

# 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 :

- ½ Eat a nutritious diet with whole grains, fruits, and vegetables.
- ½ Avoid excessive intake of processed and fatty foods.
- ½ Limit sugar and salt consumption.
- ½ Drink adequate water daily to support liver function.

#### Protect Your Liver :

- ½ Avoid alcohol or consume only in moderation.
- ½ Be cautious with medicationsdon't exceed recommended doses.
- ½ Get vaccinated for hepatitis A and B if not already.
- ½ Practice safe hygiene and avoid sharing needles or razors.

#### Lifestyle :

- ½ Exercise regularly to maintain a healthy weight.
- ½ Quit smoking and manage stress effectively.

#### Be Aware of Symptoms :

- ½ If you notice yellowing skin/eyes, abdominal pain, or fatigue, consult a doctor promptly.