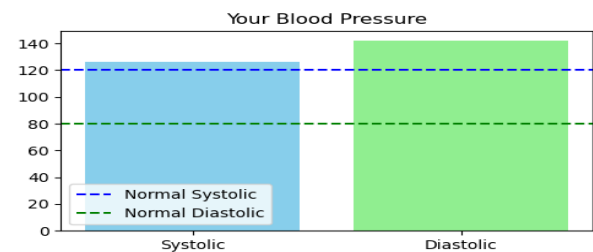
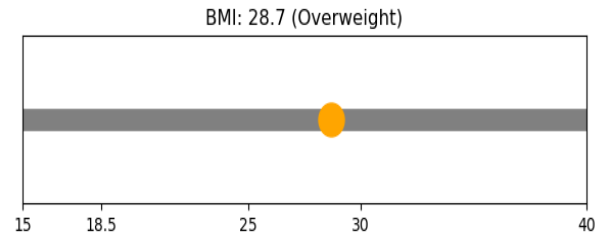




VOXHEART – Heart Disease Report

Field	Value
Age	85.0
Gender	Female
Height	182.0
Weight	95.0
Ap hi	126.0
Ap lo	142.0
Cholesterol	3.0
Gluc	2.0
Smoke	Yes
Alco	No
Active	No
Prediction	1



Medical Advice

- High cholesterol detected; increase soluble fiber (oats, legumes). Smoking increases heart risk; seek a quitting program or support group.
- Glucose above normal; cut down on sugary drinks and snacks. Abstaining from alcohol benefits your heart.
- Overweight: Aim for 5-10% body weight loss to improve heart health. Try 10 min brisk walking at least 5 days a week.

Lifestyle Tips

- Annual cardiovascular screenings are recommended after age 50.