

# Heart Disease Prediction Report

User Input Data:

Parameter	Value
age	63
sex	Male
cp	Non-anginal Pain
trestbps	180
chol	160
fbs	True
restecg	ST-T Wave Abnormality
thalach	180
exang	Yes
oldpeak	160
slope	Upsloping
ca	0
thal	Fixed Defect

Prediction Result: No Heart Disease (Negative)

# Trusted Advice For You

Great news! Your test results do not show signs of heart disease. But staying heart-healthy is a lifelong effort.

Continue with These Practices to Maintain Your Heart Health ----

## # Diet & Nutrition:

- 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.

## # Lifestyle:

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

## # Monitor Regularly:

- Get your blood pressure, cholesterol, and glucose levels checked routinely.
- If you have a family history of heart disease, keep up with screenings.

Keep in touch with your healthcare provider for periodic evaluations.

A healthy lifestyle today means a healthier heart tomorrow!