

Heart Health Summary Report

Patient Key Health Indicators

Age (years)	34
Total Cholesterol (mg/dL)	220
BMI	18.5
Hypertension	Yes
Diabetes	Yes
Family History of Heart Disease	No
Previous Heart Attack	No

Risk Interpretation

Based on the provided indicators, the patient is relatively young but presents with multiple metabolic risk factors. Elevated cholesterol combined with diagnosed hypertension and diabetes significantly increases the long-term risk of cardiovascular disease, even in the absence of family history or previous heart attack. The BMI is at the lower-normal range, which is not a risk factor on its own but should be monitored alongside overall nutritional status.

Preventive Recommendations

- Maintain strict control of blood pressure and blood glucose
- Adopt a heart-healthy, balanced diet
- Engage in regular physical activity as advised by a healthcare provider
- Monitor cholesterol levels regularly
- Avoid smoking and limit alcohol intake
- Schedule routine cardiovascular risk assessments

This report is automatically generated and is not a substitute for professional medical evaluation.