DIABETES PREDICTION SYSTEM

Patient Details:

Number of times Pregnant: 3
Glucose Tolerance test: 173
Diastolic_blood_pressure: 78
Triceps_skin_fold_thickness: 39
serum_insulin: 185
Body_mass_index: 33.8
Diabetes_pedigree_function: 0.97
Age: 31
Prediction: Patient suffers from Diabetes
Suggestions: 1.Check your blood sugar level frequently. 2.Make healthy food choices. 3.Exercise daily. 4.Avoid smoking and alcohol consumption 5.Take Medicines on time.

1 EAT HEALTHY
- Make healthy food choices
- Watch portion sizes
- Eat regular meals

2 BE ACTIVE
- Exercise 5 days a week
- Be active 30 minutes a day
- Lose 10–20 pounds if you are overweight

3 MONITOR
- Check your blood sugar levels; know your A1C
- Check your blood pressure, cholesterol, eyes, feet and teeth

4 TAKE MEDICATION
- Know your pills and insulins, understand how they work and take the right doses at the right times

5 PROBLEM SOLVE
- Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them

6 REDUCE RISK
- Quit smoking
- Do regular health exams (eye, foot, dental)
- See your doctor regularly for check-ups and tests
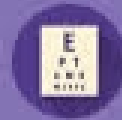
7 COPE WELL
- Get support from your family, friends and diabetes care team
- Set realistic goals and work toward them

Thank You!!