

V.S.B. ENGINEERING COLLEGE, KARUR

IBM Nalaiyathiran

Electronics and Communication
Engineering

**Title: Visualizing and predicting heart
disease with an interactive dashboard**

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Maximum Heart Rate in Existing Heart Disease in Exercise Angina

Exercise intensity during each CR session should be **below the patient's ischemic threshold**. More specifically, exercise heart rate should be 10 bpm below the heart rate at which symptoms of angina, or ST-segment depression occurs [45].

Unstable angina is angina occurring at a lower-than-usual workload. Since **heart rate (HR) is correlated with degree of exertion**, we hypothesised that angina occurring at low HR is a warning signal for unstable angina.

It's also important to stay active if you have angina. You might worry that exercising could trigger your symptoms or cause a heart attack, but the risk is low if you: build up your activity level gradually and take regular breaks keep your GTN spray or tablets with you.

