

Heart Disease Prediction Report

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User Input Data:

Parameter	Value
Age	85
Sex	Female
Chest Pain Type	Non-anginal Pain
Resting Blood Pressure	82
Cholesterol	520
Fasting Blood Sugar > 120 mg/dl	False
Resting ECG Results	Left Ventricular Hypertrophy
Max Heart Rate Achieved	82
Exercise Induced Angina	Yes
ST Depression Induced by Exercise	4
Slope of Peak Exercise ST Segment	Downsloping
Number of Major Vessels Colored by Fluoroscopy	1
Thalassemia	Fixed Defect

Prediction Result: Heart Disease Detected (Positive)

Trusted Advice For You

Your test suggests signs of heart disease. Early intervention through medication, lifestyle changes, and regular monitoring is essential to reduce risk and improve quality of life.

Advices to Manage Your Condition ----

Medications:

- Do not stop medications without consulting your doctor.
- Take prescribed medicines on time (e.g., beta-blockers, statins, aspirin, ACE inhibitors).
- Avoid over-the-counter NSAIDs like ibuprofen unless approved by your cardiologist.
- Inform your doctor about all supplements or herbal products you're using.

Diet & Nutrition:

- Eat more fruits, vegetables, whole grains, and lean proteins.
- Reduce salt intake to lower blood pressure.
- Avoid saturated fats and trans fats — limit red meat, butter, and fried foods.
- Cut back on sugar and processed foods to manage weight and blood sugar.

Lifestyle:

- Quit smoking — it significantly worsens heart and blood vessel health.
- Exercise regularly (e.g., brisk walking 30 minutes a day, 5 days a week).
- Maintain a healthy weight and BMI.
- Limit alcohol — excess drinking raises blood pressure and heart risk.
- Sleep 7–8 hours daily and manage stress with relaxation techniques like yoga or meditation.

Monitor Your Health:

- Check blood pressure and cholesterol levels regularly.
- Monitor heart rate and report irregular beats or chest discomfort.
- Keep diabetes under control if present.
- Attend regular follow-ups and screenings (e.g., ECG, echocardiogram if advised).

Seek Medical Help If:

- You feel chest pain, tightness, or pressure.
- You experience sudden fatigue, breathlessness, or dizziness.
- You notice swelling in legs, ankles, or sudden weight gain.
- Your symptoms worsen or new ones appear.

Note: Always follow up with your cardiologist for a tailored treatment plan.