

# ■ STROKE RISK ASSESSMENT REPORT

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## ■ RISK ASSESSMENT RESULTS

Your Stroke Risk Level: MODERATE  
Probability: 20.0%

■■ **Moderate Risk:** You have a moderate risk of stroke. While not immediately concerning, implementing preventive measures can significantly reduce your risk.

## ■ PERSONALIZED RECOMMENDATIONS

### ■■■■ ***Lifestyle Changes:***

- Quit smoking within 3 months
- Moderate alcohol consumption
- Regular exercise (20-30 minutes, 3-4 times weekly)
- Stress management techniques

### ■ ***Dietary Recommendations:***

- Reduce sodium intake to less than 2000mg daily
- Balanced diet with emphasis on heart-healthy foods
- Limit processed foods and added sugars

### ■ ***Medical Monitoring:***

- Blood pressure monitoring weekly
- Regular check-ups every 6 months
- Monitor blood glucose if diabetic

### ■ ***Health Monitoring:***

- Monthly blood pressure checks
- Quarterly doctor visits

## ■ **GENERAL HEALTH TIPS**

- Maintain a healthy blood pressure (below 120/80 mmHg)
- Keep blood sugar levels under control if you have diabetes
- Maintain a healthy weight with BMI between 18.5-24.9
- Exercise regularly (at least 150 minutes of moderate activity weekly)
- Eat a balanced diet rich in fruits, vegetables, and whole grains
- Limit salt intake to less than 2,300mg daily
- Avoid smoking and limit alcohol consumption
- Get 7-9 hours of quality sleep each night
- Manage stress through relaxation techniques
- Schedule regular health check-ups with your doctor

### ■■ **IMPORTANT DISCLAIMER:**

This report is for informational purposes only and should not replace professional medical advice. Always consult with a qualified healthcare provider for proper diagnosis and treatment. The predictions and recommendations are based on machine learning algorithms and may not be 100% accurate for all individuals.

■ **Emergency:** If you experience stroke symptoms (FAST: Face drooping, Arm weakness, Speech difficulty, Time to call emergency), call emergency services immediately.

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