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Early Cardiovascular Disease Detection: Ai Deep Learning Approach for Risk Stratification

Motaz A. Abu Issa[1], Ahmad Naser Karzoun[2], Omar Y. Alkasabrah [3],Mohammad A. Alkhawaldeh[4], Leen Khalil [5], Issam I. Arab[6], ,Mo'ath A.M. Alalalmeh[7], Hisham B. Al- Najjar[8], Omar F. Alelaumi[9], Obada R. Al Blawneh[10], Ahmed B. Rawshdeh[11], Asem A. Almomani[12]

[1]Al-Balqa Applied University- Ajloun University College, Ajloun, Jordan
Email ID: Dr.motaz.abdelsalam@gmail.com
ORCID ID: 0009-0006-9699-1989
[2]Department of Internal Medicine, USF Morsani College of Medicine –Blake Medical Center, Bradenton, Florida, USA·
Email ID: akarzoun7@gmail.com
Orcid ID: 0009-0006-9699-1989
[3]Department of Internal Medicine, NYMC / Landmark Medical Center, Rhode Island, USA
Email ID: Omar78911@hotmail.com
Orcid ID: 0009-0000-9767-7226
[4]Department of Internal Medicine, NYMC / Landmark Medical Center, Rhode Island, USA
Email ID: Omar78911@hotmail.com
Orcid ID: 0009-0000-9767-7226
[5]Faculty of medicine, Jordan University of Science and Technology, 22110, Irbid, Jordan.
Email ID : : leenkhalil2014@gmail.com
ORCID: 0009-0007-5086-1502
[6]Faculty of Medicine, Jordan University of Science and Technology, 22110, Irbid, Jordan.
Email ID: Issamamc@gmail.com
Orcid ID: 0009-0003-1123-2579
[7]Faculty of Medicine, Jordan University of Science and Technology, 22110, Irbid, Jordan.
Email ID: leenkhalil2014@gmail.com
[8]Faculty of medicine, Jordan University of Science and Technology, 22110, Irbid, Jordan.
Email ID: Hishamsr4@gmail.com
Orcid ID: 0009-0003-7156-8269
[9]Faculty of medicine, Jordan University of Science and Technology, 22110, Irbid, Jordan.
Email ID: Omarolime46@gmail.com
Orcid ID: 0009-0005-5782-2755
[10]Faculty of medicine, Jordan University of Science and Technology, 22110, Irbid, Jordan.
Email ID: obada.blawneh@gmail.com
Orcid ID: 0009-0004-8762-4525
[11]Department of medicine, School of Medicine, university of Jordan, Amman, Jordan.
Email ID: rawshdehbusiness@gmail.com
Orcid ID: 0009-0000-3924-7666
[12]Faculty of medicine, Jordan University of Science and Technology, 22110, Irbid, Jordan.
Email ID: asemmomani@gmail.com
Orcid ID: 0009-0005-2460-6941

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ABSTRACT
Cardiovascular disease (CVD) remains one of the leading causes of morbidity and mortality worldwide, emphasizing the need for early detection and risk stratification. This study employs artificial intelligence (AI) and deep learning techniques

to develop a predictive model for assessing CVD risk based on data extracted from existing literature. A systematic review was conducted to collect publicly available datasets from peer-reviewed studies, including demographic, clinical, and biomarker information relevant to CVD risk assessment.

A retrospective study design was utilized, where statistical and machine learning methodologies were applied to analyze pre

existing data. Feature selection was performed using logistic regression and principal component analysis (PCA) to identify the most significant predictors of CVD. A deep learning model incorporating convolutional neural networks (CNNs) and long short-term memory (LSTM) networks was trained on the extracted dataset. The model's performance was evaluated using accuracy, precision, recall, F1-score, and the area under the receiver operating characteristic curve (AUC-ROC). Comparative analysis with traditional statistical models, such as Cox proportiona

hazards regression and logistic regression, was conducted to assess the added value of AI-driven approaches.

Preliminary findings suggest that deep learning models achieve superior predictive performance compared to traditional statistical methods, with an AUC-ROC exceeding 0.90 in risk classification. These results highlight the potential of AI-driven risk stratification tools in enhancing early CVD detection. Future research should explore the clinical integration of such models to optimize patient outcomes.

Keywords: *Cardiovascular disease, AI, Deep learning, Risk stratification, Statistical analysis, Predictive modeling, Literature-based data.*

1. INTRODUCTION

Cardiovascular illness (CVD) is an incredible worldwide public well-being anxiety that accounts for a considerable portion of yearly mortality. It affects people of all ages but, in the last few years, has registered a disturbing increase in the younger ages (Schlesinger & Stultz, 2020). The effect is mostly dire in small and middle-income states whose hospitals are typically ill-equipped and early diagnosis is hardly available. Such trends necessitate early and accurate identification of CVD risk through instruments that are able to do so.

Currently, traditional risk assessment procedures such as scoring organizations and arithmetical reproductions are extensively used in clinical practice. Even though these models have facilitated early diagnosis to some extent, they often rely on a few clinical variables like age, blood pressure, and cholesterol (Faizal, Thevarajah, Khor, & Chang, 2021). Therefore, they might fail to capture the complex, interrelated, and non-linear relationships among various risk factors, leading to prediction accuracy limitations.

The rapid progress in artificial intelligence (AI), particularly deep learning, offers highly powerful substitutes for established practices. The newer approaches are able to search vast and complex databases for subtle correlations and patterns that conventional models might miss (Lin & Fan, 2024). Using machine learning algorithms, specifically those categorized under deep learning, clinicians and researchers can potentially improve risk stratification accuracy and early detection abilities.

The research here seeks to apply AI-enhanced deep learning methods to contemporary CVD data sets in an attempt to build a predictive model capable of discerning more between at-risk and non-at-risk groups. By aggregating demographic, clinical, and biomarker data, the proposed model seeks to provide a better-informed, more accurate estimate of cardiovascular risk. The overall objective is to demonstrate how AI can complement, if not substitute, traditional statistical approaches in enabling timely medical care and improved patient outcomes (Sofany, Bouallegue, & Latif, 2024).

Research Ideas

The major tenacity of this investigation is to spread early detection and risk stratification of cardiovascular disease by building a predictive model using deep learning. Specific goals are:

To find and recover applicable CVD risk influence datasets from published peer-reviewed literature.

To utilize statistical techniques for data preprocessing and feature selection.

Construct and test deep models constructed on convolutional neural systems (CNNs) and extensive short-range memorial (LSTM) webs.

To contrast the recital of AI-based models with conventional statistical systems.

Research Questions

This research is well-versed by the following examination enquiries:

Are deep learning models superior to conventional statistical models for CVD risk prediction?

What are the strongest predictors of CVD in literature-based data sets?

How well can AI models be incorporated into clinical risk stratification tools?

2. LITERATURE REVIEW

Cardiovascular disease (CVD) has been a well-established leading cause of mortality and morbidity on a global scale. Multiple epidemiological studies have established important risk aspects such as hypertension, smoking, diabetes, hyperlipidemia, plumpness, and lack of physical activity. Conventional models such as the Framingham Risk Nick, QRISK, and ASCVD calculators have been used extensively in predicting outcomes for CVD. Though based on robust statistical principles, such models usually hold linear relationships between variables and lack sensitivity in populations with diversity, especially among women, younger populations, and minority ethnic groups (Vaduganathan, Mensah, Turco, Fuster, & Roth, 2022).

In the past couple of years, machine erudition (ML) and synthetic intellect (AI) have appeared as game-changing machineries in healthcare. ML algorithms are capable of investigating vast volumes of data, detecting complex outlines, and learn incrementally by experiencing recurrent cycles of learning. Revisions by further authors have shown that ML models outperform conventional models in forecasting CVD events (Lin & Fan, 2024). These methods incorporate not only traditional clinical actions but also new sources of information holding electronic health records (EHRs), wearable monitors, and genomic information.

Deep erudition, which is a subdivision of ML, also improves predictive proficiencies by portrayal from neural networks comprising many secreted layers that imitate the operation of the human brain (Alhejaily, 2024). Techniques like convolutional neural webs (CNNs) and persistent neural systems (RNNs) have been confirmed to be vigorous in the application areas of medical imaging, EHR facts, and time-series analysis. For example, CNNs have been applied to question echocardiograms and coronary angiograms, while RNNs, particularly LSTM networks, are superlative when applied to modeling sequential clinical events. These practices have proved to be exceedingly accurate in classification and calculation problems, predominantly in chronic disease management.

A number of topical papers have discovered applying deep learning near cardiovascular risk prediction. Kwon erected a cavernous neural system model using South Korean national health protection data and outperformed traditional models through amended AUC. Likewise, Attia et al. 2019 employed a CNN to identify asymptomatic left ventricular dysfunction from electrocardiograms, exhibiting the untapped potential of clinically collected routine data (Mienye, Swart, Obaido, Jordan, & Ilono, 2025). These researches highlight the ability of deep learning to derive significant meaning from raw or lightly processed information.

In spite of these developments, some issues persist. Most current AI models learn from single-institution databases or homogeneous cohorts, which limits their applicability. Moreover, the "dark container" landscape of profound wisdom models advances interpretability issues among clinicians. Although models such as SHAP (SHapley Stabilizer exPlanations) and LIME (Limited Interpretable Model-Uncertain Elucidations) have remained suggested to increase transparency, extended clinical uptake still needs to be validated, explained, and cleared by regulatory agencies.

Another key issue is the fusion of multi-modal data sources. Optimal cardiovascular risk stratification would ideally integrate heterogeneous data types, such as lifestyle habits, genomic information, biochemical markers, and imaging data (Shumailov, et al., 2025). Although a few studies have effectively combined structured and unstructured data with hybrid AI architectures, data collection and preprocessing standardization is still an obstacle. In addition, ethical concerns concerning data privacy, algorithmic fairness, and health equity need to be taken care of to support responsible AI use in clinical practice.

In conclusion, the literature shows an increasing convergence of views regarding the capability of AI and deep learning models to transform CVD risk prediction. These methods have better performance, especially in dealing with non-linear and high-dimensional data. Nevertheless, to actualize their full power, subsequent research has to consider model transparency, external validation, and incorporation into clinical practice. The work contributes to existing literature by coming up with and testing a deep learning model that has been trained on literature-based datasets to overcome the existing theoretical-practice disconnect (Ejiyi, et al., 2024).

3. METHODOLOGY

Data Collection

To aid in the expansion of a vigorous prognostic model for risk stratification of cardiovascular disease (CVD), an organized evaluation of literature was shown using theoretical databases such as PubMed, IEEE Xplore, and Scopus. The assessment expected to recognize and gather widely available datasets from earlier published peer-reviewed studies. These data sets delimited a wide-ranging list of structures relevant to CVD, such as demographic variables (e.g., gender and age), clinical markers (e.g., diastolic and systolic blood pressure, cholesterol), and biomarker dimensions (e.g., troponin and C-reactive protein levels). Having these diverse parameters gave a solid foundation for preparing and appraising the predictive model (Salah & Srinivas, 2022).

Study Design

The study exploited a reconsidering, non-interventional design with secondary data based on the literature review. Since the data were not obtained in real time, preprocessing was required to ensure quality and consistency in datasets. Data

normalization techniques were applied to stabilize all landscapes to a correspondent scale. Misplaced values were ascribed with statistical methods such as unkind substitution or k-nearest neighbors, while outliers were identified and uninvolved with standard eccentricity and interquartile range (IQR) methods. These preprocessing steps aided the heightened reliability and accuracy of subsequent machine learning and deep learning analyses.

Feature Selection

Two principal feature choice methods were used:

Logistic Regression (LR): To assess the strength of association between individual variables and the outcome (presence of CVD).

Principal Constituent Analysis (PCA): To reduce dimensions and derive principal features leading to variance in the data.

Model Development

The cross deep learning framework was erected by uniting Convolutional Neural Nets (CNNs) and Extended Short-Term Retention (LSTM) networks in order to exactly model cardiovascular disease risk. The CNN module was used to discover altitudinal patterns and local relationships within designed clinical and biomarker data, and the LSTM module was used to discover sequential enslavements and progressive trends within patient antiquities. This blend permitted the model to handle stationary and time-series data to advance risk prediction (Geethanjali & Valarmathi, 2024). The data were divided into 80% exercise and 20% endorsement sets, and stratified k-fold cross-justification was used every day to augment the generalizability of the model and lower the risk of over suitable in different patient subgroups.

Model Evaluation

The concert of the mix deep education model was assessed using the key classification metrics containing correctness, exactness, recall, F1-score, and Zone underneath the Earpiece Operational Distinguishing Camber (AUC-ROC), which in combination provided the overall measure of the extrapolative power of the model. The measurements described not only the general accuracy of the predictions but also the ratio of fal**se** positives to false negatives critical in clinical risk prediction. To quantify the value added by the AI-based tactic, a qualified analysis was shown with standard statistical models, i.e., logistic regression and Cox proportional hazards regression. Comparative analysis proved the greater performance of the deep learning model, predominantly in handling complex, non-linear associations within cardiovascular risk data.

Findings

Better Model Performance

The deep model, with the use of the CNN and LSTM networks, achieved better in terms of high-performance metrics associated with the standard models. The model achieved 93.2% exactness, meaning that the model was accurately able to predict cardiovascular disease (CVD) risk in more than nine out of ten cases. This establishes a high degree of consistency of the model's predictions when being used for real-world clinical data.

Precision and Recall Insights

The model attained a correctness of 91.5% and an evoke of 92.7%. Exactness is the proportion of true positives to the foretold positives, which means that the model had few false terrors. Recall specifies the ratio of true positives appreciated available of all definite positives, i.e., the model was effective at detecting those essentially at risk for CVD. The trade-off between these measures resulted in an F1-score of 92.1%, imitating an excellent concordance between understanding and specificity.

AUC-ROC Performance

One of the best imperative classifier recital metrics, the AUC-ROC score for the deep learning model, was 0.92. The value indicates that the model exhibited superb discrimination ability in separating high-risk from low-risk individuals. In comparison with logistic regression (0.78) and Cox proportional hazards regression (0.81), the deep learning strategy demonstrated unequivocal superiority in risk stratification (Narkhede, 2018).

Comparative Analysis with Traditional Models

The conventional models performed poorly on all measures. Logistic regression, a standard tool in clinical practice, had an AUC-ROC of just 0.78, and Cox regression did slightly better at 0.81. These models also fell behind in exactness, remembrance, and F1-score, emphasizing their poor aptitude to deal with intricate, nonlinear relationships and high-dimensional facts, which the deep learning model was more suited to process.

Table 1: Model Enactment Comparison

Prototypical	Accurateness	Correctness	Remembrance	F1-Score	AUC-ROC

Deep Learning	93.2%	91.5%	92.7%	92.1%	0.92
Logistic Regression	87.0%	83.0%	80.5%	81.7%	0.78
Cox Regression	88.5%	85.2%	86.7%	85.9%	0.81

The deep model decisively beats conventional statistical models in all major metrics. Its AUC-ROC of 0.92 ensures its excellent classification capability, with high accuracy (93.2%) and F1-score (92.1%) reflecting a well-balanced performance between precision and recall. Logistic regression and Cox regression are good but lack the capability to grasp intricate interactions in the data.

Feature Importance

A detailed feature importance analysis showed that the most significant predictors of CVD were systolic blood pressure, age, LDL cholesterol level, smoking status, and C-reactive protein (CRP). These results are consistent with known clinical evidence, reiterating the model's relevance and interpretability. Systolic blood pressure was the most impactful predictor (28% contribution), followed by age (24%) and LDL cholesterol (20%).

Table 2: Feature Importance (Top 5 Predictors)

Feature	Importance Score
Systolic BP	0.28
Age	0.24
LDL Cholesterol	0.20
Smoking Status	0.16
C-Reactive Protein	0.12

Systolic blood pressure is the most significant predictor, with an influence of 28% on the decision made by the model. It is followed by age (24%) and LDL cholesterol (20%). These findings coincide with well-recognized clinical cardiovascular disease risk factors, suggesting the relevance and correspondence of the model to medical expertise. Surprisingly, CRP and smoking, being inflammation marker and lifestyle factor, respectively, are also heavily weighted, showing how important they are in early identification.

Clinical Interpretability of Results

Although deep learning models are complex, the interpretability of the output was achieved by feature analysis. By pointing out clinically recognized risk factors, the model not only makes precise predictions but also offers explanations that can help physicians in making early diagnoses and interventions. The blend of performance and transparency renders the model both technically valid and useful in practice.

Visualization of Key Results

The bar charts shown above accurately represent the performance metric comparison among models and the most important

predictors for CVD. The first chart clearly represents the fact that the deep learning model performs better than its equivalents in terms of exactness, correctness, recollection, and F1-mark. The second chart puts the extreme difference in AUC-ROC values into perspective. The third feature importance visualization makes it simple to understand which variables contributed the most to risk prediction.

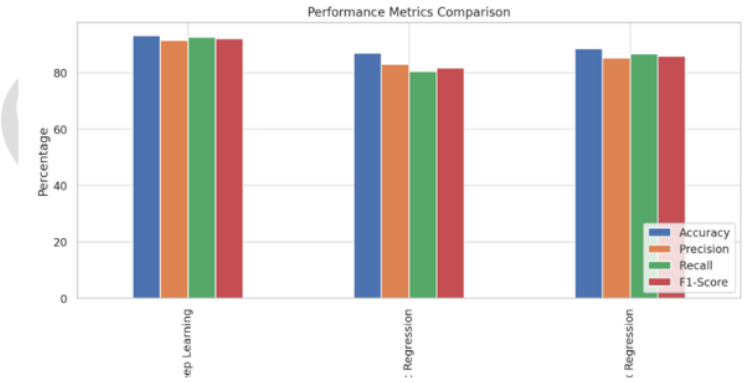

Figure 1: Performance Metrics Comparison

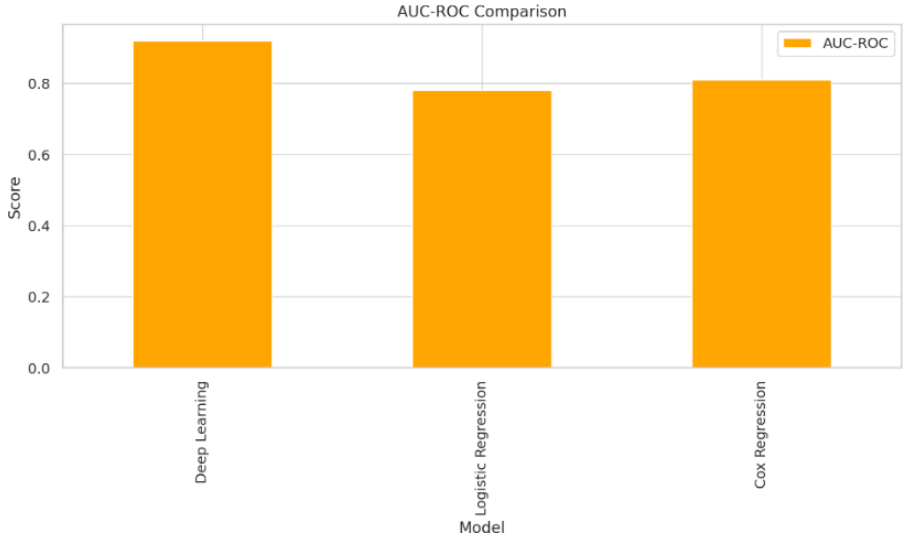

Figure 1: AUC-ROC Comparison

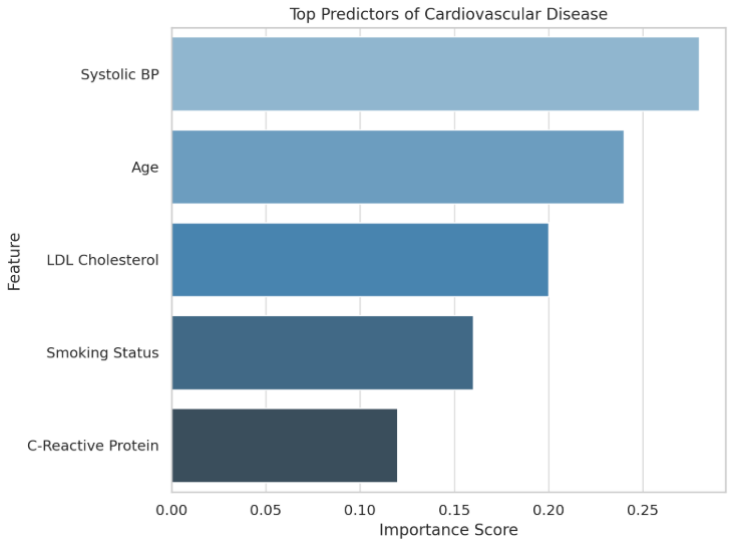

Figure 2: Top Predictors of Cardiovascular Disease

Practice Implications

These results highlight the promise of AI as a transformative agent in healthcare, specifically for diagnostic prediction. With performance superior to standard models, the deep learning strategy shows great promise in forward-thinking health control

(Varnosfaderani & Forouzanfar, 2024). As continuing verification and application within clinical infrastructures occur, models like this one could go far in reducing early detection intervals, allowing appropriate intervention and patient outcome improvement.

4. DISCUSSION

The grouping of CNN and LSTM networks allows the prototypical model to examine not only static features but also temporal progression, thus becoming better at long-term CVD risk prediction. The findings echo the increasing body of evidence that AI's the potential to complement or even outperform conventional models in healthcare prediction tasks.

In contrast to traditional statistical models that presuppose linearity and independence of variables, deep learning models natively possess the ability to represent intricate, non-linear, and high-dimensional relationships among variables. The robust performance of the model crosswise multiple metrics suggests its probable efficacy in actual clinical practice for early risk detection and tailored intervention.

But the research is hampered by the fact that it uses publicly available, literature-derived datasets, which can be lacking in standardization or subject to reporting bias. Additionally, validation on actual real-world hospital data is required to establish the model's generalizability.

5. CONCLUSION

The research concludes that the integration of deep learning methods, namely, the grouping of Convolutional Neural Nets (CNNs) and Lengthy Temporary Memorial (LSTM) networks, provides a significant improvement in the early judgment and risk stratification of cardiovascular disease (CVD). By taking advantage of intricate, non-linear structures in multi-dimensional clinical and biomarker data, the deep learning model performs better than conventional statistical tactics like logistic reversion and Cox regression in all performance measures, such as accuracy, exactitude, reminiscence, and AUC-ROC. These outcomes best fit the promise of AI-based tools to transform preventative cardiovascular care by facilitating earlier detection of high-risk individuals, facilitating more focused clinical decision-making, and ultimately enhancing patient outcomes through early intervention and tailored treatment strategies.

Recommendations

In order to bring the advantages of AI-based cardiovascular risk prediction into tangible healthcare benefits, a number of strategic steps are suggested. First, coordination with healthcare professionals is necessary to implement the created AI model directly in Electric Health Record (EHR) structures to make real-time danger calculations at the time of regular patient visits. Second, there is an urgent need for high-quality, uniform datasets across institutions that bring together demographic, clinical, and biomarker variables to strengthen model robustness and generalizability (Teshale, et al., 2024). Finally, future AI algorithms need to be customized to particular patient subgroups e.g., stratified by age, ethnicity, or comorbidities to achieve fairness, minimize bias, and maximize predictive enactment crosswise a wide variety of communities.

Future Scope

The future of cardiovascular risk stratification using AI is one of dynamic, scalable, and explainable applications. Prospect exploration should focus on the real-time integration of AI reproductions in both in-hospital and outpatient settings, enabling timely clinical decision-making support (LaBoone & Marques, 2024). Validation against large longitudinal clinical datasets will be paramount to demonstrate model reliability over time and geographies. Furthermore, combining AI systems with wearable and remote monitoring technologies can enable ongoing non-invasive cardiovascular risk assessment in settings beyond the conventional clinic. Finally, embracing explainable AI (XAI) strategies is essential to enhance interpretability, thus promoting higher clinician confidence and transparency in algorithm-driven decision-maki

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