

# Liver Prediction Report

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## User Input Data:

Parameter	Value
Age	19
Gender	1
Body_Mass_Index	15.7
ALT	7
AST	6
GGT	8
Triglycerides	32
Glucose	63
Total_Cholesterol	102
HDL	23
LDL	33

Prediction Result: The prediction indicates a Severe illness.

# Trusted Advices For You:

Your test indicates signs of liver disease. It's crucial to take steps to manage the condition and prevent further liver damage.

Advice to Manage Your Liver Health ----

Diet & Nutrition :

- Follow a low-fat, balanced diet rich in fruits and vegetables.
- Limit salt to reduce fluid retention and liver workload.
- Avoid alcohol completely—it can accelerate liver damage.
- Reduce sugar intake to prevent fatty liver complications.
- Stay hydrated; drink plenty of water unless otherwise advised.

Medication :

- Take all liver-related medications as prescribed.
- Avoid self-medicating—many drugs can harm the liver.
- Check with your doctor before taking herbal or OTC supplements.

Monitor Health :

- Get regular liver function tests (LFTs) to track your progress.
- Watch for signs of jaundice, swelling, or fatigue.
- Maintain a healthy weight to reduce fatty liver risk.

Lifestyle :

- Avoid alcohol and smoking completely.
- Engage in light to moderate physical activity.
- Get vaccinated for hepatitis A and B, if at risk.

Seek Medical Help If :

- You experience yellowing of eyes/skin (jaundice).
- Swelling in abdomen or legs.
- Severe fatigue or confusion.
- Dark urine or pale stool.

Note: Always consult a hepatologist for personalized guidance.