



The Past in Our Future

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I have always been keen on looking to the future and not past. Still, sometimes, it makes it essential to look back, put different pieces together, and come up with new solutions. To further explain, Twenty years ago, I was training in Tae Kwon Do for a few years and it was time to get my black belt. We started to prepare six months before for the test. The test was spanned over two weeks and included a series of traditional kata, techniques, and fighting. We were working hard, almost to exhaustion. At the end of the day, we were writing down our stats and what we did that day. I used to compare my notes and daily training with others to make sure I am not missing out.

Fast forward 20 years later, I am training for a triathlon, and Still, I compare my performance with other athletes. Except for this time, I am using my Garmin watch, and every night, I not only go over my stats, but I also compare mine with others on the Strava app. This app provides the ability to analyze your segment efforts against other athletes and your own historical performance. Also, its analysis includes machine learning analytics and data visualization to your activities and segments. To sum up, for people who are competing at different levels, Stats and performance analysis is the key to stay contender. And over the years with new technologies, it got so smooth and precise that now you have a vast knowledge base to fine-tune your training.

The same change is happening now to medicine and dentistry. The cornerstone of medicine and dentistry was built upon personal care and the trustworthy relationship that the provider commenced with patients. We listen to our patients, gather data, conduct our exams, and come up with our diagnosis. Our patients appreciated our effort and accepted the fact that they needed to follow our schedule and time. These days, Tech-savvy millennials are taking over. They now make up the largest group in the U.S. and its workforce, and their demands for more tech-focused care alternatives could be changing the healthcare sector. Millennials number over 75 million, outnumbering the baby-boom generation of about 74.9 million. These trends should be of great interest

to providers in how we develop strategies for growth and what we prioritize in terms of innovation. We need a system that addresses the new generation; People are interested in replacing in-person visits with video conferences - especially considering its convenience and cost. Accessing to healthcare is as easy as using a smartphone to get a diagnosis and recommendations rather than an in-office exam, travel time, and waiting.

Telemedicine and Teledentistry can bridge the gap for patients who are looking for an avenue to answer their healthcare questions without a traditional in-office visit. Furthermore, the everlasting gap between medicine and dentistry can become obsolete as telemedical and teledental providers share the same platforms to examine the patient as a whole.

The challenge we face is delivering quality diagnostic tools from a remote location to the patient for an accurate evaluation. Technology parallels and overcomes this challenge by providing state of the art audio and visual tools to help practitioners examine patients without ever touching them.

Still, we need more providers to believe the change is coming; the question is what you want to do as a provider.

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