

# Heart Disease Prediction Report

User Input Data:

Parameter	Value
age	63
sex	Male
cp	Non-anginal Pain
trestbps	180
chol	230
fbs	True
restecg	Left Ventricular Hypertrophy
thalach	230
exang	Yes
oldpeak	2.3
slope	Flat
ca	0
thal	Normal

Prediction Result: Heart Disease Detected (Positive)

Advice:

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.

### Advises 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.

#### Exercise