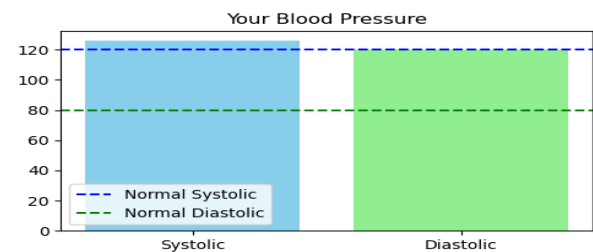
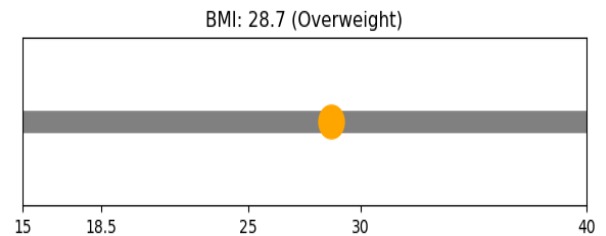




VOXHEART – Heart Disease Report

Field	Value
Age	85.0
Gender	Male
Height	182.0
Weight	95.0
Ap hi	126.0
Ap lo	120.0
Cholesterol	2.0
Gluc	2.0
Smoke	Yes
Alco	Yes
Active	No
Prediction	1



Medical Advice:

- Your cholesterol is mildly elevated; reduce saturated fats & fried foods.
- 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).
- Try 100 min brisk walking at least 5 days a week.
- Annual cardiovascular screenings are recommended after age 50.