

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>

- 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.

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

- 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.

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

- Get regular check-ups with your doctor, including blood pressure, cholesterol, and blood sugar tests.