

Heart Disease Prediction Report

User Input Data:

Parameter	Value
age	22
sex	Female
cp	Non-anginal Pain
trestbps	80
chol	82
fbs	False
restecg	Left Ventricular Hypertrophy
thalach	85
exang	Yes
oldpeak	85
slope	Flat
ca	2
thal	Reversible Defect

Prediction Result: No Heart Disease (Negative)

Advice:

🎉🎉🎉 No Heart Disease Detected (Negative)

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 🎉

- 🎉<🎉N 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 evaluation.

'🎉 A healthy lifestyle today means a healthier heart tomorrow!