

SwasthaAI - Health Report

Patient Name: Himanshu Singh

Age: 25 Gender: M

Date: 2025-10-05 02:08:19

Health Analysis & Recommendations:

BMI: 22.22 - Normal

Advice: Maintain current lifestyle, regular exercise and balanced diet. Ideal weight range: 41.6kg - 56.0kg.

Blood Pressure: 150/80 mmHg - Stage 1 Hypertension

Advice: Consult a doctor, lifestyle changes, possible medication.

Fasting Sugar: 100 mg/dL - Prediabetes

Post-Meal Sugar: 150 mg/dL

Advice: Monitor sugar levels, reduce sugar intake, exercise regularly.

Cholesterol: 150 mg/dL - Desirable

Advice: Maintain healthy diet and exercise.

Heart Rate: 25 bpm - Bradycardia

Advice: Low heart rate, may be normal for athletes; consult if symptomatic.

Hemoglobin: 25.0 g/dL