

Patient Report - ID: 253

Patient Report (Age 48.0, Gender: Male)

- High cholesterol level.
- Blood pressure is normal.
- Low maximum heart rate potential concern.

AI Model Prediction: Heart Disease Detected

Risk Level: HIGH

Health Recommendations

Diet Plan:

- Mediterranean/DASH diet, more greens & pulses.
- Less red meat, oil (max 4 tsp/day), sweets.

Exercise Routine:

- 3045 mins walk, 56 days/week.
- Light cycling/swimming if tolerated.

Medication:

- Aspirin 75150mg (if advised)
- Atorvastatin 2040mg if LDL > 100
- Amlodipine or Ramipril for BP
- Clopidogrel 75mg as antiplatelet

Lifestyle Tips:

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