

# Heart Disease Prediction System

## Patient Information:

Name: Ali

Age: 23

Gender: Male

Email: ali@gmail.com

## Prediction Details:

Prediction ID: 109

Prediction Label: No Heart Disease

Risk Level: Low

Model Used: XGBoost Classifier

Confidence Score: 44.20%

Created At: 2025-06-12 11:46:18

## Recommendations for a Healthy Heart:

1. Don't smoke or use tobacco.
2. Get moving: Aim for at least 30 to 60 minutes of activity daily.
3. 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.*