

Shocking TikTok Insights on Medical Tests: What We Discovered

Description

In a recent [Instagram post](#), Kim Kardashian extolled the virtues of undergoing a [full-body MRI](#), 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 [unjustified diagnoses](#) and misguided treatments.

Against this backdrop, our research team sought to investigate the narratives propagated by influencers regarding medical testing. A [study](#) 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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Vocabulary List:

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

Comprehension Questions

Multiple Choice

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
- 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

_____.



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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
- Option: Subterranean

5. Which term refers to urgent needs or demands?

- Option: Hypothesis
- Option: Ecclesiastical
- Option: Exigencies
- 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 observed during the clinical trial.
- 12. _____ may lead to unnecessary medical interventions.
- 13. Her _____ and determination helped her overcome the challenges.
- 14. The speaker's words had a _____ impact on the audience.
- 15. Archaeologists uncovered ancient pottery _____ at the site.
- 16. The professor _____ the complex theory in a simple manner.
- 17. The garden was in full bloom displaying a _____ of colorful flowers.
- 18. The blue glow observed in the nuclear reactor is due to _____ radiation.
- 19. The mirage created an _____ appearance of water in the desert.
- 20. The advertisement was considered _____ as it did not accurately represent the product.

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

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| 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

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