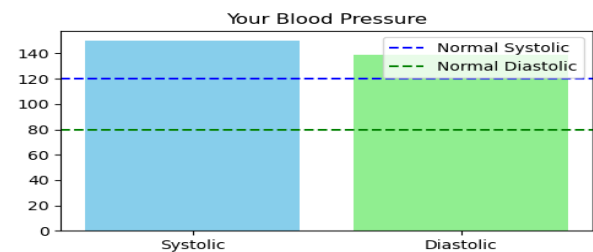
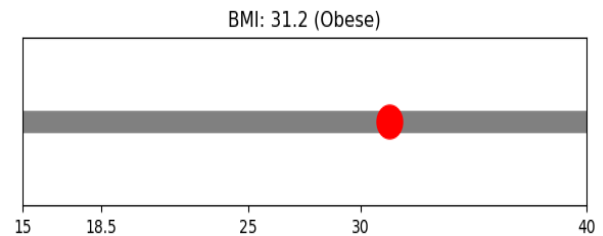




## VOXHEART – Heart Disease Report

Field	Value
Age	25.0
Gender	Male
Height	160.0
Weight	80.0
Ap hi	150.0
Ap lo	139.0
Cholesterol	2.0
Gluc	3.0
Smoke	No
Alco	Yes
Active	No
Prediction	1



### Medical Advice:

- Your cholesterol is mildly elevated; reduce saturated fats & fried foods.
- High glucose levels; monitor for pre-diabetes and consult your physician.
- Obese: Work with a dietitian for a structured weight-loss plan.

### Lifestyle Tips:

- Great job staying smoke-free!
- Limit alcohol: no more than 1 drink/day (women) or 2/day (men).
- Try 30 min brisk walking at least 5 days a week.