

# SwasthaAI - Health Report

Patient Name: Raja

Age: 21 Gender: M

Date: 2025-10-05 02:06:00

## Health Analysis & Recommendations:

BMI: 34.72 - Obese

Advice: Medical consultation recommended, weight reduction program advised. Ideal weight range: 26.6kg - 35.9kg.

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: 120 mg/dL - Desirable

Advice: Maintain healthy diet and exercise.

Heart Rate: 12 bpm - Bradycardia

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

Hemoglobin: 20.0 g/dL

Additional Notes: i feel very low