From ER Physician to AI Innovator: My Journey in Healthcare AI Transcript

(Transcripts are generated by AI and may contain errors)

Opening and Guest Introduction

This morning we are joined by one author who has a new book to help guide you with these steps to grasp your confidence and own your power. I love that.

Look around the room. You'll see that you're not so alone after all and that unconfidence could look like any of us. and maybe your whole life you have been told that the best wins, but I'm telling you right now that The Best Known will win.

Hello everyone, we are live in LinkedIn land, Facebook land. I think Twitterland. I don't even know where else I have this going on right now. And then this airs as a podcast as well on podcast land.

So let us know in the comments where you're listening from what city, what state, country. We love hearing from people from all over the world. and I like to know that the messages we put out on this show are actually inspiring and changing your life.

That's enough about me. You hear from me all the time. I want you to hear for my next guest today, Dr. Harvey Castro. Hello, my friend. Welcome to the show.

Well, thank you for having me, I really appreciate it and fun to be here. Yeah, you have a lot going on. you've got books. You have an MBA, you are into AI and tech and, but also true crime.

That was an interesting thing I learned about you before the show. Maybe we'll get into that. But you're into all of these amazing things. And I just want to hear more about your and your story.

Harvey Castro's Background and AI Origin Story

So would you mind sharing a little bit about yourself? Yeah. My name is Dr. Harvey Castro. I'm an ER board certified physician now for over 20 years, which sounds crazy to me.

Um, and I really obviously love technology and, um, a little bit about me that the skinny is I literally, uh, anytime I see anything that I feel like it's a pain point, I try to solve.

Uh, And then not only do I just try solve, tend to take things to the next level. Just a quick background about, me I'm the first person in the world to write a book on chat GPT and healthcare back in 2022. Uh, when the first iPhone came out, I was the person to do an app called Ivy meds that, uh, gave solutions to doctors with three taps on their phone.

And so I'm kind of this person that if I see something that I am passionate about, literally just jump ball in. I love that. Wow. It's everything. Like that's all of my interests as well, but you really dive into a subject matter expertise.

So I want to say that it's it. Next level. AI and healthcare? It was ChatGPT specifically and health care. Literally the story, I got to share it with you because it's kind of interesting.

It wasn't November 2022. I'm playing with Chat GPT, must have stumbled on it on the day it was released. And as I was playing it, oh my gosh, this is going to change medicine.

This is gonna change the way we do things. I'll never forget, I went running to talk to my wife in the kitchen and I was like, honey, i'm going to write this book and it's called Chachi PT and healthcare.

And she's like what are you talking about? I'm like I just saw this thing today and i think it is going change the world.

I really think she thought i was crazy.

She was no honey nobody knows what you're talking. You're going write the book. They're really not going get it. Why don't you just sit on it and wait until it hits the media.

And I thought about it and I said, I'm gonna still write the book. So I wrote the books and then went ahead and published it within three weeks. Well, that's automatically like what I spotted in your energy.

And that is why I like you. Massive action taker, like, you are my kind of people. I preach this all the time, like we can sit on an idea and we think and theorize ourselves to oblivion, Harvey.

We can just sit there and think, and you know what? A pound, an ounce of doing, is worth more than a pound of theorizing. That's what I like to tell myself.

I liked that a lot. It's a nice thing. Yeah, it makes sense, right? But in three weeks, you wrote this book. Was it the day you learned about Chad Sheeby?

I did. I did. I was so excited and my brain just kind of started exploding. It was like, oh my gosh, this is just amazing. Let me share it with the world.

And it was kind funny because I had the book out and then doctors were like what are you talking about? And then the months would go through and the same thing.

Then it really interesting. All of a sudden I started getting calls literally from around the World. China was calling me, Australia, Singapore, all these countries are like could you come to our country and give a talk on this subject?

And I was like, sure. So it got to the point where I had to start going virtual because my wife would divorce me if I were gone all year, because I wasn't literally flying everywhere.

But it was so much fun, just being able to give back to community, give to patients, to physicians. Obviously we know that healthcare professionals are burnt out.

Everybody wants to retire early, especially after COVID. There's so many people wanting to leave our profession. I thought, man, if could start teaching people how to leverage AI, If I could help educate how maybe some of these individuals won't retire yet, hopefully they'll stay longer.

So it's just been such a, it honestly started as a public service announcement and it started from my heart. It wasn't for money, wasn' for fame, none of that was involved.

All of it was like, let's do the right thing here and let' do something. Wow. And you know, that's very purposeful. I believe that when we're operating on that higher level, the higher plane, and thinking creatively, but also in service to others, success finds you.

You become attracted to it like a magnet. When you really go beyond yourself, it's kind of a transformative thing, right? Yeah, I think it's so important to follow.

I know it sounds cliches, but to fallow your heart and your passion and do something about it. As you said, sometimes we have our thought that we want to do some things.

Sometimes we come up with inventions, But we never take that first step. We're always scared of what people will say or maybe some obstacle and it stops us.

And I'm here to say, you know what? Yes, i get it, we got to be careful and cautious. But move forward. It's better to move forwards slowly than that movie.

Move forward at all. You know, I call it the productivity ladder of life. We want to keep going up that ladder and that latter goes to infinity.

Writing the ChatGPT Healthcare Book

But as long as we're going to that later, it doesn't matter that we are going quickly. It just matters that were going forward. All right. Well, you're convincing me to take some action today.

And start my next book, I'm ready. I've already been planning it, because why ever go on vacation again, right? I mean, days of life, just write books.

But you also are not just an author of that type of book which is obviously total game changing and industry leading, but you've got other books as well.

One was a top what on Amazon? I love you. So this was kind of interesting. I was on Amazon, and I tell my wife, out of all the books I've written, the one that I always see that sells the most is this crime book that is on Sherlock Holmes.

And the skinny is, How to Solve Crime Using AI. It's a whole curriculum that people like us that we really like crime shows, but we want to learn more, we're not going into that field.

But we still want learn the science, then make it fun using AI, And so I looked it up and I told my wife, I'm like, oh my gosh, this thing is in the top 50 of forensics.

I was like whoa, like I didn't even know that. And I kept telling her, man I keep seeing pop up every day that it's selling. But I then put two and two together.

So it was kind of fun. Yesterday on LinkedIn I posted, hey this was in top fifty, how exciting. Now I have to share another story. So my wife and I, gosh, for years now, every night, she's like, honey, I just want to watch a crime show.

I was like all right, whatever makes you happy. If you want a crimes show, let's go. And I wasn't really into it. But now I've been watching so much with her that I really got into.

So long story short, I said, let me write a book for her. Uh, this was when AI was coming out and, and on chat GPT and I, you know, the scientists and me went crazy.

I looked at all the coal and we're watching crime stories every night. So I did all cold cases and like doctors that kill radio, uh, nurses that killed.

And then like, And I thought, Oh my gosh, what if I wrote a on how to catch these people if we had AI? And Then I though, oh man, What if write book on like a curriculum kind of teaching you some of the basics that you start learning from watching all these crime shows, but then using AI.

And so it's been fun. And then I use Sherlock Holmes because it kind of a fun thought of using him. Then I have him, I've cloned him and I could talk about that.

Also the skinny on that one is, my ADHD brain here. I took all his books that he's ever written, put it into a GPT and then can have his personality and the way he writes and ask questions about the certain books and asking about crime, how he would look at crime.

So it was kind geeky but kind fun I love that. And, you know, some people are listening, listening to this and maybe they're just now learning about AI, just learning now about chat GPT and how to implement it in their businesses.

This sounds like fantasy almost, right? Would you have any just general good advice for like an entrepreneur kind

of like that, that is just in that beginning phases of understanding it?

Yeah, I'm going to say all of this is lifelong learning. No matter what, today it's AI, tomorrow maybe something else, maybe AI and gadgets. But as long as we're moving forward again, the same theory.

So my advice to you would say, get on the AI wagon. Uh, maybe set up a Google alerts with that says AI into your industry. So let's say AI and healthcare would be me, but say you're doing business AI in business and then see what comes out there and just make it a habit every day, read five minutes and see.

What's going on. And then the really cool stuff is I would say follow people. I'm going to self-plug myself for us, follow us. I post every day on AI in healthcare.

If I see some new gadget that comes out in the healthcare, I am posting about it. And if it doesn't have anything to do with healthcare but I say it, this would be a great tool in health care.

Crime, Sherlock Holmes, and AI Learning

Then I give it my spin and I posted. So I would encourage people out there to follow both sides. Follow someone on extremes on both side. That way you can see both the sides of the story and you see their angle.

I love that. And that's such good advice. Um, a mutual friend of ours, uh, Dr. Nadia, you know, she's as well in, into the same, similar space, right?

And I've learned so much from following both of you guys, um, on LinkedIn and just reading all of the valuable content that you share. But I do want to say that as.

There are a lot of people say they share valuable. You really do. So I want to mention that, right? This is coming from a place of, I will call it deep subject matter expertise.

I don't use that very often because there's not a lot of deep, subject, matter experts out there. Um, but you truly are one. Thank you so much. That's sweet.

Yeah. You've got a fan out there at least. Well, awesome. Awesome. But you know, this journey that you've been on, what a career, right? So how did you, obviously we know now how, how you got into the AI, How you get into chat, GBT, and then connecting it with healthcare.

How did get in the healthcare? What was that origin story? You know it's a constant reminder. It's the scar right here on my left hand. I was 12 years old.

I thought it was Michael Jordan when I as a kid. And I love him to death when was a kids, seeing him play. It was running and I hit this piece of metal in New York City and it had a piece metal sticking out.

When it came down, it slashed my hand open. So long story short, I went to the ER, waited about 10 hours, and then the doctor said, we can't do anesthesia.

We're just going to have to do this raw. That was my first experience, true experience in healthcare. After I came out of that, When I grow up, I'm going to be an ER doctor.

I want to serve people and I will be humble and very gracious and make sure that I always take care of their pain points, no matter what that is. And, you know, that's how I got into healthcare.

Um, it literally come from nothing. Uh, literally had, uh, grew up an indigent and just didn't have money within for anything. Then I thought, told myself, i'm gonna work hard to become a doctor, to think outside the box.

I'm gonna be that leader that I want to be so that can get out of this system. Because I was the first generation

American and first person to go to college with my family.

And where's your family from? Originally from Columbia and I born here in New York or I guess I am in Dallas now. Wow. Amazing. Um, so much to unpack there.

You and I have even another layer in common. So I grew up in poverty. I was the youngest of five children from a single, single mother. Nice. We, you know, we can use these past experiences and we stay there or we use them as a catalyst for growth.

And I think we're very similar because You know what? My biggest fear is staying the same. My big is fear, is not failure. my biggest feel fear. It's not ridicule staying.

Yeah. I love that. Very well said. Me too. And my kids will laugh because they know the story I'm about to say. and I always say the. Same thing I said when, when I am 80 or 90 and you have to put me in some nursing home, don't come to my room.

Don't ever come. To my. Room ever because I will not be there. Start looking for me in the other patient's rooms, because I'm going to be doctoring everybody in a nursing home and helping them until my deathbed.

Wow. You found your purpose. And that's where the servant mentality kind of started was even just at the age of 12, it sounds like.

Advice for Beginners in AI and Business

You know, when you went through that, it was a traumatic experience. I can't imagine having surgery, right, without no anesthesia. Like, oh, my gosh, 12. It's traumatizing.

Yeah, very traumatising. But you took that pain and you transmuted it into a purpose to serve others. And then you plan to do it until your death bed.

That's that's to me, a physician that that a true that to true medical professional. And you don't hear about that as often as you. No. And I love what you said.

You're right. We both come from the same part. Uh, we've come form stresses in our past and some people take those stresses and unfortunately say that's my stress and I can't move forward because this happened.

But you and looking at it, it's like, no, this was actually in a blessing disguise. Cause now that pushed me to be even better. It pushed to take it to the next level.

I'm not going to use that an excuse. In fact, I want to it as fuel to push me, to another level night. I think not that I'm advocating stress in life, but I when these stresses happen, you could go one of two ways.

And if you take it to the positive and really push you, then you have success, in my opinion. Yes, absolutely. It's interesting, too. A lot of people may take those past experiences and it may hinder your confidence, you know, obviously this is about confidence.

So I do want to hit on that because it's really, again, easy to stay some way and not evolve, not transmute yourself, right? But it does take a certain amount of self-belief sometimes.

And sometimes it is easy. Lack of confidence especially if you didn't grow up with a lot, and kind of had to climb your way to a Do you think you have some advice out there for anybody who may feel like that?

Maybe they're feeling like they are at a low point. Maybe this they struggling, maybe they just lost their jobs or something's not going right in their lives.

And they were just trying to figure out how to claw their way back up. What do you? That's a tough one. I think at the end of the day, don't put value and stuff in a title and a job.

Put value in you. and nurture who you are and just grow yourself. I think that's the best thing and challenge yourself, you know. Telling a friend of mine, what are the biggest challenges your mom did as a child to you?

And I said, You know what? This story right here, I was learning how to drive. How to always drive to my high school. Always take the feeder in New York.

Would never get on the highway. And one day she grabbed the wheel as I'm driving and pushed me onto the Highway and push me to learn how with seconds.

I didn't have time to think until now. That's probably a good thing, right? Yes. And so my point is with everyone out there for this piece of advice is you need to work on yourself, push yourself.

It's easy to stay stagnant. Like you said, the hardest part is just stay the way you are. But the best thing is to really push One of the things that I call them friends is the ones that call me out and say, you know what, Harvey, that's BS, or that wrong.

And I'm like, whoa, thank you. Instead of getting upset, I take it the other way. I am like you what? Thank you, because now I know that have to work on X, Y, Z.

From Childhood Injury to a Career in Emergency Medicine

That to me is a true friend, a sure spouse. Back to you if you have something that you personally visit other people out there. If you're working on something that you need more confidence, then work on it.

Don't be shy about it, flip it on its head, become obsessed about and start working to make that better. And then if you have that attitude at work and life, you are going to excel and you will beat your colleagues at it and end up being that leader.

Absolutely. But it does, it comes back to that action aspect of it You know, I'm a firm believer that action eradicates self-doubt. It just eradicate it, right?

I've said it before. I'll say it again. Again, we can sit and think to oblivion or we start taking action and just kind of figure out things as we go.

And I think, generally speaking, not everybody, but a lot of people want that kind instant gratification, and they want things done and want it done right now.

That's human nature, and I'm naturally impatient, I guess you could call it. So I hear that. But are the best things in life instant Harvey? I mean, not always, right?

No. And, you know, that was a life lesson for me. I almost not that I wasn't going to be a doctor, but it kind of depressed me when I was thinking about life.

30, and I'm an old man by the time I am a doctor, all I do is study. I remember thinking as a teenager, man, this is rough. How do you make that kind of decision for the rest of your life to dedicate decades to something, let alone promising to do anything when you are a Don't look at, we all have to create our short-term goals, our long- term goals.

And then make sure that those short eventually get you to the long, because if you focus on the Long-Term and we're all want that instant gratification, We may not go there.

But just like I said earlier, that productivity ladder, let's just walk forward slowly, but surely, um, Because you don't

want to stay stagnant. You want keep moving forward.

Um, and at the end of the day, you want it to be the best version of you. And you know what, it's like, choose your heart too, right? Like, you any time I wanna give up, again, that voice just kicks in.

Is this easy right now? No, It's not. So it gonna be hard either way. It either gonna digress you or increase you. You just have to figure out which one you want.

Its either hard, its hard. Either way, success is hard losing weight is, hard getting healthy is. But so is being, unhealthy and uncomfortable and not successful.

So ultimately we choose that path, choose our heart, and just have appreciation and gratitude for that journey of it all, right? And know that it's all just leading you and teaching you along the way.

I think that's really impactful. Yeah, for sure. Love that. We've talked about a lot today. You've got a family, you came from little means very relate to that very similar.

I actually believe and I'm grateful for that going just going back to because it taught me the value of hunger and drive.

Confidence, Growth, and Choosing Action

Yes. And again, you know, there's a gratitude aspect to that as well and makes me appreciate that journey. I feel like without that struggle, I would not have been prepared to accomplish what I'm accomplishing.

Do you feel a similar way? Oh my gosh, I 110% agree. I feel very humble that God gave me the gifts to be able to a physician, that he gave the tools to success.

And so part of those tools of success is not taking them for yourself, but it's to give it to others, to go out there and inspire others and to out their and help.

So I'm totally grateful for who I am and what I've done. When people are like, Harry, you've been so much in such a young age. you know, at the end of the day, whatever, it's more importantly, how did I take those tools and turn around and give it back?

That to me is my legacy, not getting the MD or MBA, none of that. It's what did i do for my kids? What I do from my spouse? what Did I Do for society?

You know that that PSA book that I wrote the health chat between healthcare wasn't for anything other than to help and my whole goal if I can get one fan out there, one person to read it, be like, Whoa, that was cool.

Mission accomplished. And so I think this life is short. We never know when our last day is, but if we're always giving and giving to the world, then on our deathbed, we know that we gave our all.

Absolutely. That's the real legacy we all leave behind, right? That really is. Well, I know that this conversation has been really engaging and inspiring.

I would love to know who are the types of either people or businesses that you work with so that we can make sure that the right people see this interview and understand that they can hire you for a service.

Yeah, so I'm working as a consultant in AI healthcare, also helping startups with how to use AI to be more efficient. Two projects that I am really proud of is, one is I've created my own AI health care products that i'm putting out there and I'll have some fun ones that will be releasing here next month.

But the other one it's called Help AI and it is a simple idea where it a little AI camera that goes over the patient's

bed. And it does predictive analytics.

So if someone's say 60, 70 and they're a fall risk, and if they fall and break the hip, more than likely they may pass away or some bad outcome. This camera is literally telling the nurse and everybody, Hey, patients, so-and-so may be getting out of bed and soon predictive of analytics and then the other part that's really cool is it verbally tells that patient in their language.

Hey ma'am, do not get into bed patients. Your doctor's coming on nurse. I'm really proud of that. That's. Just being able to help out, you know, Wow, that is nothing I've ever heard of before.

That is truly amazing.

AI Consulting, Healthcare Products, and Future Projects

It's incredible, Harvey. Again, I just want to clarify, again, if there's people out there that are just now kind of getting into AI and its capabilities.

It's not changing the world. It has already changed the World. Okay. So this is something that, you know, just started getting developed really heavily like two years ago, I guess chat GBT, right?

But now that's already been in the works for two years. So businesses that implemented this two year ago have that curve already. This is nothing to keep thinking about, keep considering.

Should I look into this? Should i not look in to this. The answer is a profound and resounding yes. Because we want entrepreneurs to succeed. And I am a huge advocate for this.

I know that it works because I utilize it in my business. And if you're a forward thinking person, definitely you want to utilize this technology that's available.

It changes the game, right? Oh yeah, for sure. There's so many things. We don't have much time, but I'll plant two seeds. One is last year I cloned my voice.

I can take any blog that's out there and under three minutes, it'll give me a fake conversation with my business partner. I talking about the blog, critiquing it.

It sounds pretty real. And then it gives me the audio file and pictures that I upload to Spotify. and it's just a way that i'm leveraging AI to produce more.

Okay. You're going to have to help me with. My audio book. Yes. I have some tips for you. And then I know we're running really out of time, but this last example, you're going to die.

Somebody on LinkedIn, I think it was May the second or third posted the top AI Ted talks in the last 10 years. So I looked at it and I thought, wow, this is cool.

Went through all of it, extracted each one's lesson. and then made into a mini chapter. And then I did another chapter about that in healthcare. I'm submitting it to the publisher today and I hope to have it out by this weekend.

Oh my gosh, another one. All right, so now you've got me writing more books and looking into audiobooks. Oh, I got some tips for you. I'll help you with your audiobook.

You're going to be shocked what I'm about to tell you? Yes, i need so much help with that because I have been putting it off and dreading it. So maybe we can get it released by the one-year anniversary, which is August 18th?

Oh yeah, you could do that. You're my new best friend, awesome. Well, thank you so much for being on the show today. Thank you to all of our amazing listeners.

And definitely leave a review for this show, guys. We need your support, we love your report. So let me know what resonated with you about this conversation.

Let me if you need any more information on Harvey, I'll be happy to let you know. could hook you guys up and, you know, share with you any information he has.

And then also, don't forget to share this podcast on your platforms. So whether that be social media or email, we love it when you share sharing is caring.

But either way, We will talk to you on the next episode. Take care, everybody. We'll see you next week.