

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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Average Exercise Angina During Chest Pain

Angina:

Angina may feel like **pressure in the chest, jaw or arm**. It often occurs with exercise or stress. As the heart pumps harder to keep up with what you are doing, it needs more oxygen-rich blood. If this

demand is not met, you may feel pain or discomfort in your chest.

Exercise we can do with angina:

Choose low-impact activities such as walking, cycling or water exercises, which involve large muscles groups and can be done continuously.

If your fitness level is low, **start with shorter sessions (10 to 15 minutes) and gradually build up to 20 to 60 minutes, three or more days per week.**

During times of low oxygen demand — when resting, for example — the heart muscle may still be able to work on the reduced amount of blood flow without triggering angina symptoms.

But **when the demand for oxygen goes up, such as when exercising, angina can result.**

Though **there is no cure for coronary heart disease** or way to remove the atheroma that has built up in the arteries, treatments and changes to your lifestyle can help to prevent your condition and your symptoms from getting worse.

Figure 8.B: ETC Variable Importance Plot

