

# Parkinson Prediction Report

Generated on: 15/5/2025, 1:39:20 pm  
User Input Data:

Parameter	Value
MDVP:Fo(Hz)	105.8
MDVP:Fhi(Hz)	107.8
MDVP:Flo(Hz)	71.2
MDVP:PPQ	0.0008
MDVP:APQ	0.009
Shimmer:APQ5	0.009
Shimmer:APQ3	0.009
MDVP:Shimmer(dB)	0.14

Prediction Result: Healthy

## Trusted Advices For You:

Your test results show no signs of Parkinson’s disease. Keep maintaining healthy habits that support long-term brain and motor function.

### Preventive Advice for Brain & Nerve Health ----

#### Diet & Nutrition :

- Eat a balanced diet rich in antioxidants – fruits, vegetables, and whole grains.
- Include omega-3 fats (from fish, walnuts, flaxseeds).
- Stay hydrated and avoid excessive caffeine or alcohol.

#### Brain Health Monitoring :

- Stay mentally active – puzzles, reading, learning new skills.
- Sleep 7–9 hours per night for brain repair.
- Manage chronic conditions like diabetes and high blood pressure.

#### Active Lifestyle :

- Exercise regularly to maintain balance, flexibility, and strength.
- Avoid smoking and limit alcohol.
- Manage stress through yoga, meditation, or hobbies.

#### Early Warning Awareness :

- If you notice tremors, slow movement, or stiffness, consult a doctor early.