

Liver Prediction Report

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User Input Data:

Parameter	Value
Age	42
Gender	2
Body_Mass_Index	28.1
ALT	46
AST	35.0
GGT	24.0
Triglycerides	95.0
Glucose	81.0
Total_Cholesterol	213
HDL	45.0
LDL	158.0

Prediction Result: The prediction indicates a mild illness.

Trusted Advices For You:

Your test results show no signs of liver disease. Maintaining healthy habits is essential for ongoing liver health.

Preventive Advice for Liver Health ----

Diet & Hydration :

- Eat a nutritious diet with whole grains, fruits, and vegetables.
- Avoid excessive intake of processed and fatty foods.
- Limit sugar and salt consumption.
- Drink adequate water daily to support liver function.

Protect Your Liver :

- Avoid alcohol or consume only in moderation.
- Be cautious with medications—don't exceed recommended doses.
- Get vaccinated for hepatitis A and B if not already.
- Practice safe hygiene and avoid sharing needles or razors.

Lifestyle :

- Exercise regularly to maintain a healthy weight.
- Quit smoking and manage stress effectively.

Be Aware of Symptoms :

- If you notice yellowing skin/eyes, abdominal pain, or fatigue, consult a doctor promptly.