

# Heart Disease Prediction Report

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## User Input Data:

Parameter	Value
Age	62
Sex	Male
Chest Pain Type	Atypical Angina
Resting Blood Pressure	180
Cholesterol	168
Fasting Blood Sugar > 120 mg/dl	True
Resting ECG Results	ST-T Wave Abnormality
Max Heart Rate Achieved	95
Exercise Induced Angina	Yes
ST Depression Induced by Exercise	0.6
Slope of Peak Exercise ST Segment	Upsloping
Number of Major Vessels Colored by Fluoroscopy	0
Thalassemia	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!