

Heart Disease Prediction Report

User Input Data:

| Parameter | Value |
|-----------|-----------------------|
| age | 64 |
| sex | Male |
| cp | Non-anginal Pain |
| trestbps | 45 |
| chol | 10 |
| fbs | True |
| restecg | ST-T Wave Abnormality |
| thalach | 456 |
| exang | Yes |
| oldpeak | 45 |
| slope | Flat |
| ca | 1 |
| thal | Normal |

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"><i class="bi bi-heart-pulse text-primary fs-4 me-2 align-middle"></i>Continue with These Practices to Maintain Your Heart Health ----</h5>

<h6 class="mt-3" style="color:#20c997;"><i class="bi bi-egg-fried me-2"></i>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;"><i class="bi bi-person-walking me-2"></i>Lifestyle:</h6>

- Be physically active at least 150 minutes a week (e.g., brisk walking, cycling).
- Avoid tobacco in all forms ĩġ½ it damages your heart and blood vessels.
- Limit alcohol consumption.
- Maintain a healthy weight and sleep 7ĩġ½8 hours nightly.
- Practice stress reduction techniques such as yoga, meditation, or deep breathing.