

Heart Disease Prediction Report

User Input Data:

Parameter	Value
age	22
sex	Female
cp	Non-anginal Pain
trestbps	80
chol	82
fbs	False
restecg	ST-T Wave Abnormality
thalach	85
exang	No
oldpeak	85
slope	Downsloping
ca	1
thal	Fixed Defect

Prediction Result: No Heart Disease (Negative)

Advice:

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

<h5 class="mt-4 fw-bold text-success">Continue with These Practices to Maintain Your Heart Health ----</h5>

<h6 class="mt-3" style="color:#20c997;">Diet & Nutrition:</h6>

<ul class="ms-3">

Follow a Mediterranean-style diet ï¿½ 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.

<h6 class="mt-3" style="color:#fd7e14;">Lifestyle:</h6>

<ul class="ms-3">

Be physically active at least 150 minutes a week (e.g., brisk walking, cycling).

Avoid tobacco in all forms ï¿½ it damages your heart and blood vessels.

Limit alcohol consumption.

Maintain a healthy weight and sleep 7ï¿½8 hours nightly.

Practice stress reduction techniques such as yoga, meditation, or deep breathing.

<h6 class="mt-3" style="color:#0d6efd;">Monitor Regularly:</h6>

<ul class="ms-3">