

Fatty_Liver disease Prediction Report

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User Input Data:

Parameter	Value
Age	20
Gender	2
Body_Mass_Index	30.1
ALT	46
AST	35.0
GGT	24.0
Triglycerides	95.0
Glucose	82
Total_Cholesterol	213
HDL	45.0
LDL	162

Prediction Result: The prediction indicates a Severe illness.

Trusted Advices For You:

Your results indicate ****severe fatty liver****. Immediate lifestyle changes and medical supervision are crucial to prevent further liver damage.

Critical Advice for Severe Fatty Liver ----

Dietary Guidelines:

- ½ Adopt a low-calorie, high-fiber diet focused on vegetables, lean proteins, and whole grains.
- ½ Eliminate all sugary drinks and processed foods.
- ½ Completely avoid alcohol½it worsens liver fat accumulation.
- ½ Control portion sizes to support gradual weight loss.

Medical Management:

- ½ Follow up regularly with your hepatologist or liver specialist.
- ½ Take any prescribed medications for liver function or related conditions (e.g., diabetes, cholesterol).
- ½ Avoid over-the-counter medications unless approved by your doctor.

Physical Activity:

- ½ Engage in at least 30 minutes of moderate exercise daily (e.g., brisk walking).
- ½ Avoid a sedentary lifestyle½stand and stretch every hour if sitting long.

Monitor & Act:

- ½ Track liver enzymes (LFTs), blood sugar, and cholesterol levels regularly.
- ½ Watch for signs of fatigue, abdominal swelling, or jaundice.

Note: Lifestyle correction is essential½early intervention can reverse fatty liver effects.