



Physicians stand at a crossroads now, challenged to harness the potential of AI in medicine without compromising their profession's core values. Despite this added pressure, I believe the young generation of healthcare providers possess the power and responsibility to build a world where healthcare is accessible and equitable.

Every patient's story has taught me resilience and underscored the unique strength of the human spirit. Their courage inspires me to approach every encounter with empathy and unwavering respect.

Arriving in the US as a young doctor over fifty years ago, I was welcomed by a white family with eight children. This act of inclusivity and hospitality, from a family unlike my own, allowed me to stay with them for months, before joining my internship program. It cemented my belief that personal connections and genuine human relationships can transcend racial barriers and foster understanding. Throughout my four decades of solo practice in the same town, I've cared for over fifty-three thousand individuals from diverse backgrounds, many for decades. Each interaction, whether with a twelve-year-old black girl battling Type 1 diabetes, a middle-aged man seeking guidance after incarceration, or a young law enforcement officer starting his career, reinforced the critical need for cultural sensitivity and personalized care. These

experiences ingrained in me the importance of treating every patient as an individual, regardless of race, ethnicity, nationality, or socioeconomic status. They all have their own unique experiences, struggles, and triumphs. Their stories are a constant source of inspiration and resilience, reminding me to approach every encounter with humanitarianism.

My experiences ignited an unwavering flame within me: a commitment to personalized and humanistic medicine with full awareness of social determinants of health. It's not just about curing illnesses, but about caring for the whole patient. I strived to recognize the unique stories and needs of every individual, regardless of background. Every encounter became an opportunity to confront bias with empathy and respect, building a medical practice where everyone feels seen, heard, and valued within the powerful therapeutic relationship between physician and patient.

Despite the challenges and rewards of my medical practice, it

also fostered deep bonds with patients across many diverse backgrounds. However, I was fortunate to retire happily at the start of the COVID-19 pandemic, leaving behind a fulfilling career, even though many long-standing patients, particularly older individuals, expressed their desire for me to continue practicing.

Physicians stand at a crossroads now, challenged to harness the potential of AI in medicine without compromising their profession's core values. Despite this added pressure, I believe the young generation of healthcare providers possess the power and responsibility to build a world where healthcare is accessible and equitable. This world acknowledges and addresses bias, ensuring every individual receives the kind, compassionate, and common-sense care they deserve, without any prejudice. Empathy and respect will forever be our guiding light.

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He is the owner of a registered service mark: Customized common sense careSM