

## Patient Report - ID: 103

Patient Report (Age 40.0, Gender: Female)

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- High cholesterol level.
- 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:

- 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.