

Diabetes Prediction Report

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User Input Data:

Parameter	Value
pregnancies	5
glucose	179
bloodPressure	68
skinThickness	20
insulin	28
bmi	30
diabetesPedigree	0.627
age	58

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