

Diabetes Prediction Report

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User Input Data:

Parameter	Value
pregnancies	6
glucose	160
bloodPressure	180
skinThickness	6
insulin	120
bmi	45
diabetesPedigree	45
age	6

Prediction Result: Diabetes Detected (Positive)

Medical Advice

Your test indicates signs of Diabetes. Managing blood sugar levels through diet, exercise, medication, and monitoring is crucial to prevent complications and maintain a healthy life.

Advices to Manage Your Condition ----

Medications

Take your diabetes medications exactly as prescribed.

Do not skip doses and never change dosages without consulting your doctor.

If using insulin, store it properly and learn correct injection techniques.

Discuss all supplements or herbal remedies with your healthcare provider before using them.

Diet & Nutrition

Focus on whole grains, fresh vegetables, lean proteins, and healthy fats.

Limit sugary foods, sweetened drinks, and processed snacks.

Watch carbohydrate intake and follow a consistent meal plan.

Reduce sodium to help control blood pressure.

Lifestyle

Engage in at least 30 minutes of physical activity most days of the week.

Quit smoking – it raises your risk of complications.

Limit alcohol intake; it can affect blood sugar levels.

Maintain a healthy weight and aim for steady, gradual weight loss if overweight.

Get enough restful sleep and manage stress effectively.

Monitor Your Health

Check your blood sugar regularly and track results.

Monitor blood pressure and cholesterol levels.

Keep an eye on your feet for cuts, blisters, or infections.

Get regular eye exams and kidney function tests.

Seek Medical Help If

You experience frequent urination, extreme thirst, or fatigue.

You notice blurred vision or slow-healing wounds.

You feel tingling, numbness, or pain in hands and feet.

You have sudden changes in blood sugar readings.

Note: Diabetes is manageable with the right care plan. Stay in