

Fatty_Liver disease Prediction Report

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User Input Data:

Parameter	Value
Age	76
Gender	1
Body_Mass_Index	40
ALT	65
AST	78
GGT	75
Triglycerides	65
Glucose	77
Total_Cholesterol	150
HDL	56
LDL	75

Prediction Result: The prediction indicates a Severe illness.

Trusted Advices For You:

Your results indicate ****severe fatty liver****. Immediate lifestyle changes and medical supervision are crucial to prevent further liver damage.

Critical Advice for Severe Fatty Liver ----

#Dietary Guidelines:

- Adopt a low-calorie, high-fiber diet focused on vegetables, lean proteins, and whole grains.
- Eliminate all sugary drinks and processed foods.
- Completely avoid alcohol—it worsens liver fat accumulation.
- Control portion sizes to support gradual weight loss.

Medical Management:

- Follow up regularly with your hepatologist or liver specialist.
- Take any prescribed medications for liver function or related conditions (e.g., diabetes, cholesterol).
- Avoid over-the-counter medications unless approved by your doctor.

Physical Activity:

- Engage in at least 30 minutes of moderate exercise daily (e.g., brisk walking).
- Avoid a sedentary lifestyle—stand and stretch every hour if sitting long.

Monitor & Act:

- Track liver enzymes (LFTs), blood sugar, and cholesterol levels regularly.
- Watch for signs of fatigue, abdominal swelling, or jaundice.

Note: Lifestyle correction is essential—early intervention can reverse fatty liver effects.