

# Heart Health Assessment Report

## Patient Overview

Age	34
BMI	18.5
Systolic Blood Pressure (mmHg)	148
Diastolic Blood Pressure (mmHg)	92
Heart Rate (bpm)	96
Fasting Blood Sugar (mg/dL)	100
Total Cholesterol (mg/dL)	220
Hypertension	Yes
Diabetes	Yes
Family History of Heart Disease	No
Previous Heart Attack	No

## Clinical Interpretation

The patient shows elevated blood pressure (Stage 2 Hypertension) and elevated total cholesterol levels, both of which are significant risk factors for cardiovascular disease. The presence of diabetes further increases long-term cardiovascular risk. Heart rate is mildly elevated, which may reflect stress, deconditioning, or metabolic factors. BMI is at the lower end of the normal range. While there is no history of previous heart attack or family history of heart disease, the combination of hypertension, diabetes, and dyslipidemia places the patient at moderate to high cardiovascular risk.

## General Recommendations

- Regular follow-up with a healthcare provider or cardiologist
- Strict blood pressure and blood sugar control
- Heart-healthy diet (low sodium, low saturated fat)
- Regular moderate physical activity as advised by a physician
- Lipid profile monitoring and possible cholesterol-lowering therapy
- Stress management and adequate sleep

*This report is generated for informational purposes only and does not replace professional medical advice.*