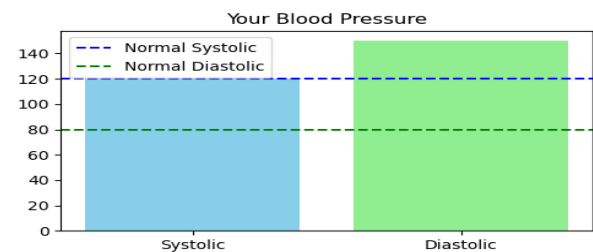
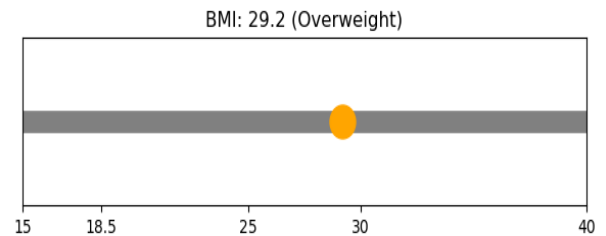




VOXHEART – Heart Disease Report

Field	Value
Age	23.0
Gender	Male
Height	120.0
Weight	42.0
Ap hi	120.0
Ap lo	150.0
Cholesterol	3.0
Gluc	2.0
Smoke	Yes
Alco	Yes
Active	Yes
Prediction	1



Medical Advice:

- High cholesterol detected; increase soluble fiber (oats, legumes) & discuss meds.
- Glucose above normal; cut down on sugary drinks and snacks.
- Overweight: Aim for 5-10% body weight loss to improve heart health.

Lifestyle Tips:

- Smoking increases heart risk; seek a quitting program or support group.
- Limit alcohol: no more than 1 drink/day (women) or 2/day (men).
- Keep up your regular exercise routine!