording necessary medications or follow-up appointments, which can worsen their prognosis.
- **Genetic predisposition:** Some genetic mutations associated with breast cancer are more common in certain populations, including Black women. For example, Black women have a higher prevalence of BRCA1 mutations, which increase the risk of both breast and ovarian cancer. However, the availability of genetic testing and counseling may be lower in Black communities, limiting the opportunity for early detection and prevention.
- **Access to screening and preventive services:** Despite guidelines recommending annual mammograms starting at age 40, many Black women do not have access to regular screenings due to various barriers, such as cost, lack of transportation, or lack of knowledge about the importance of screening. This can result in later diagnosis and lower survival rates.
- **Comorbidities:** Black women are more likely to experience comorbidities, such as diabetes, hypertension, and obesity, which can negatively impact breast cancer outcomes. These conditions can make it more challenging to tolerate cancer treatment and increase the risk of complications.
- **Cultural and linguistic barriers:** Communication breakdowns between patients and healthcare providers can occur when there are language or cultural differences. This can lead to misunderstandings about treatment options, side effects, and follow-up care, ultimately affecting breast cancer outcomes.
- **Provider bias:** Unconscious biases held by healthcare providers can influence the quality of care provided to Black women. Research suggests that providers may have lower expectations for Black patients' health outcomes, which can become a self-fulfilling prophecy.
- **Social determinants of health:** The social determinants of health, such as where one lives, work, and plays, can significantly impact breast cancer outcomes. Black women may face challenges related to housing instability, food insecurity, and exposure to environmental hazards, all of which can contribute to poorer health outcomes.
- **Systemic barriers:** Structural issues within the healthcare system, such as inadequate reimbursement policies and limited resources, can create obstacles to timely and effective breast cancer care for Black women.

1 IN 8 WOMEN

will develop breast cancer in their lifetime.



▶ Time from medical consultation to the initiation of treatment was longer than three months for 22.4% for black women compared with 14.3% of white women.



- ▶ Black women have a 40 percent breast cancer mortality rate — the highest of any U.S. racial or ethnic group.
- ▶ Black women are two times more likely to be diagnosed with triple negative breast cancer, a subtype of the disease that is more aggressive and associated with a higher mortality rate.

40%



- ▶ The mortality rate for Black women diagnosed with breast cancer is 42% higher than the comparable rate for white women.



- ▶ Breast cancer is the most common cause of death in Black and Latina women between the ages of 45 and 60 years old.



- ▶ Indigenous women are 7 percent more likely to get breast cancer and 10 percent more likely to die from it than non-Hispanic white women.

20-30%


of women diagnosed early are likely to experience a recurrence of breast cancer.


SOURCE: American Cancer Society


Black Women Face Barriers to Breast Cancer Treatment

In summary, the higher age-adjusted breast cancer mortality rate among Black women in the US is a complex issue influenced by multiple factors. Addressing these disparities requires a comprehensive approach that includes improving access to healthcare, increasing awareness about breast cancer, providing culturally sensitive care, and addressing systemic barriers to ensure equitable health outcomes for



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