The Future of Health and Medicine: Where Can Technology Take Us?





DANIEL KRAFT, MD

Faculty Chair for Medicine, Singularity University Executive Director, Exponential Medicine



Daniel@SingularityU.org

About Daniel Kraft M.D.



Daniel Kraft is a Stanford and Harvard trained physician-scientist, inventor, entrepreneur and innovator.

Dr. Kraft has over 20 years of experience in clinical practice, biomedical research and healthcare innovation. Daniel chairs the Medicine track for Singularity University and is Executive Director for FutureMed, a program which explores convergent, exponentially developing technologies and their potential in biomedicine and healthcare.

Following undergraduate degrees at Brown and medical school at Stanford, Dr. Kraft was board certified in the Harvard combined Internal Medicine and Pediatrics residency program at the Massachusetts General and Boston Children's Hospital, and completed Stanford fellowships in hematologyloncology & bone marrow transplantation, and extensive research in stem cell biology and regenerative medicine. He has been published in multiple scientific publications, including Nature and Science. He has patented medical device, immunology and stem cell related products through faculty positions with Stanford University School of Medicine and as clinical faculty for the pediatric bone marrow transplantation service at UCSF.

Dr. Kraft recently founded IntelliMedicine, focused on enabling connected, data driven, and integrated personalized medicine. He is also the inventor of the MarrowMiner, an FDA approved device for the minimally invasive harvest of bone marrow, and founded RegenMed Systems, a company developing technologies to enable adult stem cell based regenerative therapies.

Daniel is an avid pilot and serves in the California Air National guard as an officer and flight surgeon with an F-16 fighter Squadron. He has conducted research on aerospace medicine that was published with NASA, with whom he was a finalist for astronaut selection.



Faculty Chair Medicine SingularityU.org

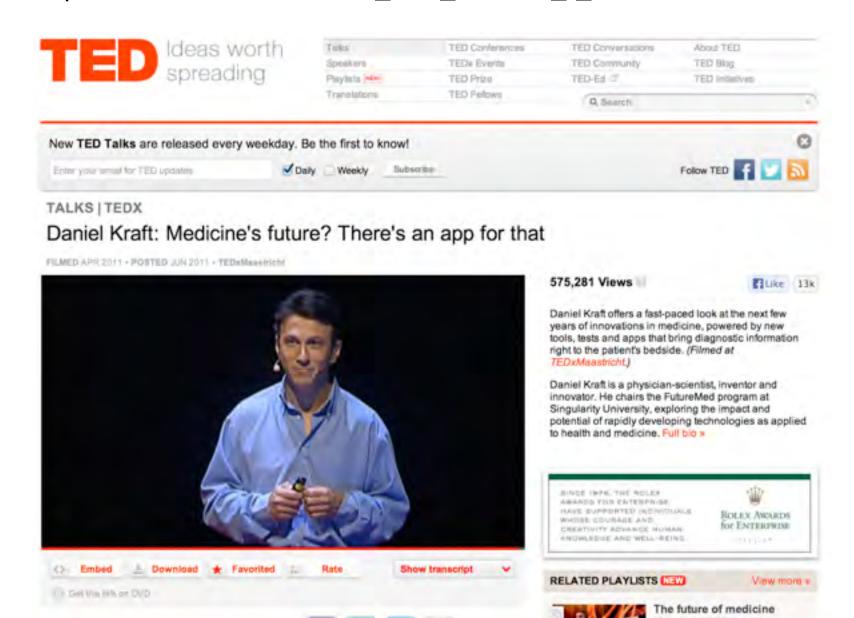


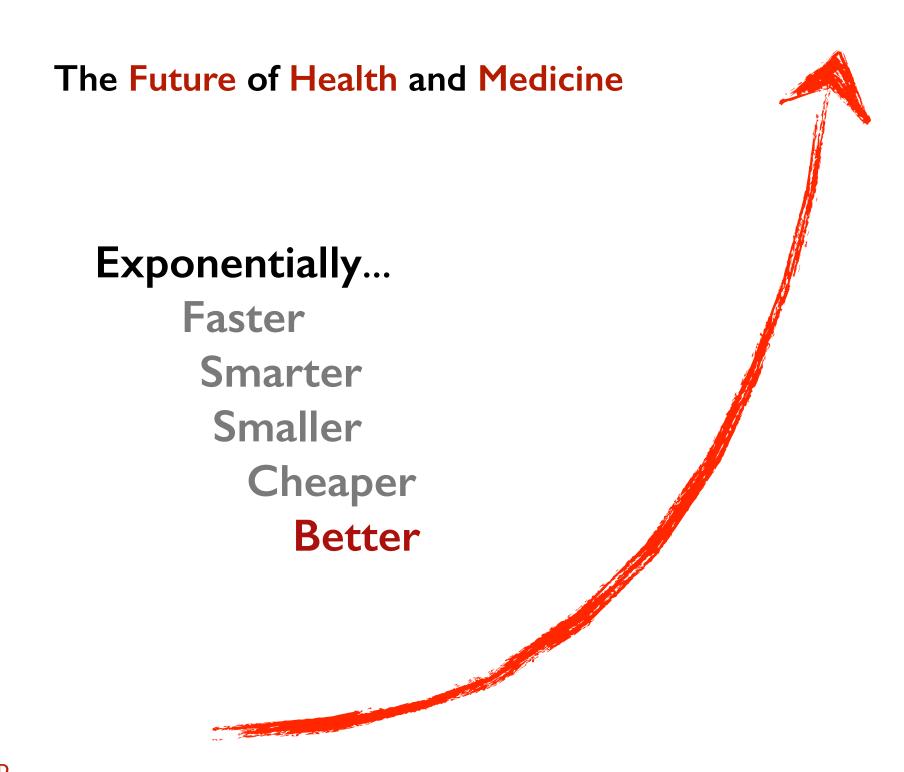
Executive Director Exponential Medicine



For a short online TEDTalk version of the Keynote to share with colleagues click on this link:

http://www.ted.com/talks/daniel_kraft_medicine_s_future.html



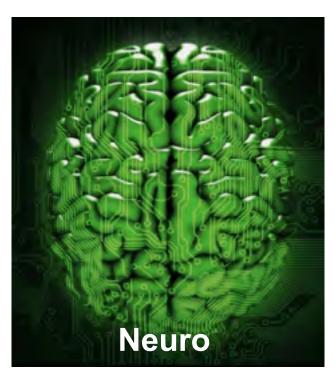














Daniel Kraft MD

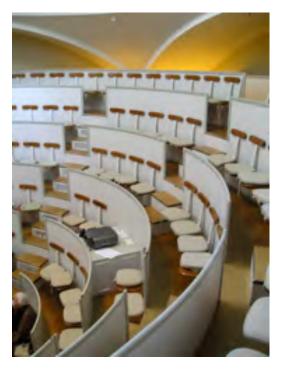
Has the Practice of Medicine Changed much in over 100 years?





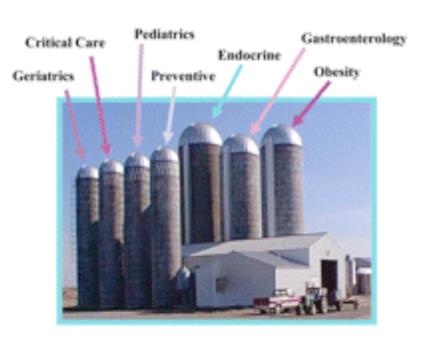






Silo'd Medicine







Old definitions and Divisions

Opthalmology

Otolaryngology

Oncology

Hematology

Urology

Neurology

Radiology

Gastroentrology

Cardiology

Hepatology

Plastics Dermatology

RE-IMAGINATION

THEN...

Dedicated Carnera / Manually Transfer Digital Files / Develop Films



THEN...



NOW...

(Instagr.am / Camera+ / Hipstamatic...) Always With You Camera (Smartphone) / Instant Digital Effects / Share / Sync / Discover



NOW... (Amazon Kindle / Apple iBooks)

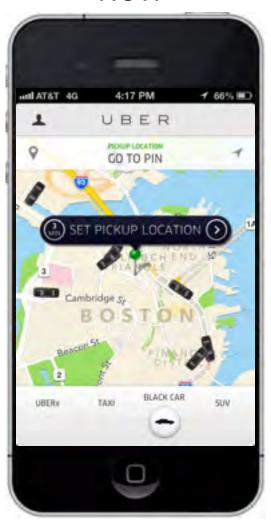


RE-IMAGINATION

THEN



NOW





Linear -> Exponential







1996
Market cap of \$28B
Revenue ~ \$16B
Employees 140,000

2012
Market cap
<\$100M
Revenue ~
\$6B
Employees
17,000

Facebook
Acquires
Instagram for \$1B

RE-IMAGINATION with PERSONAL GENOMICS



Mitochondrial DNA Haplotype genetics just got personal.

K1a1b1a

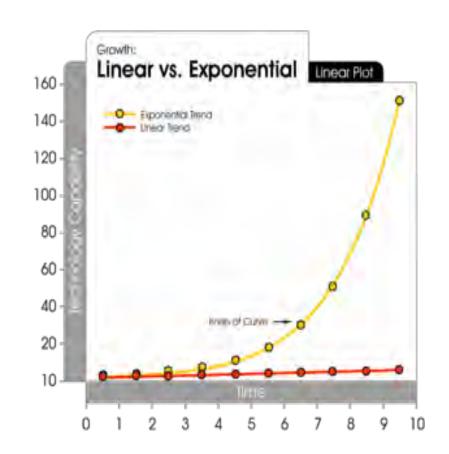




Leveraging Cross-Disciplinary

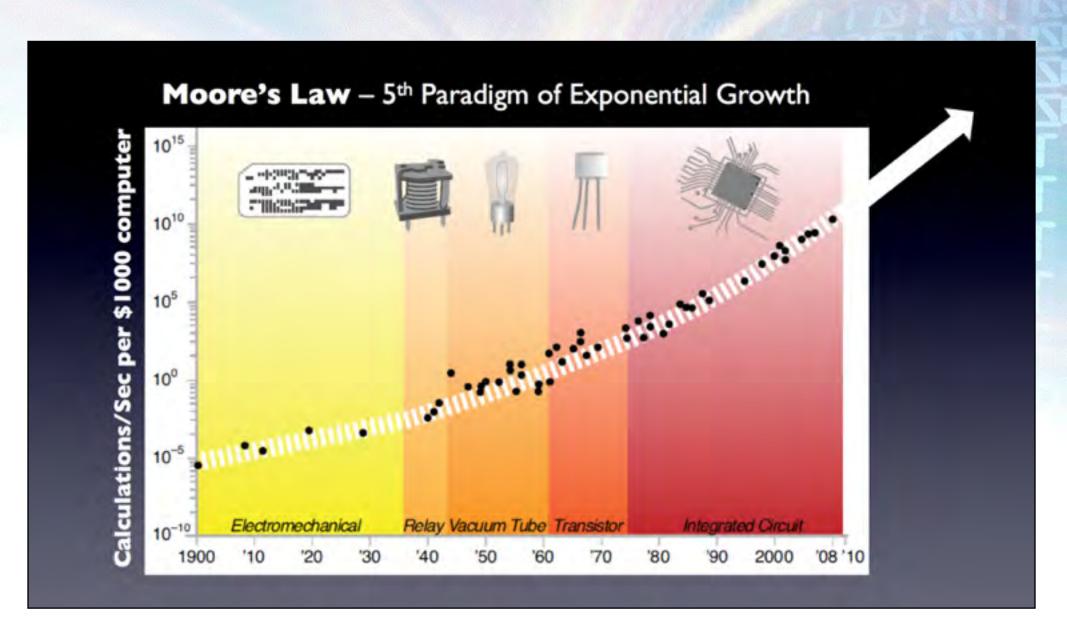
Exponentially Growing Technologies

- Low-Cost Gene Analysis
- Computational Bio-Informatics
- High resolution Imaging
- Artificial Intelligence
- Internet Connectivity
- Mobile
- Social Networking
- Online T-Shirt Ordering



EXPONENTIAL GROWTH &

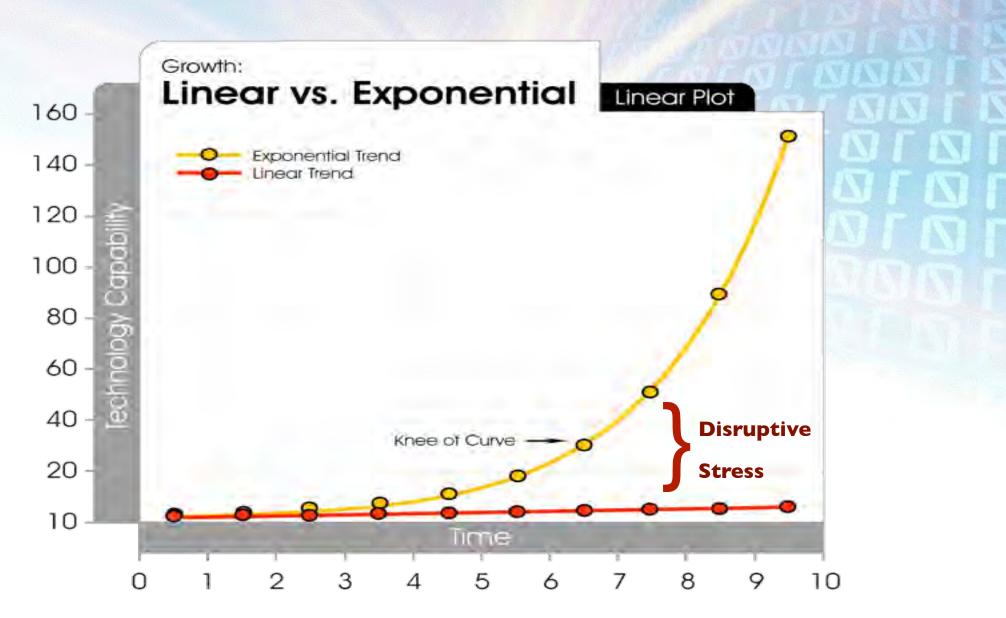
THE LAW OF ACCELERATING RETURNS



Credit: Ray Kurzweil and KurzweilAl.net

EXPONENTIAL GROWTH &

THE LAW OF ACCELERATING RETURNS



CONVERGENCE of Many Fast Moving Technologies

Mobile

Crowd Sourcing

Material Science

I.T.

Synthetic Biology

Privacy & Security

Big Data

Engagement

Robotics

Nanotech

Artificial Intelligence

Social Networking

Devices

Gaming

Computer Science

Networks & Computing

Apps

Telecom

3D Printing

Sensors

New Information Layers



Video

Internet of Things

Sensor Networks

Health Data

Quantified Self Data

Crowd Sourced Info

Location



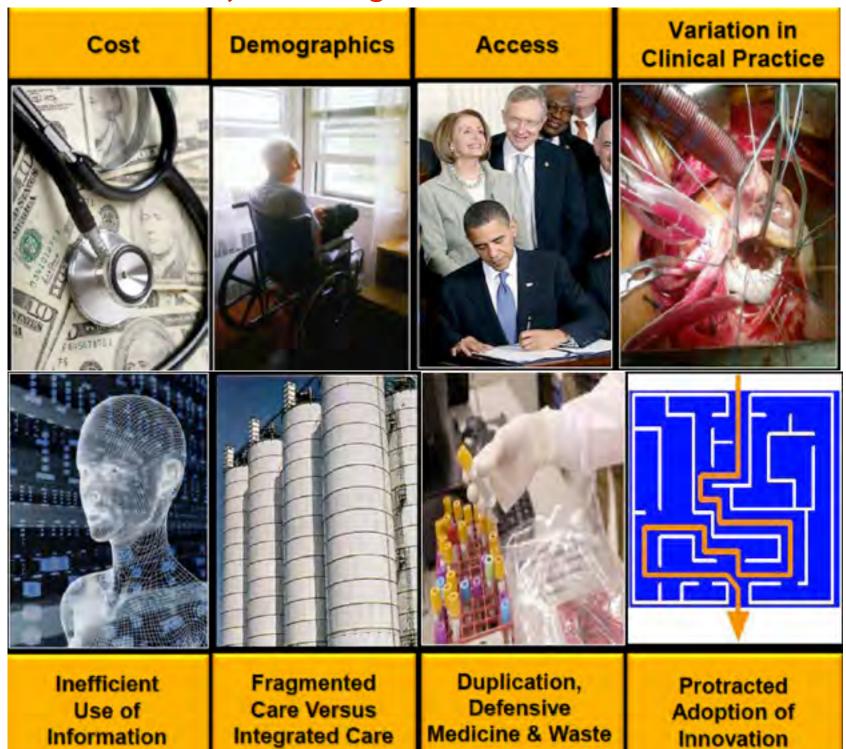
Social Profiles



HTML (text)

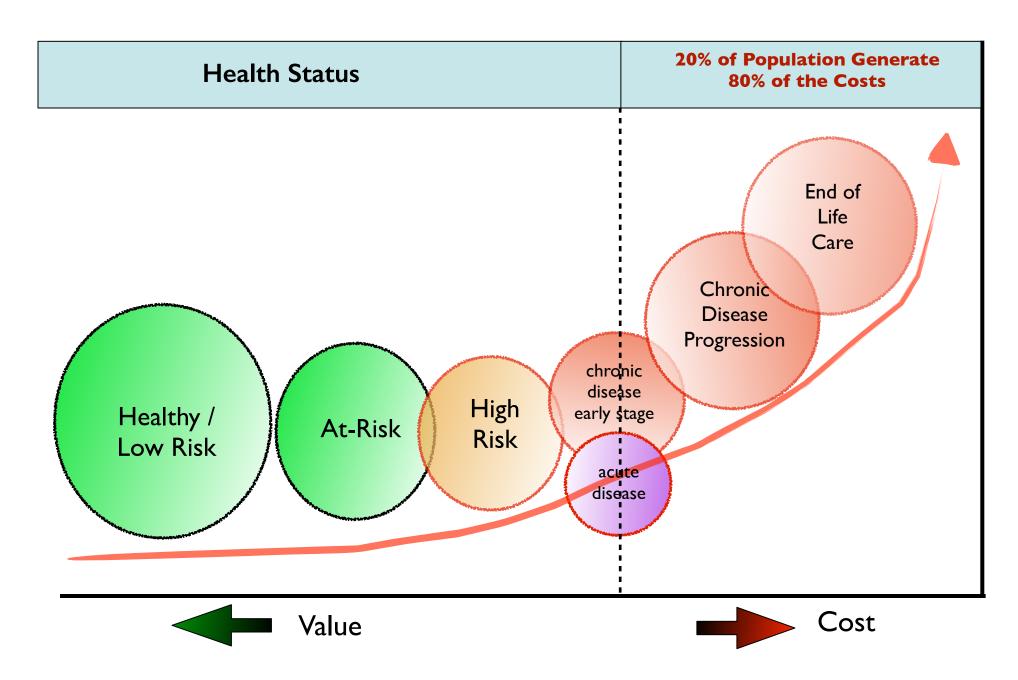


Major Challenges in Healthcare

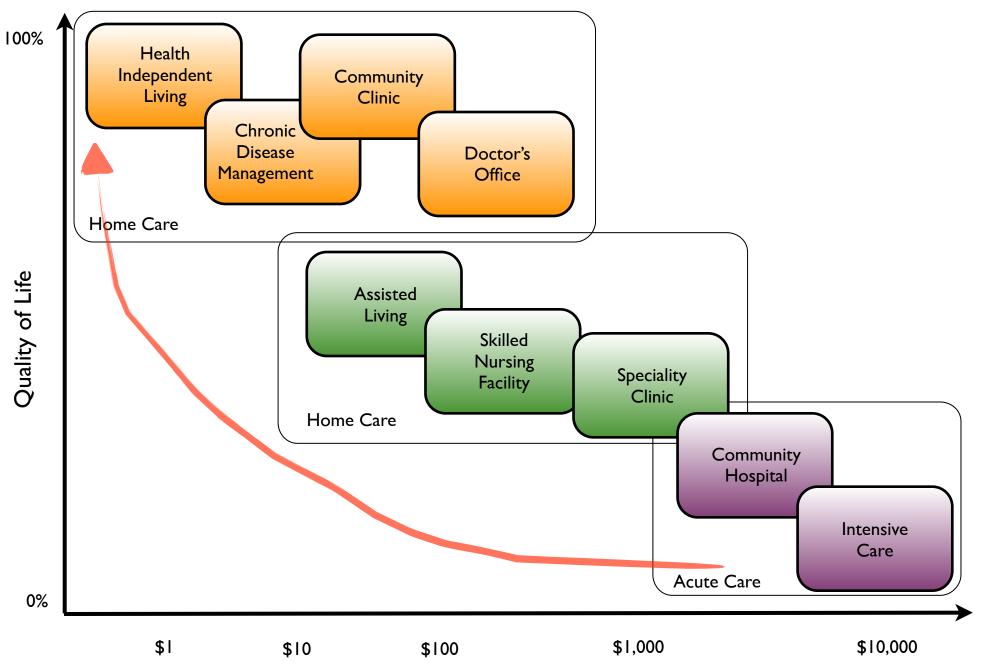


TRENDS: Moving to the Left

Benefits of Proactive Mitigation of Disease Risk



TRENDS: Where Healthcare Happens



New Players & Accelerators



















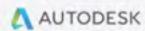


Singularity University's mission is to educate, inspire and empower leaders to apply exponential technologies to address humanity's grand challenges.



CORPORATE FOUNDERS























Understand and Leverage Fast Moving Technologies

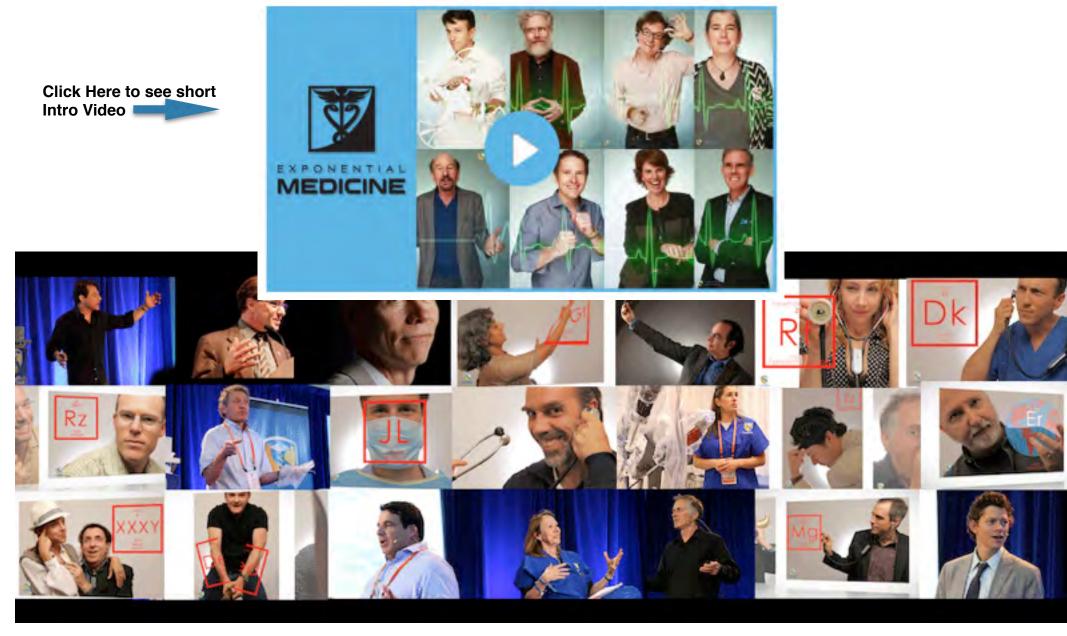
On the NASA Ames Research Park Campus in Silicon Valley

- -10 week Summer Graduate Studies Program
- -1 week **Executive Programs**
- -Custom 1-3 Day Corporate programs



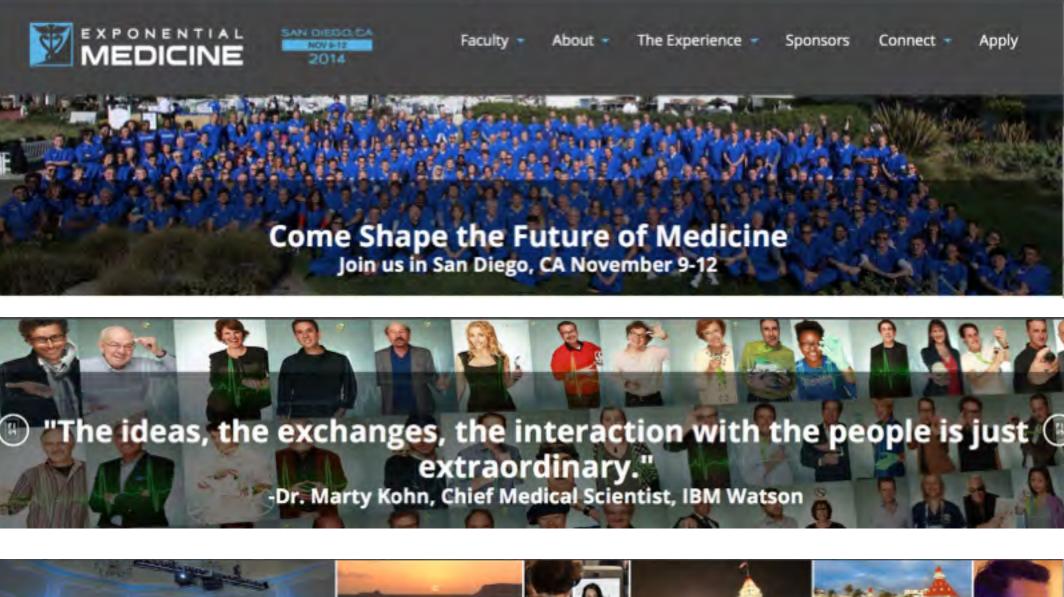


Singularity U.org



Exponential Medicine is a unique 4 day program bringing together thought leaders and innovators focused on understanding and leveraging fast moving technologies in Healthcare & BioMedicine

Exponential Medicine.com



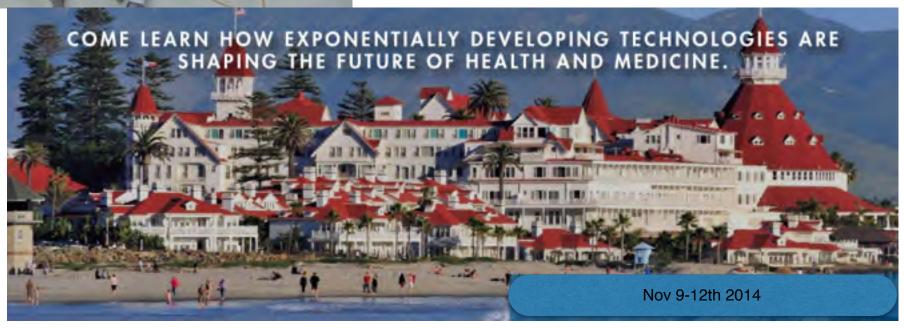




Next
Exponential
Medicine
Nov 9-11th
2014
Hotel Del Coronado,

San Diego





Apply Now to Participate: Spaces Limited ExponentialMedicine.com

Mobile Heath



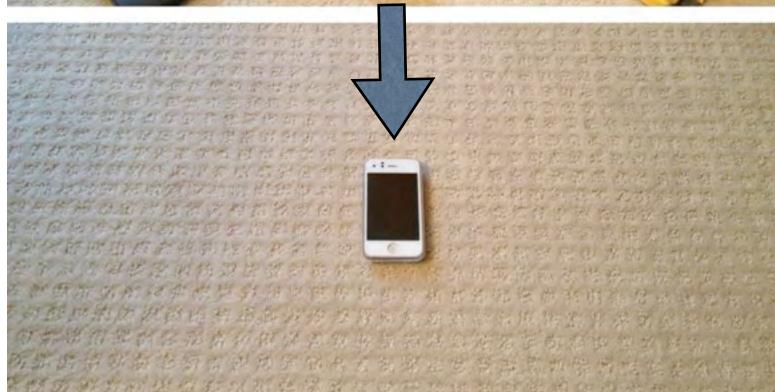












Health & Medical Apps

















iBGStar

Glucose Meter integrated with iPhone





Trend Chart



Statistics

Alerts



Plots glucose readings from the Scorecards over time.



At-a-glance view of glucose readings from Scorecards.



Displays averages, standard deviation, and total tests for glucose readings from Scorecards.



Provides hypo and hyper alerts when glucose readings are out of the normal range.

Cluster-Randomized Trial of a Mobile Phone Personalized Behavioral Intervention for Blood Glucose Control

CHARLENE C. QUINN, RN, PHD MICHELLE D. SHARDELL, PHD MICHAEL L. TERRIN, MD, MPH ERIK A. BARR, BA SHOSHANA H. BALLEW, BA ANN L. GRUBER-BALDINI, PHD

OBJECTIVE—To test whether adding mobile application coaching and patient/provider web portals to community primary care compared with standard diabetes management would reduce glycated hemoglobin levels in patients with type 2 diabetes.

RESEARCH DESIGN AND METHODS—A cluster-randomized clinical trial, the Mobile Diabetes Intervention Study, randomly assigned 26 primary care practices to one of three stepped treatment groups or a control group (usual care). A total of 163 patients were enrolled and included in analysis. The primary outcome was change in glycated hemoglobin levels over a I-year treatment period. Secondary outcomes were changes in patient-reported diabetes symptoms, diabetes distress, depression, and other clinical (blood pressure) and laboratory (lipid) values. Maximal treatment was a mobile- and web-based self-management patient coaching system and provider decision support. Patients received automated, real-time educational and behavioral messaging in response to individually analyzed blood glucose values, diabetes medications, and lifestyle behaviors communicated by mobile phone. Providers received quarterly reports summarizing patient's glycemic control, diabetes medication management, lifestyle behaviors, and evidence-based treatment options.

RESULTS—The mean declines in glycated hemoglobin were 1.9% in the maximal treatment group and 0.7% in the usual care group, a difference of 1.2% (P < 0.001) over 12 months. Appreciable differences were not observed between groups for patient-reported diabetes distress, depression, diabetes symptoms, or blood pressure and lipid levels (all P > 0.05).

CONCLUSIONS—The combination of behavioral mobile coaching with blood glucose data, lifestyle behaviors, and patient self-management data individually analyzed and presented with evidence-based guidelines to providers substantially reduced glycated hemoglobin levels over 1 year.

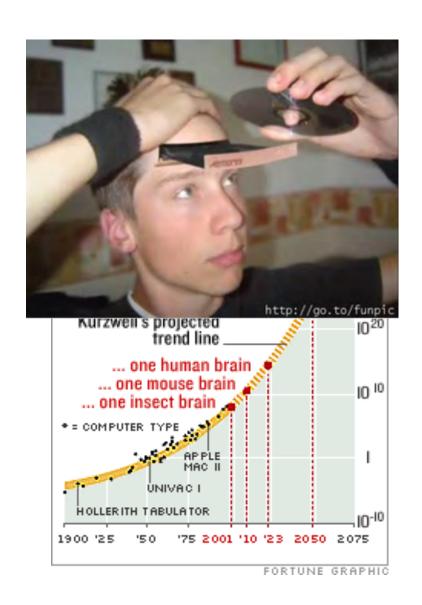
Diabetes Care 34:1934-1942, 2011

interventions to assist patients and PCPs (12–14). The Mobile Diabetes Intervention Study, reported here, evaluated a diabetes-coaching system, using mobile phones and patient/provider portals for patient-specific treatment and communication. The hypothesis tested was that mobile telephone feedback on self-management of blood glucose results and lifestyle and clinical management offered to patients with type 2 diabetes and their providers can reduce glycated hemoglobin levels over 1 year.

RESEARCH DESIGN AND METHODS

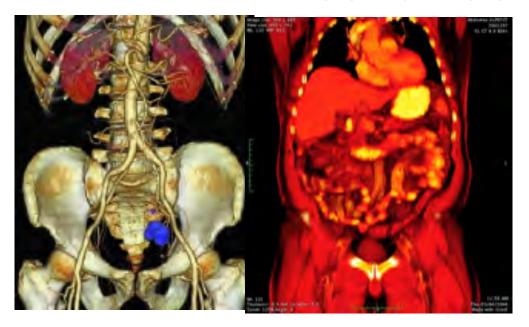
Eligibility and study design

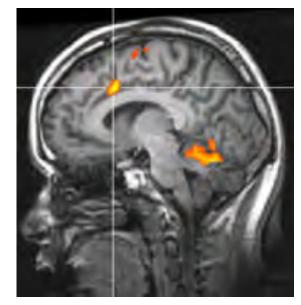
The Mobile Diabetes Intervention Study was a cluster-randomized clinical trial conducted in primary care practices in four distinct Maryland areas. Eligible practices included groups of at least three physicians without academic affiliation who provided diabetes care to at least 10% of their patients and were identified from a list of primary care practices in the study geographic areas. A detailed description of the study design was reported previously (13). Group assignment was concealed until a practice agreed to par-

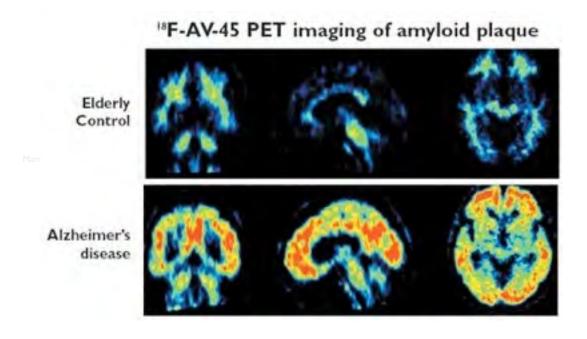




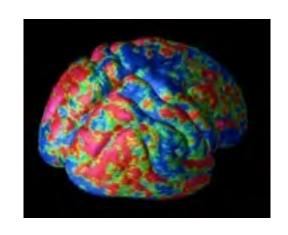
FASTER IMAGING: SPEED, RESOLUTION, RECONSTRUCTION...











Data Explosion

One Data Set, One Patient

Yesterday: 100 slices 512² pixels 50MB or 50 books

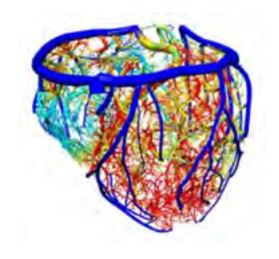


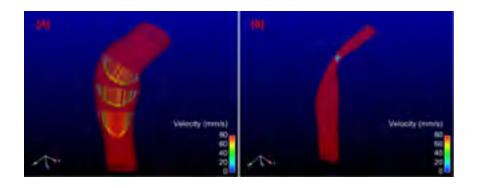


Today: 2400 slices 512² pixels
 20GB or 800 books

Tomorrow 1024³ voxels 100Hz, I Terrabyte or 800,000 books

VIRTUAL ANGIOGRAM



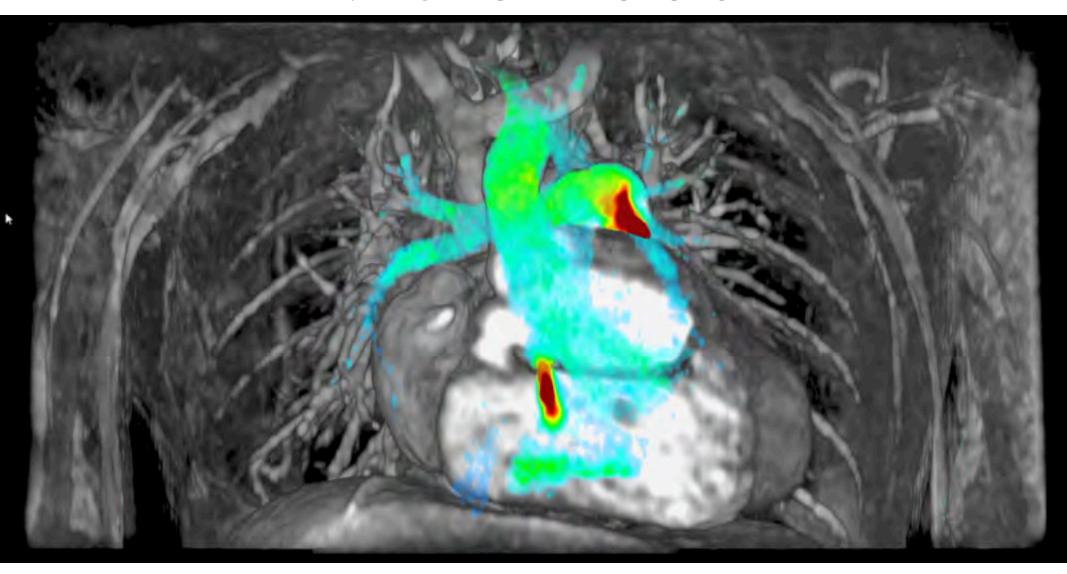








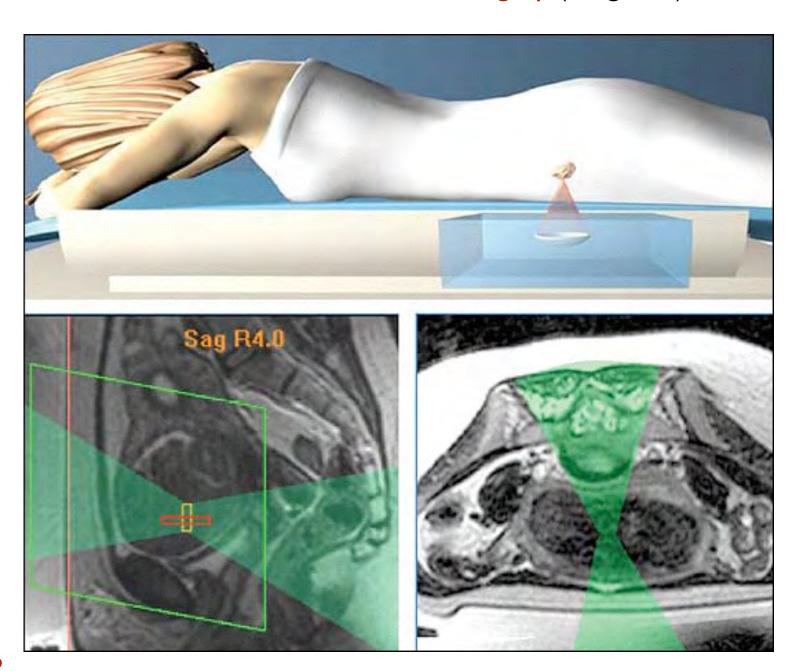
VIRTUAL CARDIAC ECHO



www.morpheus medical.net

CONVERGENCE

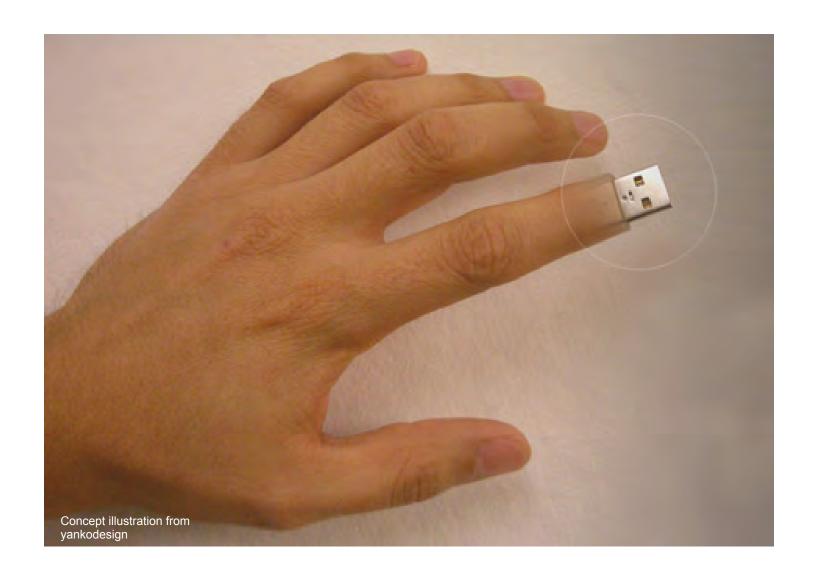
MR Guided Focused Ultrasound for Image Guided Robotic Acoustic Surgery (MRgFUS)

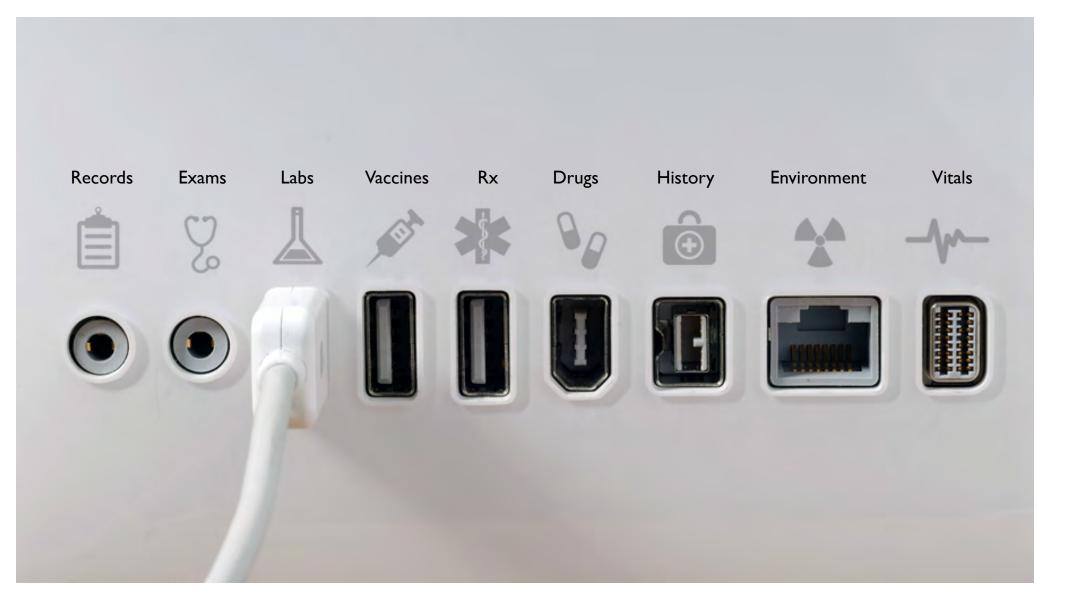


PARADIGM SHIFT: GOING DIGITAL...

Biomedicine + Information Technology + Wireless

mHealth: Digital - Mobile- Healthcare









AliveCor Mobile Connected Phone EKG









The AliveCor Heart Monitor is cleared by the FDA for sale in the U.S. to licensed medical professionals and prescribed patients to record, display, store, and transfer single-channel electrocardiogram (ECG) rhythms.









EyeNetra TEST CONNECT platform for eye care







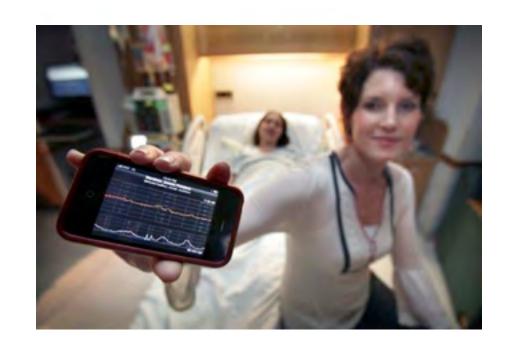




Medical Records Going Electronic







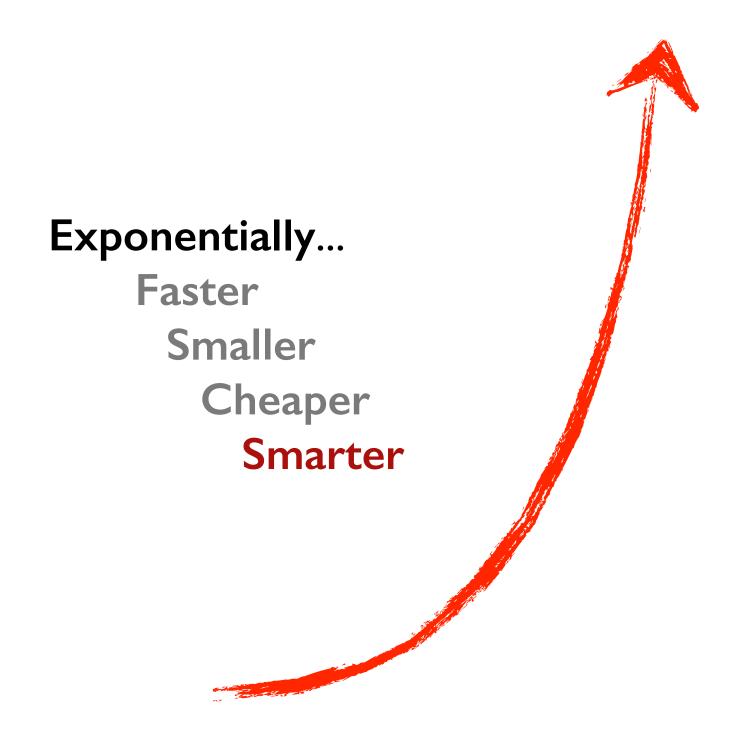
A \$35 Tablet...





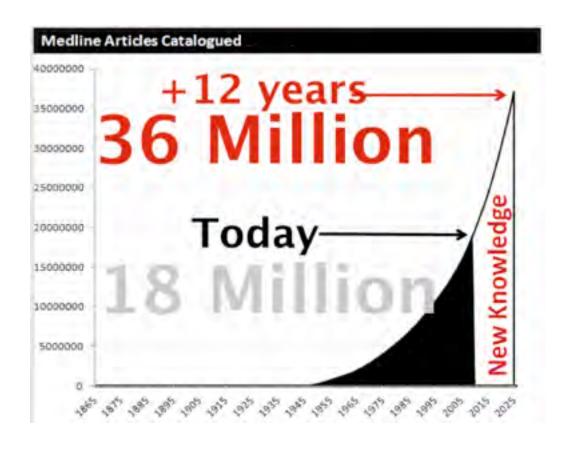
akashtablet.com





TMI: Too much information





"The complexity of modern medicine exceeds the capacity of the unaided human mind." David Eddy, MD



Artificial Intelligence...

Imagine when the Power of 'Watson' is Available as an Al Physician

IA... Intelligence Augmentation







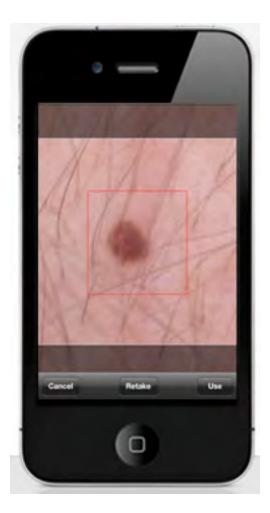


"In Brazil and India, machines are already starting to do primary care, because there's no labor to do it. They may be better than doctors. Mathematically, they will follow evidence—and they're much more likely to be right."

62 MARCH 2013 THE ATLANTIC

A.I. Machine Learning Based Apps: for helping diagnose dermatology issue (i.e. Melanoma)



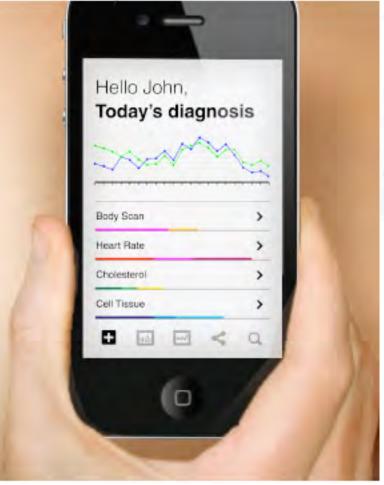






QUALCOMM TRICORDER PRIZE







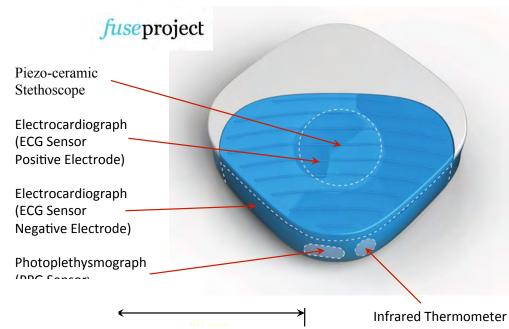
Artificial Intelligence Physician



Tricorder Team: Scanadu (started at Futuremed 2011)



Diamond Concept Device









Smart Point of Care Testing



Influenza Testing



Scanaflo - Urinalysis





Scanadu Scout, the first Medical Tricorder

A scanner packed with sensors designed to read your vital signs and send them wirelessly to your smartphone in a few seconds, any time, anywhere.

Technology - Mountain View, California, United States

browse •

Campaign Home

indiegogo

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Gallery / 10



\$1,176,754

Raised of \$100,000 Goal

1 27 days left

Flexible Funding campaign

CONTRIBUTE NOW ▶

This campaign will receive all of the funds contributed by Sat 20 Jul 11:59PM PT.

Select a Perk for your contribution

TeleMedicine & TelePharmacy Expanding Access with Virtual Visits



Using Mobile Devices to Enable Exams SmartphonePhysical.org



- **Body analysis** using an iHealth Scale.
- Blood pressure reading using a Withings BP Monitor.
- Oxygen saturation/pulse <u>Masimo iSpO2</u> placed on the finger.
- Visual acuity via an **EyeNetra** phone case.
- Optic disc visualization using a Welch Allyn iExaminer
- Ear drum visualization with a **CellScope** phone case.
- Lung function using a **SpiroSmart Spirometer** app
- •Heart electrophysiology using the AliveCor Heart Monitor.
- •Body sounds: A <u>digital stethoscope</u> from ThinkLabs
- Carotid artery visualization using a Mobisante probe.













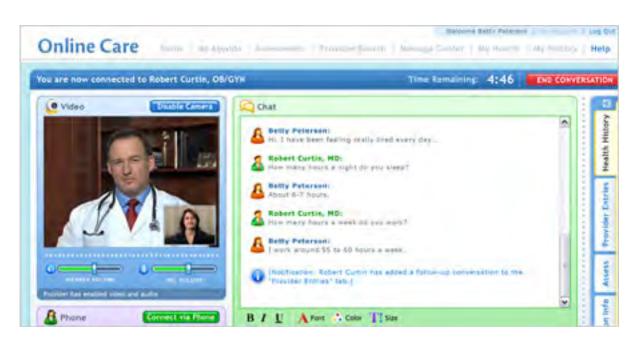


TeleMedicine & TelePharmacy Expanding Access with Virtual Visits





VIRTUAL VISITS & TELEMEDICINE via Tables/SmartPhones





AmericanWell.com



TelePresence: TeleRobotics







InTouch RP-7

Low Cost = \$1,500 and *Modular* Design











TelePresence MedSensation Glove:

2012 Singularity University Team Project led by Harvard Medical Student now funded and being developed



- Pressure
- Vibration
- Ultrasound



- Accelerometer
- Flow Sensor



- Thermometer
- Buzzer/Speaker
- Electronic Palpation
- · Galvanic skin conductance



- Camera
- · Heat Infrared Camera











SingularityU.org

VIRTUAL VISITS & TELEMEDICINE

The Digital Check Up







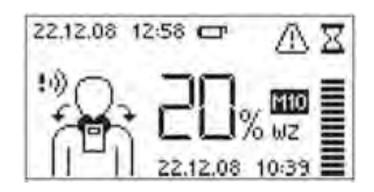
WIRFLESS HOME MONITORING



HFAITHWARF

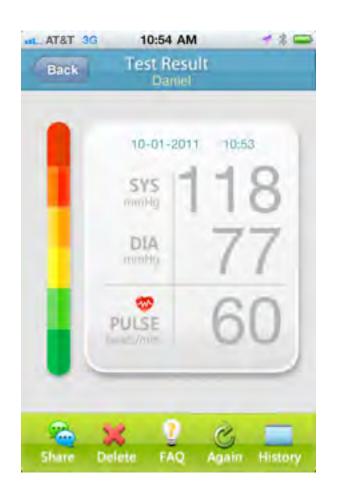
WheezoMeter...



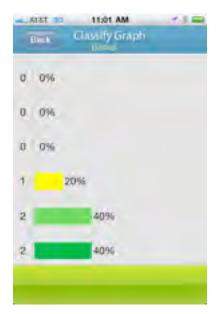




Connected Blood Pressure Cuff











Prescribing Apps...



Wearable Computing / Body Computing









Today











Quantitative storytelling















Commercial health sensors









- 1. Pocketfinder personal GPS locator
- 2. Tagg GPS dog tracker
- 3. Fitbit One and Zip physical activity sensors
- 4. <u>iPING</u> personal putting coach and app
- Wahoo Fitness bluetooth heart rate strap
- Scosche Rhythm heart rate monitor armband
- Jawbone Up physical activity and sleep sensor
- Pear Training heart rate monitor and training app
- 9. Adidas MiCoach bluetooth heart rate monito
- Adidas MiCoach Speed Cell activity sensor
- 11. Nike+ sports sensor
- 12.Nike+ Fuelband physical activity sensor
- 13. Withings baby monitor
- 14. Philips in. Sight wireless baby monitor
- 15.IZON Wireless Camera -
- 16.Philips in.Sight wireless camera
- 17.Lark sleep sensor wristband
- 18.Lark Life physical activity and sleep sensor
- 19.iBGStar_blood glucose sensor
- 20. iHealth wireless blood pressure wrist monito
- 21. Withings blood pressure monitor
- 22. Withings wireless scale

Sensor Evolution



Sensors 2.0

sensor integration with web; sharing and accessing data



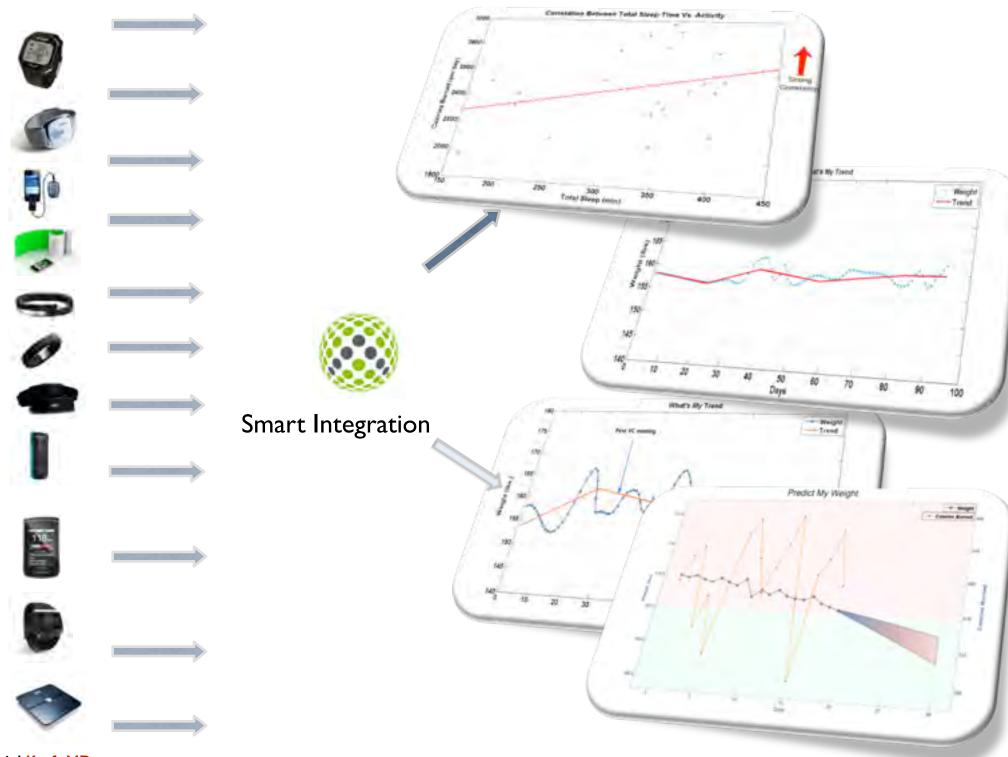
Sensors 3.0

passive data gathering, aggregation and meaningful interpretation

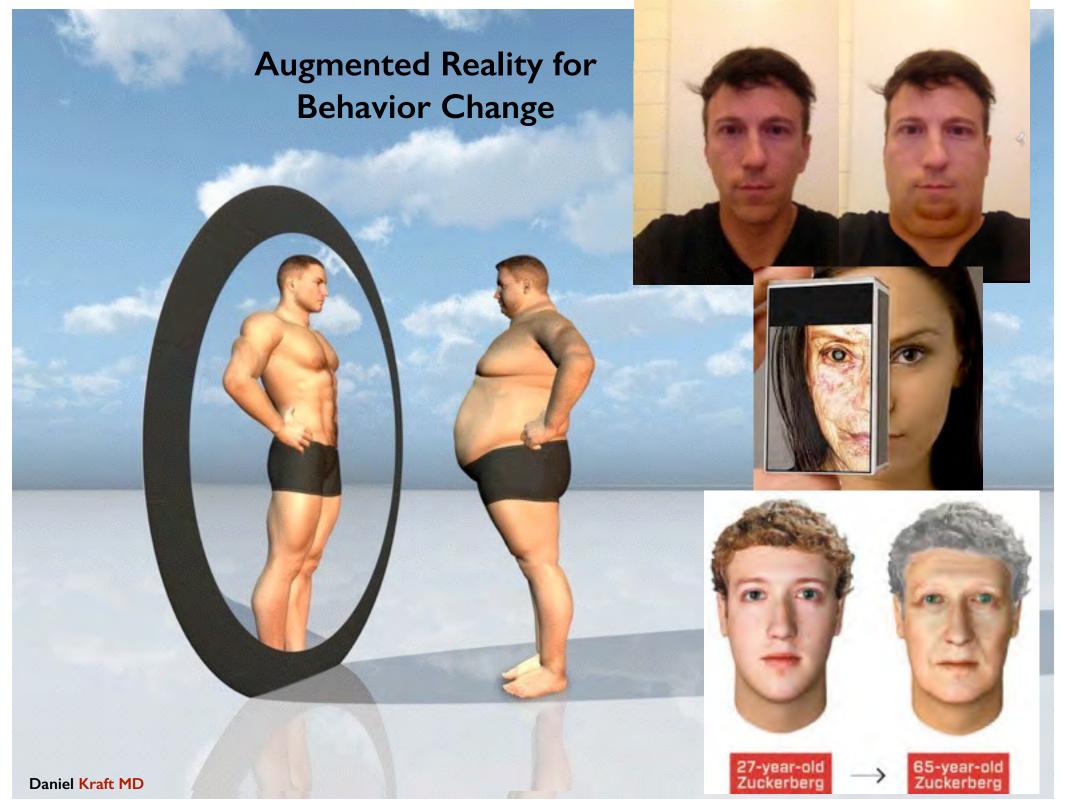


Sensors 1.0

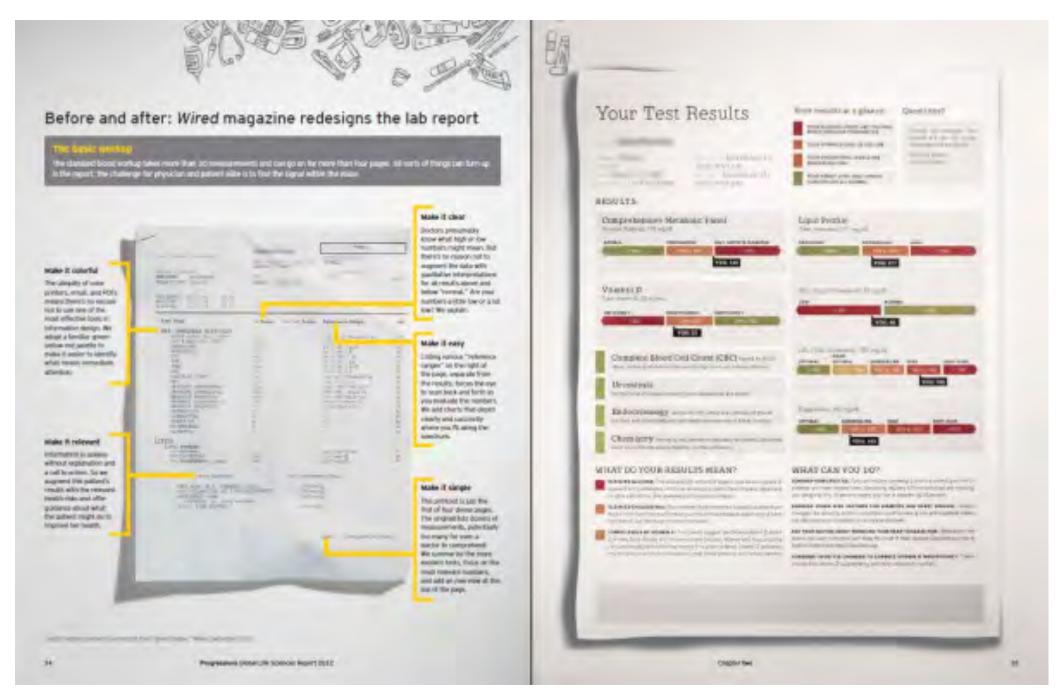
ability to measure and record signal



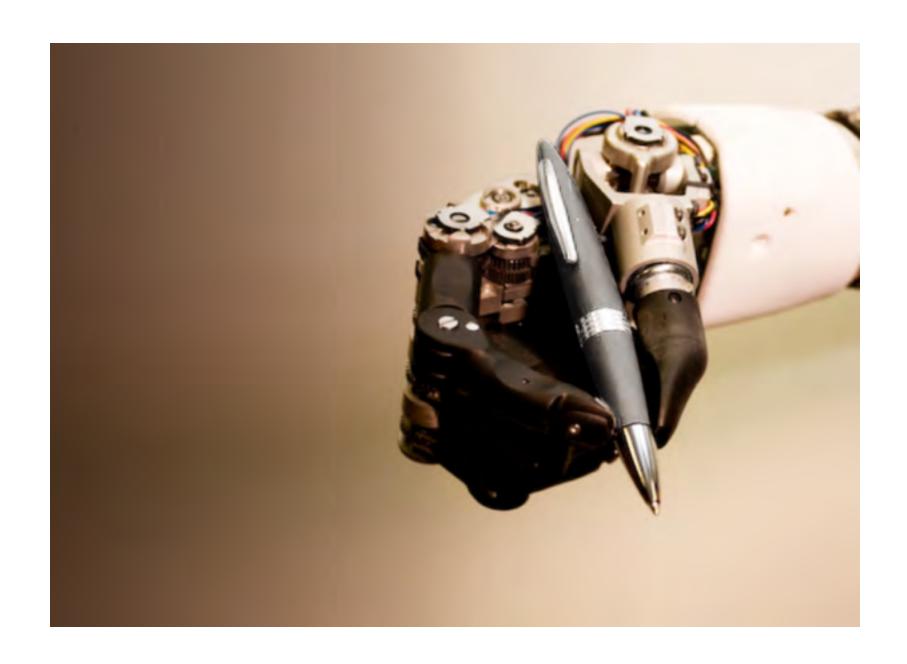




DESIGN THINGING / Re-IMAGINE LAB REPORTS

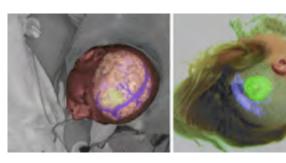


ROBOTICS / ENABLING THE SURGEON

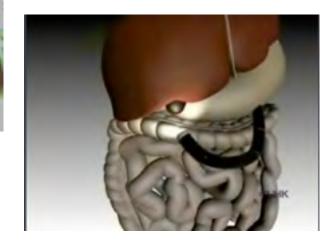


ROBOTIC SURGERY







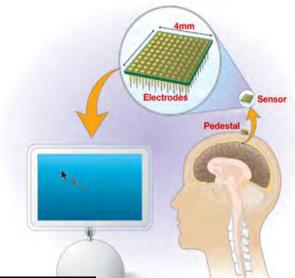


- Augmented Reality
- Decision Support
- •Remote Mentoring
- Scarless surgery





BRAIN-COMPUTER INTERFACE (B.C.I.)







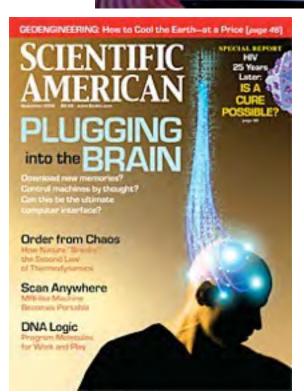
- Chip on Motor Cortex
- Clinical trials underway in quadraplegics



Consumer BCI Devices









INTEGRATIONBrain to Bionics



Dean Kamen





Daniel Kraft MD

"Exoskeletons Will Be the Eyeglasses of the 21st Century"

Discover Magazine January 2012

"Exoskeletons Will Replace the Wheelchair" Bigthink.com - January 2012



Exponentially

Faster

Smaller

Cheaper

Better

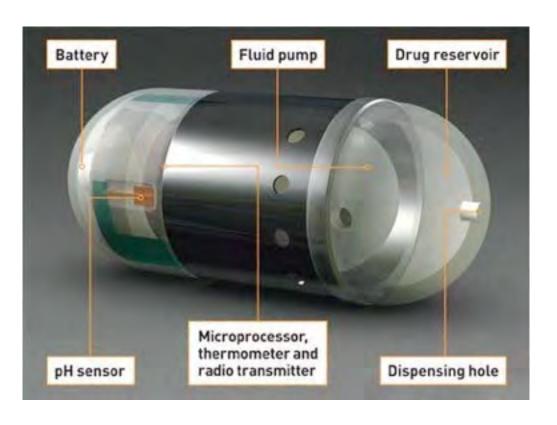




FANTASTIC VOYAGE

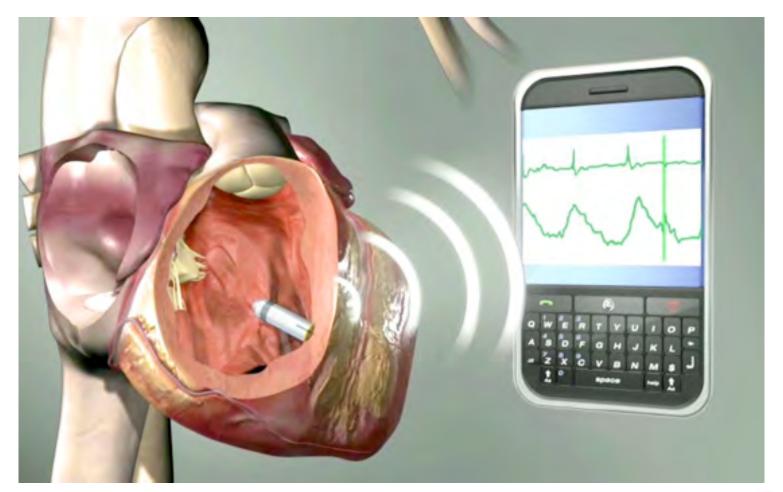


iPill.... Diagnosis and Rx



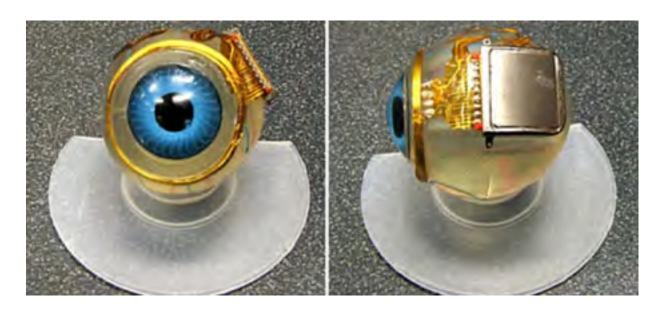






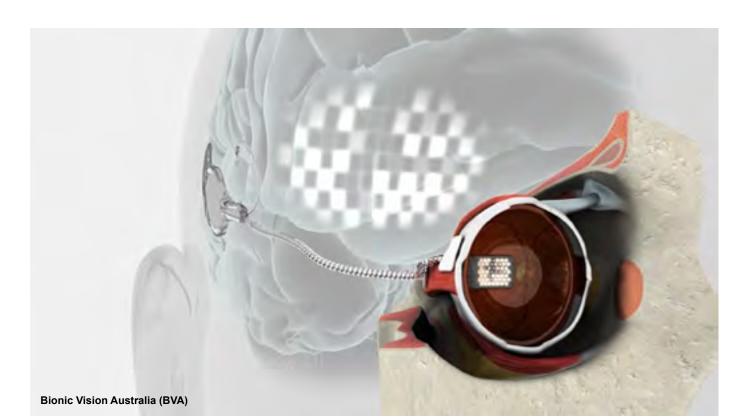


BCI: Retinal Implants



'I've dreamed in colour for the first time in 20 years': Blind British man can see again after first successful implant of 'bionic' eye microchips

May 2012



Google Glass to stream Internet straight to eyeballs...





Behind the Google Goggles, Virtual Reality

By <u>NICK BILTON</u> Published: February 22, 2012







Google Glass Healthcare Applications





Lessons from AVIATION applied to HEALTHCARE











Daniel Kraft MD

Cockpits: Analog to Digital



JOHNS HOPKINS COLLABORATES WITH LOCKHEED MARTIN TO BUILD NEXT-GENERATION INTENSIVE CARE UNIT

Systems Integration, Virtual Simulation to Guide Study of Complex Health Care Setting













CheckLists







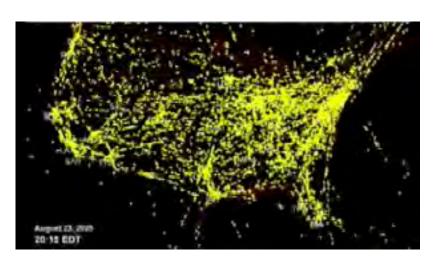
Simulation

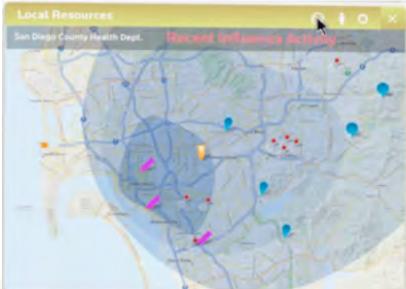






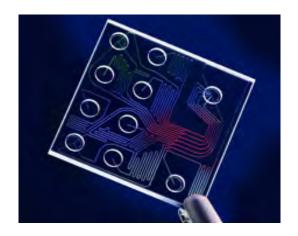
Air Traffic Control

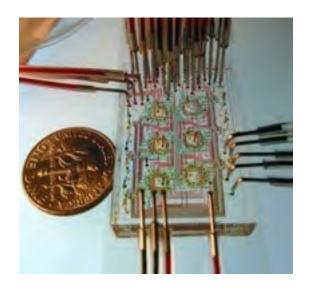




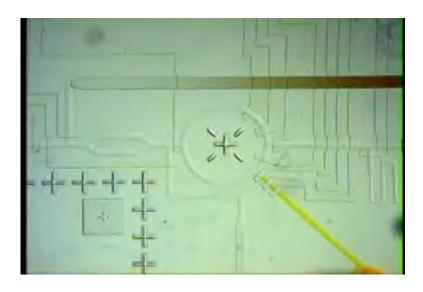


LAB ON A CHIP





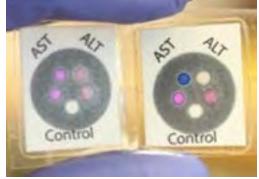
Quake lab, Stanford









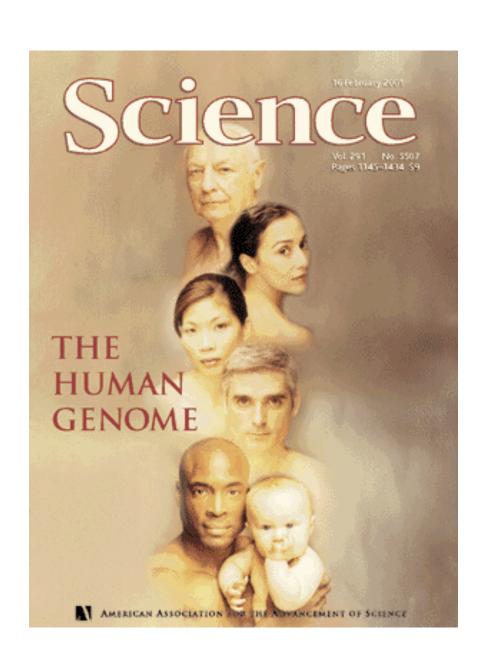




George Whitesides Lab, Harvard

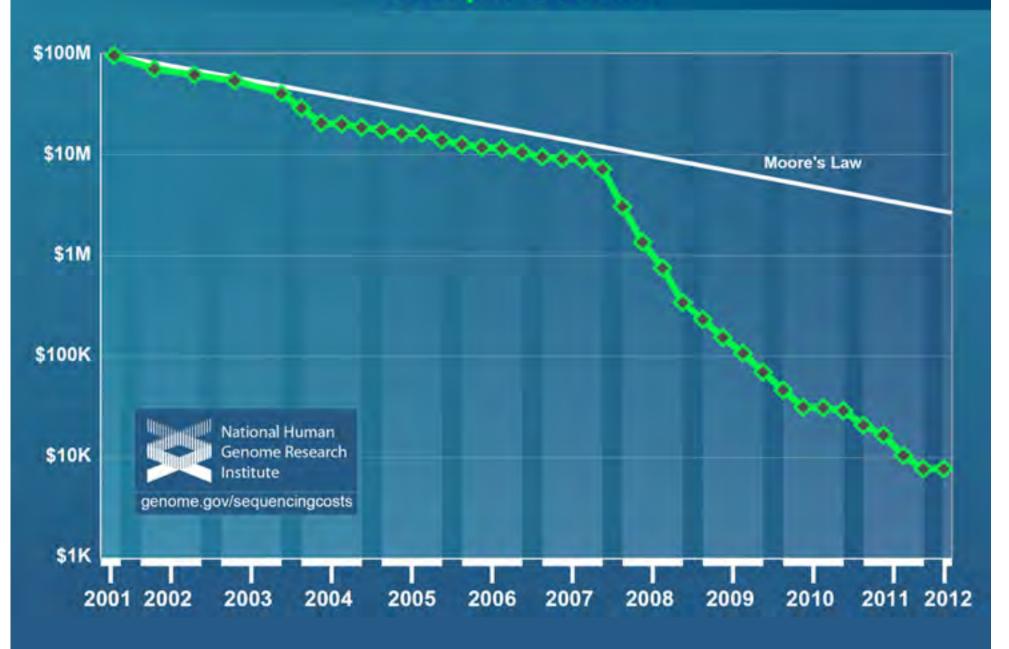
Digital Checkup from Anywhere...



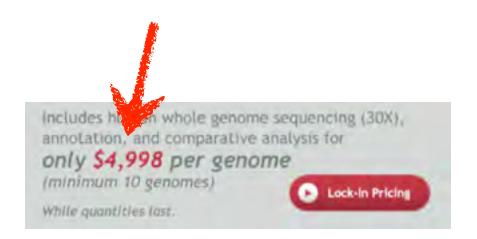


Exponentially
Faster
Smaller
Cheaper
Better

Cost per Genome



Human Whole Genome Sequencing & Functional Interpretation





Knome delivers your data on a secure hard drive. Just click to access raw reads, queriable annotated genomes, candidate shortlists, and powerful software tools.



\$100 Genome....by 2015?



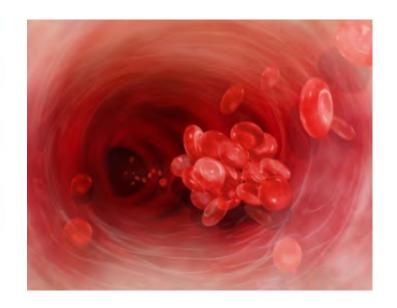




PharmacoGenomics

Your Genetic Data

Who	What It Means	
	Substantially increased warfarin sensitivity. May require greatly decreased warfarin dose.	
	Increased warfarin sensitivity. May require decreased warfarin dose.	
Greg Mendel (Dad)	Slightly increased warfarin sensitivity. May require decreased warfarin dose.	
Daniel Kraft Lilly Mendel (Mom)	Typical warfarin sensitivity.	

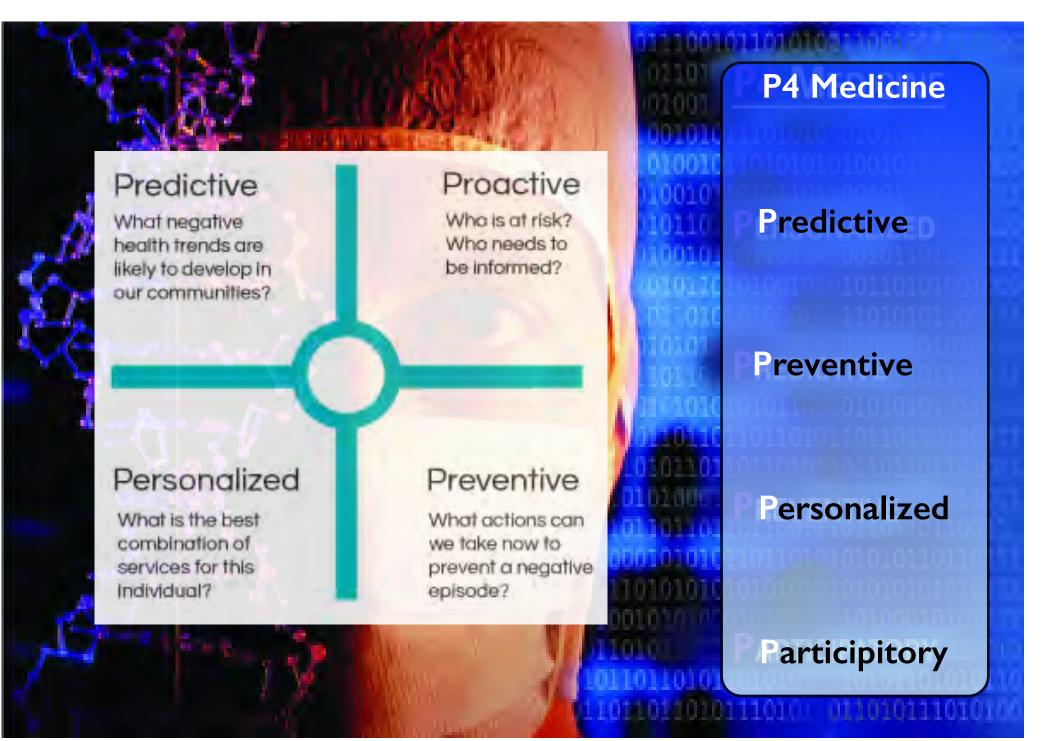


Show genotypes for: Daniel Kraft



SNP	Genotype	Combination	Result
rs1799853	CC	CYP2C9 *1/*1, VKORC1 -1639/3673 GG	Typical warfarin sensitivity.
rs1057910	AA		
rs9923231	CC		





Participatory:

The Engaged Empowered Patient & Community



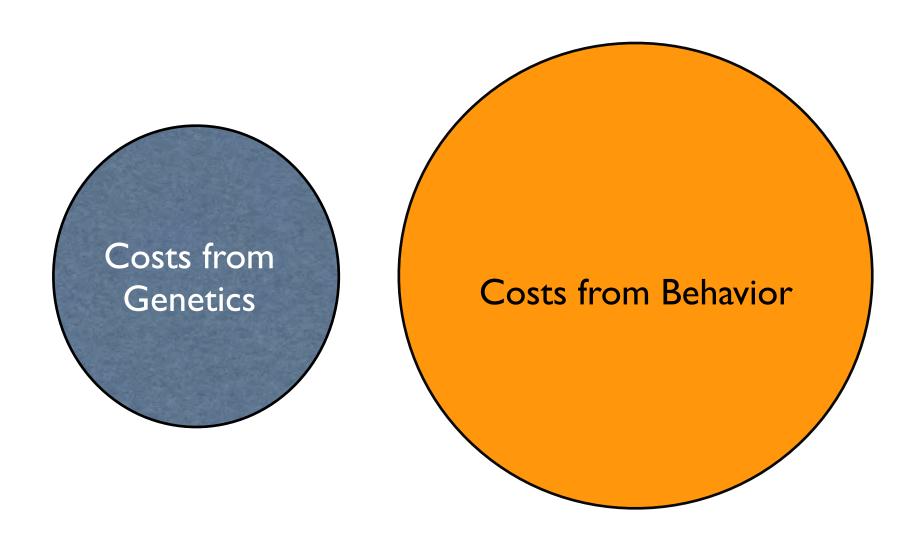


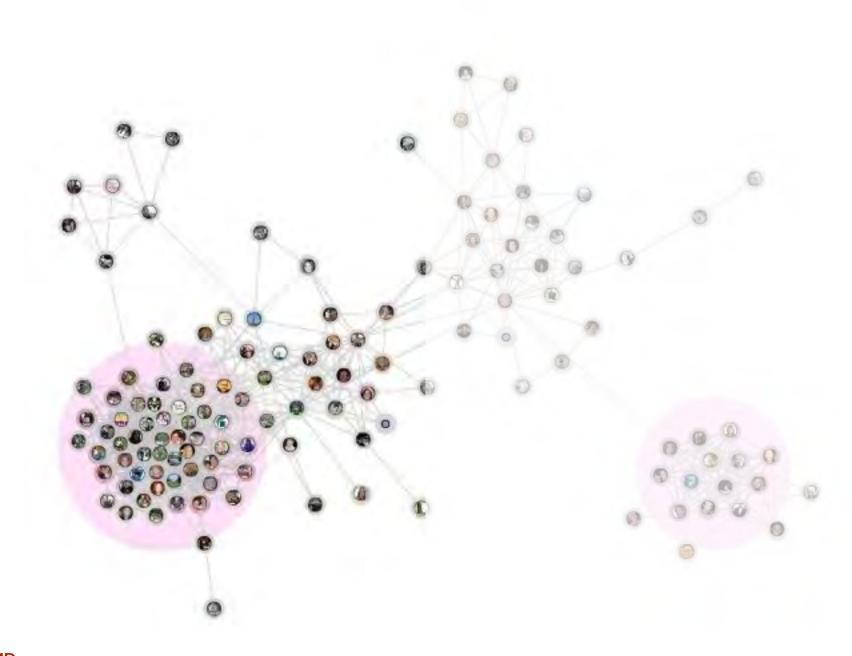




US Healthcare Costs

Are 2.4 Trillion Annually











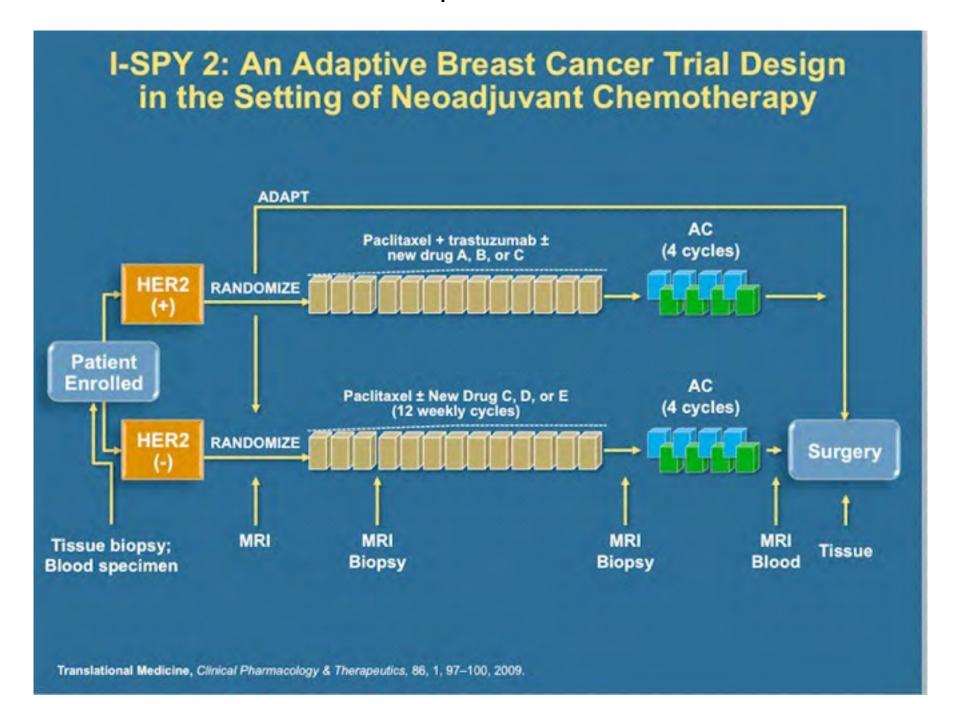


Give thanks. Give life.



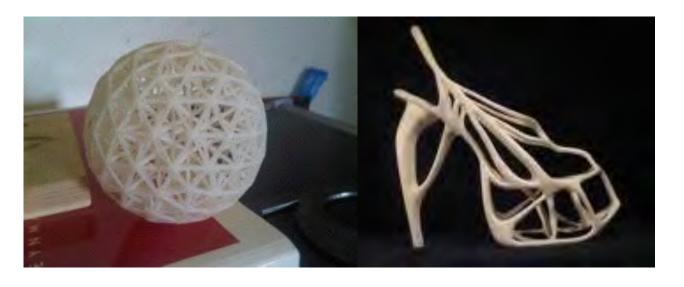
Adaptive Clinical Trials Design

Faster, Cheaper, Smarter...



3D Printing / Digital Fabrication







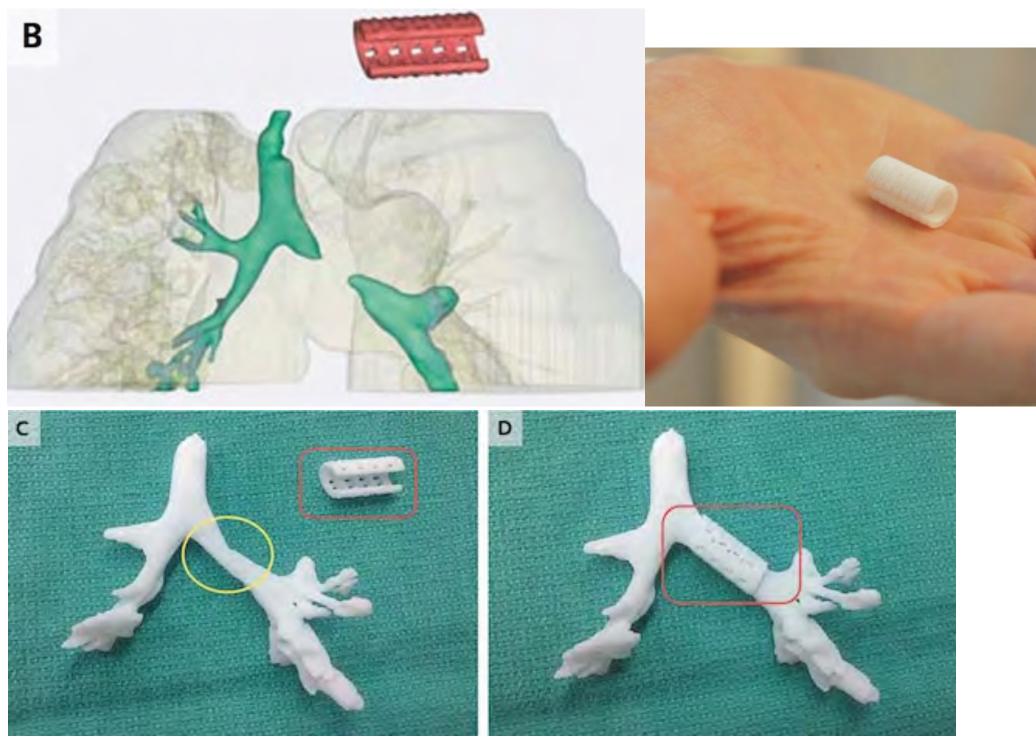






3D Printed Patient Specific Prosthetics





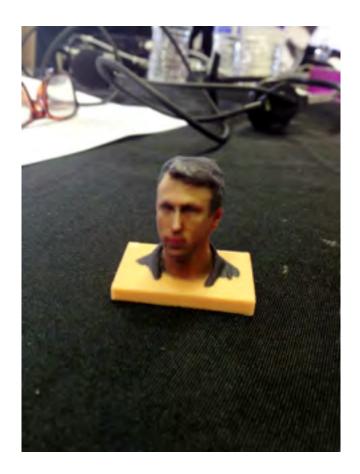
Daniel Kraft MD











How a 3D printer gave a man his face - and his life - back

Richard Gray April 01, 2013



Eric Moger has a partial prosthetic face after suffering from face cancer. Photo: Supplied: Geoff Pugh

3D printed ear binds biology with electronics

PRINCETON (US) —

Using 3D printing tools, scientists have created a functional ear that can "hear" radio frequencies far beyond the range of normal human capability.



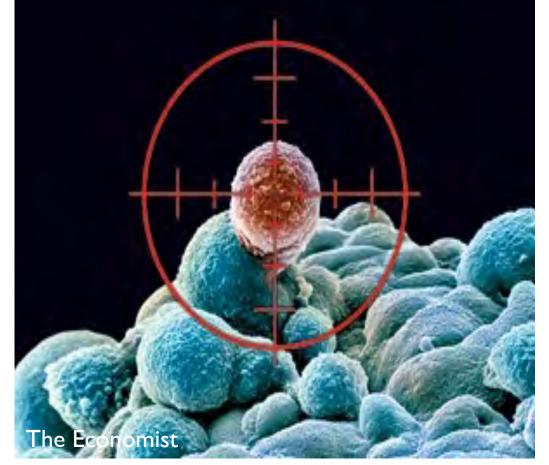


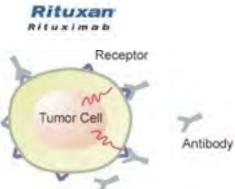


Princeton scientists used 3D printing to create a "bionic ear" made up of a coil antenna and cartilage, demonstrating an efficient method of merging electronics with tissue. (Credit: Frank Wojciechowski)

TARGETED MOLECULAR & GENETIC THERAPY







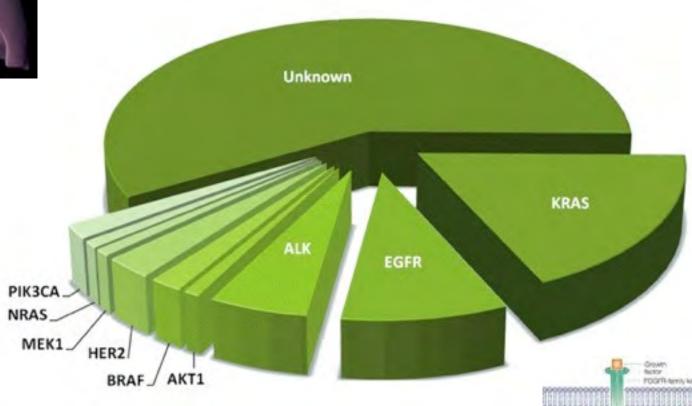




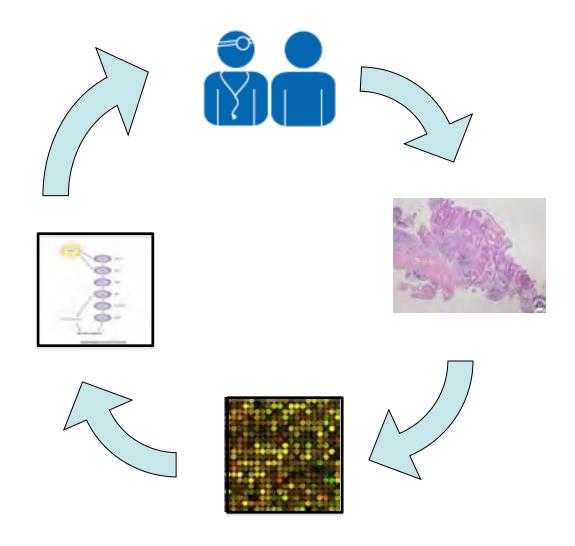


Lung Cancer = 1000s of sub types





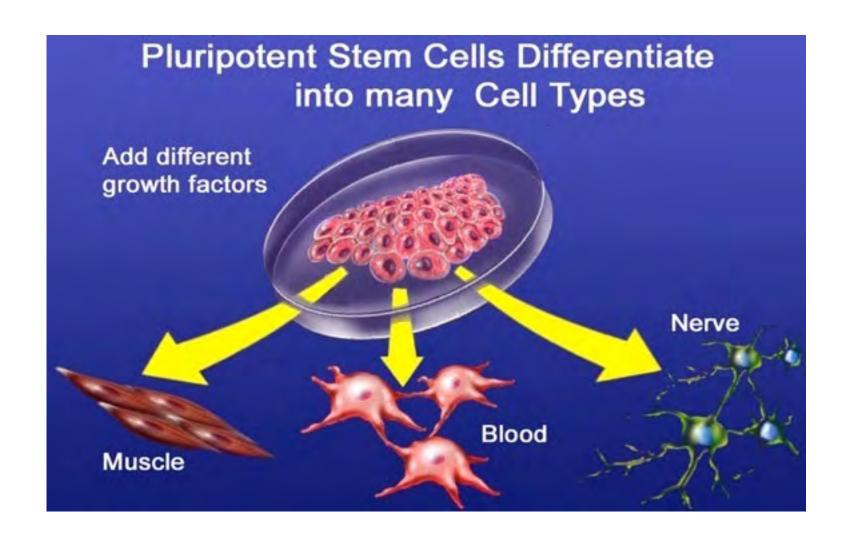
PERSONALIZED ONCOLOGY





REGENERATIVE MEDICINE

Repair, Replace & Regenerate Aged, Diseased & Damaged Tissues



INDUCED PLURIPOTENT STEM CELLS (iPS)

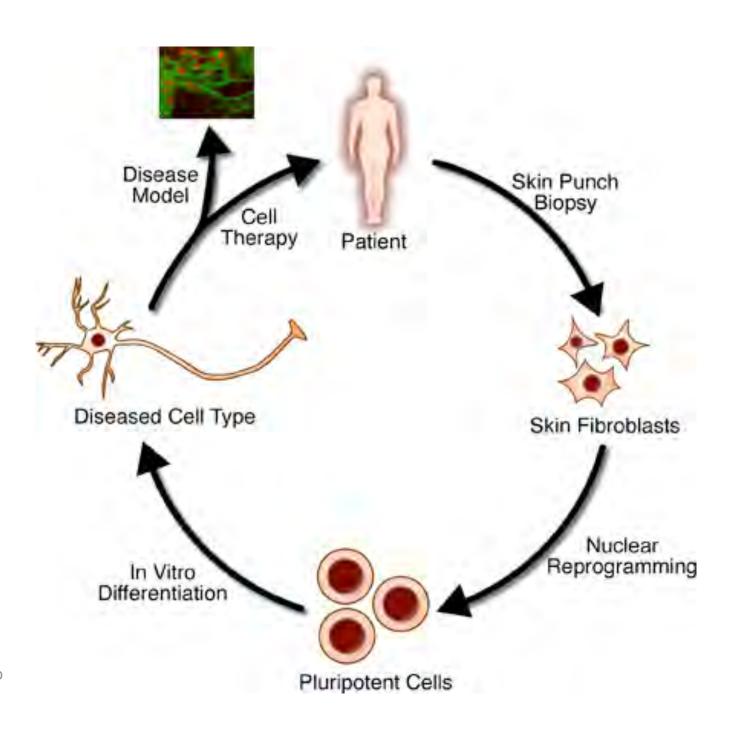


Figure: Kit Rudolfo StemBook.org

Tissue Engineering: First Synthetic Trachea 2011





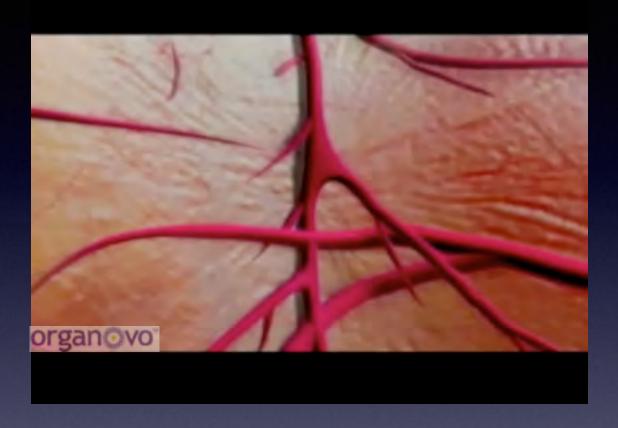




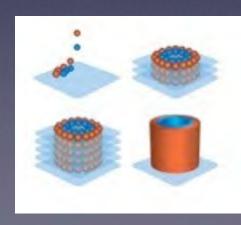


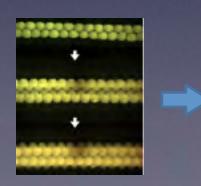


3D Organ Printing



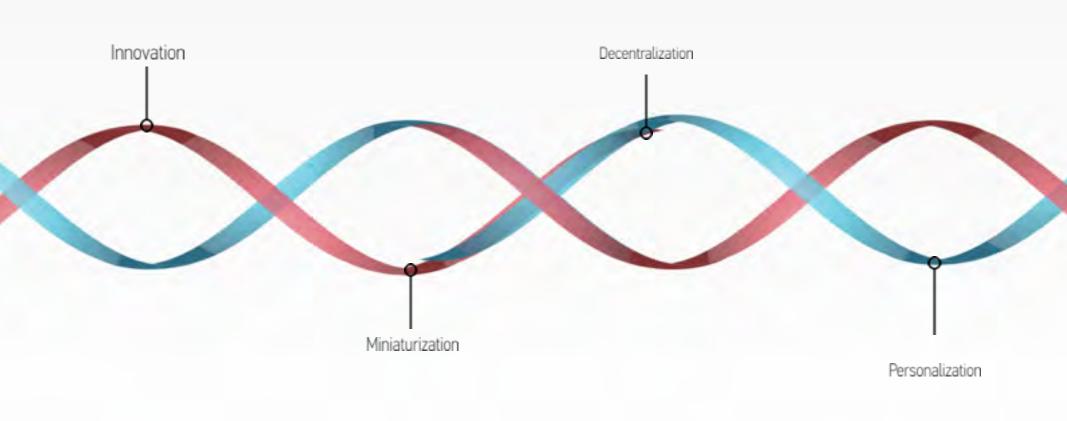








Exponential Trends



PAST: HEALTH DATA

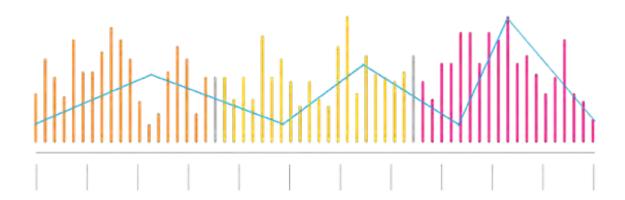


Patient care, measurements are mostly EPISODIC & REACTIVE ...

FUTURE: HEALTH DATA



... when they need to be CONTINUOUS & PROACTIVE



Innovation Perspective

- Identify, Predict and Track Exponentials
- Look for Convergence & New Synergies
- Disruptive Technologies Emergence
- Leverage and Connect
- Plan for the 2,4, 8, 16, 32x

You are here...

Innovation Perspective

- Identify, Predict and Track Exponentials
- Look for Convergence & New Synergies
- Disruptive Technologies Emergence
- Leverage and Connect
- Plan for the 2,4, 8, 16, 32x

Go to where the puck is heading...

FAST MOVING, CONVERGENT TECHNOLOGIES

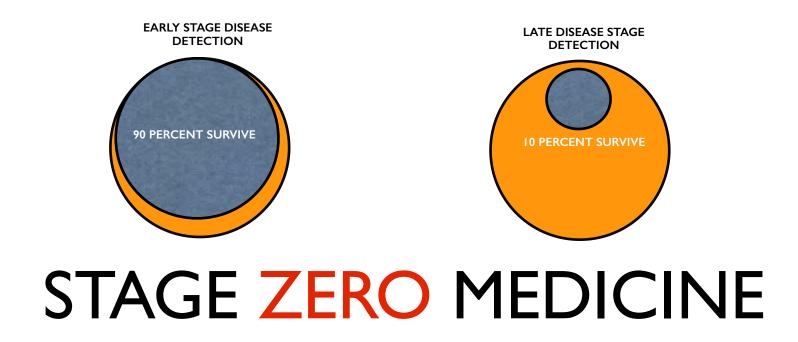






- EMPOWERING THE PATIENT
- ENABLING THE CLINICIAN
- IMPROVE OUTCOMES, CLINICAL TRIALS
- COMPLIANCE, COMMUNICATION, FEEDBACK
- ENHANCING WELLNESS & IMPROVE Rx
- RE-IMAGINE PHARMA & REGULATORY

THE FUTURE OF HEALTH



The Future Is Already Here... Its Just Not Evenly Distributed...

The Best Way to Predict the Future...

Is to Create It... Alan Kay

Thanks





Contact Me: <u>Daniel.Kraft@SingularityU.org</u>



ExponentialMedicine.com
SingularityU.org



Resources

- Exponential Medicine Faculty Videos:
 http://exponential.singularityu.org/medicine/videos/
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