

# Patient Report for Johncena

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Age:	43
Sex:	Female
Chest Pain:	Typical
Trestbps:	132 mm Hg
Chol:	341 mg/dl
FBS:	True
RestECG:	Normal
Thalach:	136
ExANG:	Yes
Old Peak:	3
Slope:	Fixed
Ca:	0
Thal:	Reversible

## Conclusions:

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