

Patient Report for heart1

Age:	63
Sex:	Male
Chest Pain:	Asymptomatic
Trestbps:	145 mm Hg
Chol:	233 mg/dl
FBS:	True
RestECG:	Showing probable or definite left ventricular hypertrophy
Thalach:	150
ExANG:	Yes
Old Peak:	2.3
Slope:	Reversible
Ca:	2
Thal:	Fixed

Conclusions:

Your age is above 50, which may increase the risk of heart disease. Ensure regular check-ups and maintain a healthy lifestyle to mitigate risks.

Your cholesterol level is higher than the normal range (200 mg/dl). To reduce cholesterol, consider a low-cholesterol diet, regular exercise, and medication if prescribed by your doctor.

Your fasting blood sugar level is higher than normal. Control sugar intake, exercise regularly, and consult your doctor for further evaluation.

As per input data No Heart Disease Detected

Relax and Follow below mentioned Lifestyle Changes:

1. Eat a healthy diet
2. Regular exercise
3. Maintain a healthy weight
4. Quit smoking

5. Limit alcohol consumption

6. Manage stress

7. Get enough sleep

8. Regular health check-ups