

# Kidney Prediction Report

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User Input Data:

Parameter	Value
Age	25
Blood Pressure	78
Specific gravity (Urine cocentration)	1.01
Albumin	3
Red Blood cells in Urine	0
Blood Urea(mg/dL)	9
Serum Creatinine(mg/dL)	10
Hemoglobin(g/dl)	9
Packed Cell Volume(%)	50
Hypertension	1
Diabetes	0

Prediction Result: The prediction indicates a positive case of chronic kidney disease.

# Trusted Advices For You:

Your test indicates signs of CKD. It's important to adopt lifestyle and dietary changes, and follow medical advice to manage the condition.

Advices to manage your condition ----

## Diet & Nutrition :

- Limit salt intake to control blood pressure.
- Reduce protein (meat, eggs, dairy) to ease kidney workload.
- Limit potassium (bananas, oranges, potatoes).
- Avoid phosphorus-rich foods (nuts, cheese, colas).
- Drink adequate water; adjust if fluid retention occurs.
- Avoid processed foods; choose fresh fruits and vegetables.

## Medication :

- Take all prescribed medicines regularly.
- Avoid NSAIDs like ibuprofen (can damage kidneys).
- Discuss supplements and OTC drugs with your doctor.

## Monitor Health :

- Check blood pressure regularly and keep it under control.
- Get regular blood and urine tests.
- Monitor blood sugar levels if diabetic.

## Lifestyle :

- Quit smoking – it worsens kidney damage.
- Limit alcohol – it can raise blood pressure.
- Exercise moderately (e.g., walk 30 minutes daily).
- Maintain a healthy weight.

## Seek Medical Help If :

- You notice swelling in ankles, face, or hands.
- You experience shortness of breath or fatigue.
- Your urine output drops significantly.
- You have persistent nausea or confusion.

Note: Always consult a nephrologist for personalized care.