

# Heart Disease Prediction Report

## Patient Information

Name	Nimra Yousaf
Age	21
Gender	female
Email	nimrayousaf98@gmail.com

## Prediction Details

Prediction ID	57
Model Used	XGBoost Classifier
Created At	2025-05-13 15:33:23
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

*Note: Consult a cardiologist for treatment and diagnosis. ML Systems can make mistakes.*