

# Alzheimer's Disease Prediction Report

Prediction: Non Demented

## **Suggestions:**

Continue healthy habits like regular physical activity, a nutritious diet, and mental exercises.  
Engage in new learning opportunities or hobbies to build cognitive reserve.  
Stay socially active and maintain strong relationships with friends and family.  
Get regular sleep and manage stress for overall well-being.  
Have routine checkups and monitor cognitive health proactively.

*Disclaimer: This suggestion is generated by an AI language model (GPT-Neo) and should not be considered professional medical advice.*