Patient Report - ID: 184

Patient Report (Age 52.0, Gender: Male)
- High cholesterol level.
- Elevated resting blood pressure.
- Healthy heart rate response.
- Shows signs of exercise-induced angina.
Al 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 78 hrs/day, do meditation.
- Regular heart, kidney, and liver checkups.