

# Heart Disease Prediction Report

User Input Data:

Parameter	Value
age	22
sex	Female
cp	Typical Angina
trestbps	80
chol	82
fbs	True
restecg	ST-T Wave Abnormality
thalach	85
exang	Yes
oldpeak	85
slope	Flat
ca	2
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"><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>

- <li>Follow a Mediterranean-style diet — rich in vegetables, fruits, whole grains, and lean proteins.</li>
- <li>Avoid processed, sugary, and fatty foods.</li>
- <li>Use healthy fats like olive oil instead of butter or margarine.</li>
- <li>Reduce salt to help keep blood pressure in check.</li>

<h6 class="mt-3" style="color:#fd7e14;"><i class="bi bi-person-walking me-2"></i>Lifestyle:</h6>

- <li>Be physically active at least 150 minutes a week (e.g., brisk walking, cycling).</li>
- <li>Avoid tobacco in all forms — it damages your heart and blood vessels.</li>
- <li>Limit alcohol consumption.</li>
- <li>Maintain a healthy weight and sleep 7–8 hours nightly.</li>
- <li>Practice stress reduction techniques such as yoga, meditation, or deep breathing.</li>