

# Liver Prediction Report

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User Input Data:

Parameter	Value
Age	19
Gender	1
Body_Mass_Index	15.7
ALT	7
AST	6
GGT	8
Triglycerides	32
Glucose	63
Total_Cholesterol	102
HDL	23
LDL	33

Prediction Result: The prediction indicates a Severe illness.

# Trusted Advices For You:

Your test indicates signs of liver disease. It's crucial to take steps to manage the condition and prevent further liver damage.

Advice to Manage Your Liver Health ----

## Diet & Nutrition :

- ½ Follow a low-fat, balanced diet rich in fruits and vegetables.
- ½ Limit salt to reduce fluid retention and liver workload.
- ½ Avoid alcohol completely½it can accelerate liver damage.
- ½ Reduce sugar intake to prevent fatty liver complications.
- ½ Stay hydrated; drink plenty of water unless otherwise advised.

## Medication :

- ½ Take all liver-related medications as prescribed.
- ½ Avoid self-medicating½many drugs can harm the liver.
- ½ Check with your doctor before taking herbal or OTC supplements.

## Monitor Health :

- ½ Get regular liver function tests (LFTs) to track your progress.
- ½ Watch for signs of jaundice, swelling, or fatigue.
- ½ Maintain a healthy weight to reduce fatty liver risk.

## Lifestyle :

- ½ Avoid alcohol and smoking completely.
- ½ Engage in light to moderate physical activity.
- ½ Get vaccinated for hepatitis A and B, if at risk.

## Seek Medical Help If :

- ½ You experience yellowing of eyes/skin (jaundice).
- ½ Swelling in abdomen or legs.
- ½ Severe fatigue or confusion.
- ½ Dark urine or pale stool.

Note: Always consult a hepatologist for personalized guidance.