

# Heart Disease Prediction System

## Patient Information:

Name: Nimra

Age: 21

Gender: female

Email: nimrayousaf986@gmail.com

## Prediction Details:

Prediction ID: 56

Prediction Label: Heart Disease

Risk Level: High

Model Used: XGBoost Classifier

Confidence Score: 52.46%

Created At: 2025-06-06 11:17:34

## 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.*