

## Patient Report - ID: 120

Patient Report (Age 34.0, Gender: Male)

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- Cholesterol is within safe range.
- Elevated resting blood pressure.
- Healthy heart rate response.

AI Model Prediction: Heart Disease Detected

Risk Level: HIGH

Health Recommendations

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Diet Plan:

- Avoid fried food, red meat, processed snacks.
- Eat oats, greens, walnuts, fruits, fish (omega-3).
- Salt intake < 2g/day.

Exercise Routine:

- 30 min brisk walk, 5 days/week.
- Light resistance training, yoga & pranayama.

Medication:

- Ecosprin 75150mg (after breakfast)
- Atorvastatin 1020mg (at bedtime)
- Metoprolol 2550mg if BP is high
- Ramipril 2.55mg if diabetes/BP present

#### Lifestyle Tips:

- Avoid smoking/alcohol, manage stress.
- Sleep 7-8 hrs/day, do meditation.
- Regular heart, kidney, and liver checkups.