

## Shocking TikTok Insights on Medical Tests: What We Discovered

## **Description**

In a recent <u>Instagram post</u>, Kim Kardashian extolled the virtues of undergoing a <u>full-body MRI</u>, lauding it as a potentially "life-saving" procedure capable of identifying diseases in their nascent stages, prior to the emergence of symptoms.

However, what Kardashian overlooked was the absence of compelling evidence supporting the efficacy of this costly diagnostic scan for typically healthy individuals. Moreover, she failed to acknowledge its potential adverse effects, which can include <u>unjustified diagnoses</u> and misguided treatments.

Against this backdrop, our research team sought to investigate the narratives propagated by influencers regarding medical testing. A <u>study</u> recently published in *JAMA Network Open* scrutinized nearly 1,000 posts on Instagram and TikTok concerning five widely debated medical tests, including the full-body MRI scan, which can pose more risks than benefits for individuals who are otherwise healthy.

## **Five Controversial Tests**

While some tests may offer value, all five evaluated in our study carry the peril of overdiagnosis within a healthy populace. Overdiagnosis occurs when a condition is identified that would never have manifested in symptoms, leading to unnecessary interventions and associated distress, as well as wasted healthcare resources. For instance, Australian estimates suggest that 29,000 cases of cancer are overdiagnosed annually.

Don't believe the hype. The AMH test can't reliably predict your chance of conceiving or menopause timing. https://t.co/Wnf0gWDNJg

Tessa Copp (@TessaCopp) June 14, 2023

## **Your Takeaway**

The plethora of misleading information related to medical tests on social media underscores the pressing need for enhanced regulation. Until such measures are implemented, individuals should exercise discernment; if claims regarding medical testing appear excessively optimistic, they likely warrant skepticism.

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//platform.twitter.com/widgets.js //www.instagram.com/embed.js

## **Vocabulary List:**

- 1. Efficacy /'ɛfɪkəsi/ (noun): The ability to produce a desired or intended result.
- 2. Adverse /'æd.v3rs/ (adjective): Preventing success or development; harmful.
- 3. Overdiagnosis /,oʊ.və.daɪ.əg'noʊ.sɪs/ (noun): The identification of conditions that would not have caused symptoms or harm.
- 4. Misleading /,mis'li:.din/ (adjective): Giving the wrong idea or impression; deceptive.
- 5. Interventions /,ɪn.təˈvɛn.ʃənz/ (noun): Actions taken to improve a situation especially in healthcare.
- 6. Skepticism /'skɛp.tɪˌsɪ.zəm/ (noun): An attitude of doubt toward the validity or authenticity of something.

# **Comprehension Questions**

## **Multiple Choice**

EWS.COM 1. What did Kim Kardashian promote in a recent Instagram post?

Option: Full-body MRI Option: Dental check-up Option: Eye examination

Option: Blood pressure monitoring

2. What potential benefit did Kim Kardashian associate with a full-body MRI scan?

Option: Early disease detection Option: Improved sleep quality

Option: Weight loss

Option: Skin rejuvenation

3. What is a risk associated with full-body MRI scans, according to the article?

Option: Unjustified diagnoses Option: Increased energy levels Option: Heightened creativity Option: Improved memory



4. What did the study published in JAMA Network Open focus on?

Option: Narratives on medical testing by influencers

Option: Weather patterns in different regions Option: Historical events of the 19th century Option: Impact of social media on fashion trends

5. What risk is associated with overdiagnosis in a healthy populace?

Option: Unnecessary interventions and distress

Option: Decreased healthcare costs Option: Optimal health outcomes Option: Improved quality of life

6. What does the article suggest individuals should do regarding claims about medical testing on social media?

Option: Exercise discernment and skepticism

Option: Believe everything they read

SL-NEWS COM Option: Immediately undergo all recommended tests Option: Ignore all information related to medical tests

#### **True-False**

- 7. The full-body MRI scan is recommended for typically healthy individuals.
- 8. Overdiagnosis can lead to unnecessary interventions and distress.
- 9. The article suggests that individuals should trust all claims made about medical testing on social media.
- 10. The study published in JAMA Network Open analyzed posts about fashion trends on Instagram and TikTok.
- 11. The article advocates for enhanced regulation of medical information on social media.
- 12. Australian estimates suggest that a significant number of cancers are underdiagnosed annually.

#### **Gap-Fill**



13. According to the article, overdiagnosis can lead to unnecessary interventions and associated
14. The study examined nearly 1,000 posts on Instagram and TikTok concerning
widely debated medical tests.
15. Individuals should exercise discernment when claims about medical testing on social media appear
excessively
16. The plethora of misleading information regarding medical tests on social media highlights the need for
enhanced
17. The AMH test cannot reliably predict chance of conceiving or menopause
18. Australian estimates suggest that thousands of cases of cancer are overdiagnosed

## **Answer**

**Multiple Choice:** 1. Full-body MRI 2. Early disease detection 3. Unjustified diagnoses 4. Narratives on medical testing by influencers 5. Unnecessary interventions and distress 6. Exercise discernment and skepticism

True-False: 7. False 8. True 9. False 10. False 11. True 12. False

Gap-Fill: 13. distress 14. five 15. optimistic 16. regulation 17. timing 18. annually

# Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which term refers to the ability of a treatment to provide a beneficial effect?

Option: Efficacy Option: Misleading Option: Skepticism Option: Correlation



2. Which term is used to describe the study of diseases?

Option: Profound Option: Cognitive Option: Pathology Option: Hypothesis

3. Which term refers to a division or contrast between two things that are represented as being opposed or entirely different?

Option: Skepticism Option: Dichotomy Option: Desiccated Option: Resilience

4. Which term is related to the processes of thought and understanding?

Option: Pharmacological

Option: Cognitive Option: Ecclesiastical

5. Which term refers to urgent needs or demands?

Option: Hypothesis
Option: Ecclesiastical
Option: Exigencies
Option: Corpus Option: Corpus

6. Which term refers to a collection of written texts especially the entire works of a particular author or a body of writing on a particular subject?

Option: Prohibition Option: Correlation Option: Interventions

Option: Corpus

7. Which term describes something that is short-lived or lasts for a very brief time?

Option: Deterioration Option: Transmutes Option: Ephemeral Option: Illusive

8. Which term refers to a proposed explanation made on the basis of limited evidence as a starting point for further investigation?

Option: Hypothesis Option: Profound



Option: Cannibalism Option: Cherenkov

9. Which term refers to the act of one individual of a species consuming all or part of another individual of the same species?

Option: Cannibalism Option: Remnants Option: Ecclesiastical Option: Cherenkov

10. Which term relates to the treatment or healing of a disease or disorder?

Option: Desiccated Option: Therapeutic Option: Interventions Option: Exigencies

## Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11	effects of the medication were observe	ed during the clinical trial.
12	may lead to unnecessary medical inter	ventions.
13. Her	and determination helped her over	come the challenges.
14. The speaker's words had	a impact on t	he audience.
15. Archaeologists uncovered	d ancient pottery	at the site.
16. The professor	the complex theory in a	simple manner.
17. The garden was in full blo	oom displaying a	of colorful flowers.
18. The blue glow observed i	n the nuclear reactor is due to	radiation.
19. The mirage created an $\_$	appearance of v	water in the desert.
20. The advertisement was c	onsidered as i	it did not accurately represent the
product		



### Matching Sentences ( Match each definition to the correct word from the vocabulary list. )

- 21. Medical procedures or strategies carried out to improve health outcomes.
- 22. Doubt or questioning regarding the validity or truth of something.
- 23. Dried out dehydrated or lacking vitality.
- 24. Relating to the study or use of drugs in treating diseases.
- 25. Existing or occurring beneath the surface of the earth.
- 26. A statistical measure indicating the extent to which two or more variables fluctuate together.
- 27. The process of becoming progressively worse or less valuable.
- 28. Relating to the Christian Church or its clergy.
- 29. This statistical technique determines the degree of relationship between two variables.
- 30. The team explored the depths of the cave system.

### **Answer**

**Multiple Choice:** 1. Efficacy 2. Pathology 3. Dichotomy 4. Cognitive 5. Exigencies 6. Corpus 7. Ephemeral 8. Hypothesis 9. Cannibalism 10. Therapeutic

Gap-Fill: 11. Adverse 12. Overdiagnosis 13. Resilience 14. Profound 15. Remnants 16. Elucidated 17.

Profusion 18. Cherenkov 19. Illusive 20. Misleading

Matching sentence: 1. Interventions 2. Skepticism 3. Desiccated 4. Pharmacological 5. Subterranean

6. Correlation 7. Deterioration 8. Ecclesiastical 9. Correlation 10. Subterranean

### **CATEGORY**

1. Health - LEVEL6

Date Created 2025/03/01 Author aimeeyoung99