Heart Disease Prediction Report

Patient Information

Name	Ahmed
Age	20
Gender	male
Email	ali@gmail.com

Prediction Details

Prediction ID	8
Model Used	XGBoost Classifier
Created At	2025-05-12 13:14:14
Prediction	Heart Disease
Risk Level	High
Confidence Score	52.68%

Recommendations for a Healthy Heart

Don't smoke or use tobacco
Smoking increases your risk of heart disease and stroke by 2-4 times.

Get moving regularly
Aim for at least 30 to 60 minutes of activity daily.

Eat a heart-healthy diet including:
• Vegetables and fruits
• Beans or other legumes
• Lean meats and fish
• Low-fat or fat-free dairy foods
• Whole grains
• Healthy fats such as olive oil and avocado