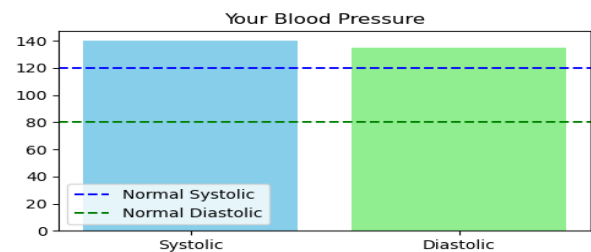
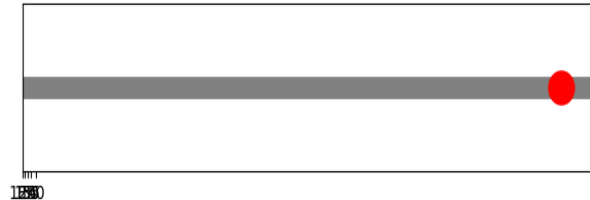




## VOXHEART – Heart Disease Report

Field	Value
Age	37.0
Gender	Male
Height	20.0
Weight	42.0
Ap hi	140.0
Ap lo	135.0
Cholesterol	2.0
Gluc	2.0
Smoke	Yes
Alco	No
Active	No
Prediction	1

BMI: 1050.0 (Obese)



### Medical Advice:

- Your cholesterol is mildly elevated; reduce saturated fats & fried foods.
- Glucose above normal; cut down on sugary drinks and snacks.
- Obese: Work with a dietitian for a structured weight loss plan.

### Lifestyle Tips:

- Smoking increases heart risk; seek a quitting program or support group.
- Abstaining from alcohol benefits your heart.
- Try 30 min brisk walking at least 5 days a week.