

What Your Doctor Can Detect That AI Cannot

Why In-Person Visits Matter Even When You've Already Asked AI

AI tools like ChatGPT can provide helpful health information, but they have fundamental limitations. Here's what your doctor can detect that AI simply cannot:

YOUR DOCTOR CAN SEE:	AI CANNOT:
<ul style="list-style-type: none">✓ Your skin color and whether you look pale or flushed✓ How you're breathing and if you seem short of breath✓ Whether you're sweating or clammy✓ How you move and carry yourself✓ The fear or distress in your voice	<ul style="list-style-type: none">✗ See you at all—AI only reads text✗ Assess your breathing pattern✗ Detect sweating or skin changes✗ Observe how sick you appear✗ Hear the worry in your voice
YOUR DOCTOR CAN EXAMINE:	AI CANNOT:
<ul style="list-style-type: none">✓ Press on your belly to find where it hurts✓ Listen to your heart and lungs✓ Check your vital signs✓ Test your reflexes and strength✓ Smell signs like fruity breath (diabetic emergency) or infection	<ul style="list-style-type: none">✗ Touch you in any way✗ Listen to anything✗ Measure your blood pressure or pulse✗ Test any physical function✗ Smell anything

The Numbers

Your body has approximately **10 billion** sensory cells constantly monitoring your environment.

AI has **zero**.

The Bottom Line

AI can help you understand your symptoms and prepare good questions for your visit. But **"probably fine" from AI isn't the same as "confirmed fine" from your doctor's examination.**

Use AI for information. Come to your doctor for answers.

When to Come In

(Even If AI Says You're Fine)

CALL 911 IMMEDIATELY FOR:

- Chest pain or pressure • Sudden severe headache • Difficulty breathing
 - Signs of stroke (face drooping, arm weakness, speech difficulty)
- Severe allergic reaction • Uncontrolled bleeding • Loss of consciousness

No AI advice changes this. Call 911.

Come In TODAY (Regardless of AI Reassurance) If:

- Something feels 'fundamentally wrong' even if you can't explain why
- Your symptoms are getting worse instead of better
- You have a fever that won't respond to medication
- You're having trouble keeping food or fluids down
- Pain is severe or preventing normal activities
- You're a parent and your child 'isn't acting like themselves'

TRUST YOUR INSTINCTS

Your body has been learning what's normal for YOU for your entire life. When something feels deeply wrong—not just 'I'm worried' but 'something is really wrong'—that feeling is your ancient brain running threat detection algorithms refined over billions of years of evolution.

AI gives you probabilities. Your body gives you signals. Trust your signals.

For Parents: Trust Your Parental Instincts

If your child 'isn't acting right' or 'something seems off,' that's reason enough to be seen. Your brain has been building a model of what's normal for your child since birth. When that model throws an error, it's real data.

No AI has watched your child grow. You have. Trust that.

How to Use AI Wisely for Health Questions

Getting the Benefits While Avoiding the Risks

✓ GOOD USES OF HEALTH AI	X RISKY USES OF HEALTH AI
<ul style="list-style-type: none">• Learning about a condition your doctor diagnosed• Preparing questions for your appointment• Understanding medical terms• Deciding if symptoms warrant a visit• Finding general health information	<ul style="list-style-type: none">• Self-diagnosing serious symptoms• Changing medications without asking• Delaying care because AI said 'wait'• Overriding your gut instinct• Treating emergencies at home

Red Flags: Signs AI Might Be Wrong

- AI's answer doesn't match how bad you feel
- AI suggests something is minor, but symptoms are getting worse
- AI cites studies or statistics but you can't verify them
- AI gives confident medical advice without knowing your other conditions or medications
- AI never expresses uncertainty—real medicine involves uncertainty

Questions to Ask When AI Gives Health Advice

1. "What sources is this based on?"
2. "What might you be missing about my specific situation?"
3. "When should I see a doctor instead of following this advice?"
4. "What's the worst-case scenario for these symptoms?"
5. "Are you uncertain about any part of this?"

THE BOTTOM LINE

AI for education. Your doctor for diagnosis.
AI for preparation. Your doctor for confirmation.
AI for questions. Your doctor for answers.

Questions to Ask Your AI

A Template for Safer AI Health Conversations

Copy This Template When Asking AI About Symptoms:

"I'm experiencing [describe symptoms]. I'm [age] years old and [any relevant health conditions]. Before you answer, I want you to:

1. Tell me what you might be missing by not being able to examine me
2. List the serious conditions I should rule out
3. Tell me when I should see a doctor urgently vs. can wait
4. Acknowledge what you're uncertain about"

Follow-Up Questions to Ask AI:

"What physical exam findings would change this assessment?"

"What questions would a doctor ask me that you haven't?"

"What's the worst-case scenario I need to consider?"

"How confident are you in this assessment on a scale of 1-10, and why?"

"What symptoms should make me seek care immediately?"

What to Watch For in AI Responses

GOOD SIGNS	WARNING SIGNS
<ul style="list-style-type: none">• Says "I can't examine you"• Expresses uncertainty• Recommends seeing a doctor• Lists what it might be missing• Mentions serious possibilities to rule out	<ul style="list-style-type: none">• Gives confident diagnosis• Never expresses uncertainty• Suggests treating at home• Doesn't mention limitations• Only considers mild causes

REMEMBER

Bring your AI conversation to your doctor's appointment!
Your doctor can build on what you learned and correct what AI missed.