

# Heart Disease Prediction Report

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User Input Data:

Parameter	Value
age	50
sex	Female
cp	Asymptomatic
trestbps	120
chol	219
fbs	False
restecg	ST-T Wave Abnormality
thalach	158
exang	No
oldpeak	1.6
slope	Upsloping
ca	0
thal	Fixed Defect

Prediction Result: Heart Disease Detected (Positive)

# Trusted Advice For You

Your test suggests signs of heart disease. Early intervention through medication, lifestyle changes, and regular monitoring is essential to reduce risk and improve quality of life.

Advices to Manage Your Condition ----

## # Medications:

- Do not stop medications without consulting your doctor.
- Take prescribed medicines on time (e.g., beta-blockers, statins, aspirin, ACE inhibitors).
- Avoid over-the-counter NSAIDs like ibuprofen unless approved by your cardiologist.
- Inform your doctor about all supplements or herbal products you're using.

## # Diet & Nutrition:

- Eat more fruits, vegetables, whole grains, and lean proteins.
- Reduce salt intake to lower blood pressure.
- Avoid saturated fats and trans fats — limit red meat, butter, and fried foods.
- Cut back on sugar and processed foods to manage weight and blood sugar.

## # Lifestyle:

- Quit smoking — it significantly worsens heart and blood vessel health.
- Exercise regularly (e.g., brisk walking 30 minutes a day, 5 days a week).
- Maintain a healthy weight and BMI.
- Limit alcohol — excess drinking raises blood pressure and heart risk.
- Sleep 7–8 hours daily and manage stress with relaxation techniques like yoga or meditation.

## # Monitor Your Health:

- Check blood pressure and cholesterol levels regularly.
- Monitor heart rate and report irregular beats or chest discomfort.
- Keep diabetes under control if present.
- Attend regular follow-ups and screenings (e.g., ECG, echocardiogram if advised).

## # Seek Medical Help If:

- You feel chest pain, tightness, or pressure.
- You experience sudden fatigue, breathlessness, or dizziness.
- You notice swelling in legs, ankles, or sudden weight gain.
- Your symptoms worsen or new ones appear.

Note: Always follow up with your cardiologist for a tailored treatment plan.