

MediMuse Prescription

Date: 05-08-2025

Age: 55 Gender: Male

BMI: 25.5 (Overweight)

AI Diet Plan: Balanced

Disease: Heart Attack

Description: A heart attack, or myocardial infarction, occurs when blood flow to the heart is blocked, often due to a buildup of fatty deposits (plaques) in the coronary arteries. This blockage damages heart muscle tissue, leading to symptoms like chest pain, shortness of breath, nausea, and fatigue. It is a serious medical condition requiring immediate attention to prevent severe complications.

Medications:

- Aspirin
- Nitroglycerin
- Beta-blockers
- Clot-busting drugs (Thrombolytics)

Precautions:

- Maintain a heart-healthy diet
- Exercise regularly
- Control blood pressure and cholesterol
- Avoid smoking and excessive alcohol

Things to Do Now:

- Call emergency services immediately
- Chew aspirin (if recommended by a doctor)

- Stay calm and avoid exertion
- Follow-up with a cardiologist

Exercise Recommendations:

- Walking (45-60 minutes)
- Elliptical (30 minutes)
- Low-impact HIIT (20-25 minutes)
- Resistance band exercises

Detailed Diet Plan:

Vegetarian:

- Focus on whole grains, fruits, vegetables, and legumes
- Include nuts (almonds, walnuts) in moderation for heart-healthy fats
- Limit salt, sugar, and processed foods

Non_vegetarian:

- Eat lean meats like skinless chicken or fish (grilled or baked)
- Include omega-3-rich fish like salmon and mackerel
- Avoid red meat and fried foods

Vegan:

- Choose whole grains, beans, lentils, and fresh produce
- Add chia seeds and flaxseeds for omega-3s
- Limit processed vegan snacks high in salt or sugar