

Heart Disease Risk Assessment Report

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Prediction Result:

Low Risk of Heart Disease (Negative)

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	3
Thalassemia	Normal

Recommendations:

1. Continue with regular health check-ups
2. Maintain a heart-healthy diet (Mediterranean diet recommended)
3. Engage in regular physical activity (150 mins/week moderate exercise)
4. Monitor your blood pressure and cholesterol levels annually
5. Maintain a healthy weight (BMI 18.5-24.9)
6. Manage stress through healthy coping mechanisms
7. Limit alcohol consumption to moderate levels
8. Avoid smoking and secondhand smoke
9. Get 7-9 hours of quality sleep each night
10. Be aware of heart disease symptoms for early detection

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.