

# Heart Disease Prediction Report

User Input Data:

Parameter	Value
age	22
sex	Female
cp	Non-anginal Pain
trestbps	80
chol	82
fbs	False
restecg	ST-T Wave Abnormality
thalach	85
exang	Yes
oldpeak	85
slope	Downsloping
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 🎉

👉👉👉 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!