

# Heart Disease Risk Assessment Report

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## Prediction Result:

High Risk of Heart Disease (Positive)

## Patient Information:

Age	50
Gender	Female
Chest Pain Type	Typical Angina
Resting Blood Pressure	120 mm Hg
Cholesterol	200 mg/dl
Fasting Blood Sugar > 120 mg/dl	No
Resting ECG	Normal
Max Heart Rate	140
Exercise Induced Angina	No
ST Depression	1.0
Slope of ST Segment	Upsloping
Number of Major Vessels	1
Thalassemia	Normal

## Recommendations:

1. Consult with a cardiologist immediately
2. Schedule a comprehensive cardiac evaluation
3. Monitor your blood pressure regularly
4. Engage in regular, moderate exercise as advised by your doctor
5. Quit smoking if you currently smoke
6. Maintain a healthy weight
7. Limit alcohol consumption
8. Follow a heart-healthy diet (Mediterranean diet recommended)
9. Manage stress through relaxation techniques
10. Get regular check-ups for cholesterol and blood sugar levels

*Disclaimer: This report is generated by an AI system and is for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*