

## Patient Report - ID: 398

Patient Report (Age 62.0, Gender: Female)

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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:

- Light & easy-to-digest food.
- High-fiber (soups, porridge, fruits).
- Reduce salt/sugar intake. Stay hydrated.

Exercise Routine:

- Walk 2030 min/day (or 10 min x 3).
- Chair yoga, breathing exercises.

Medication:

- Aspirin 75mg (low dose)
- Atorvastatin or Rosuvastatin 10mg
- Metoprolol 25mg (if needed)
- Furosemide if fluid retention

#### Lifestyle Tips:

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