

# Parkinson's Disease Prediction Report

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## User Input Data:

Parameter	Value
Fo	120
Fhi	110
Flo	89
Jitter	0.076
Shimmer	0.056
Nhr	0.0376
Hnr	0.0422
Rpde	0.07

Prediction Result: Parkinson's Detected

# Trusted Advices For You:

Your test indicates signs of Parkinson's Disease. It's important to consult a neurologist for a proper diagnosis and management plan.

Advice for Managing Parkinson's Disease ----

## # Physical Activity :

- Engage in regular exercise, including aerobic activities, strength training, and balance exercises.
- Consider therapies like physical therapy, occupational therapy, and speech therapy.
- Tai Chi and yoga can help with balance and flexibility.

## # Medication Management :

- Take all prescribed medications (e.g., Levodopa, dopamine agonists) exactly as directed.
- Do not stop or alter dosages without consulting your doctor.
- Keep a medication diary to track efficacy and side effects.

## # Lifestyle Adjustments :

- Maintain a healthy and balanced diet, rich in fiber and fluids to prevent constipation.
- Ensure adequate rest and manage sleep disturbances.
- Simplify daily tasks and modify your home environment to prevent falls.

## # Support & Mental Health :

- Seek support from family, friends, and support groups.
- Address emotional changes like anxiety, depression, and apathy with your healthcare team.
- Engage in mentally stimulating activities.

## # When to Seek Medical Help Immediately :

- Sudden worsening of symptoms.
- New or severe side effects from medication.
- Difficulty swallowing or severe choking episodes.
- Significant changes in mood or cognition.

Note: Always consult a neurologist for personalized guidance and treatment plans.