

# Heart Disease Prediction Report

User Input Data:

| Parameter | Value                        |
|-----------|------------------------------|
| age       | 22                           |
| sex       | Male                         |
| cp        | Asymptomatic                 |
| trestbps  | 80                           |
| chol      | 500                          |
| fbs       | True                         |
| restecg   | Left Ventricular Hypertrophy |
| thalach   | 120                          |
| exang     | No                           |
| oldpeak   | 85                           |
| slope     | Downsloping                  |
| ca        | 3                            |
| thal      | Fixed Defect                 |

Prediction Result: No Heart Disease (Negative)

Advice:

🎉🎉🎉 No Heart Disease Detected (Negative)

Great news! Your test results do not show signs of heart disease. But staying heart-healthy is a lifelong effort.

Continue with these practices to maintain your heart health 🎉

👉👉👉 Diet & Nutrition:

- 👉👉 Follow a Mediterranean-style diet 🎉 rich in vegetables, fruits, whole grains, and lean proteins.
- 👉👉 Avoid processed, sugary, and fatty foods.
- 👉👉 Use healthy fats like olive oil instead of butter or margarine.
- 👉👉 Reduce salt to help keep blood pressure in check.

👉👉👉 🎉 &👉👉 Lifestyle:

- 👉👉 Be physically active at least 150 minutes a week (e.g., brisk walking, cycling).
- 👉👉 Avoid tobacco in all forms 🎉 it damages your heart and blood vessels.
- 👉👉 Limit alcohol consumption.
- 👉👉 Maintain a healthy weight and sleep 7🎉8 hours nightly.
- 👉👉 Practice stress reduction techniques such as yoga, meditation, or deep breathing.

👉👉👉🎉 Monitor Regularly:

- 👉👉 Get your blood pressure, cholesterol, and glucose levels checked routinely.
- 👉👉 If you have a family history of heart disease, keep up with screenings.

' Keep in touch with your healthcare provider for periodic evaluation

'🎉🎉 A healthy lifestyle today means a healthier heart tomorrow!