

# Parkinson Prediction Report

Generated on: 15/5/2025, 12:23:47 pm  
User Input Data:

Parameter	Value
MDVP:F0(Hz)	45
MDVP:Fhi(Hz)	53
MDVP:Flo(Hz)	5
MDVP:PPQ	56
MDVP:APQ	5
Shimmer:APQ5	56
Shimmer:APQ3	56
MDVP:Shimmer(dB)	56

Prediction Result: Parkinson's Detected

# Trusted Advices For You:

Your test indicates signs of Parkinson's disease. Though there's no cure, but early treatment and lifestyle adjustments can help manage symptoms and improve quality of life.

Advices to Manage Your Condition ----

Diet & Nutrition :

- Eat a fiber-rich diet to prevent constipation.
- Stay hydrated – drink enough water daily.
- Limit protein intake around medication time (e.g., levodopa).
- Include omega-3 fatty acids (e.g., fish, flaxseeds).
- Reduce processed foods and sugar.

Medication & Treatment :

- Take prescribed medications consistently and on schedule.
- Report any side effects to your doctor promptly.
- Consider physiotherapy or occupational therapy.
- Join support groups for shared experiences and mental health.

Monitor Symptoms :

- Keep track of tremors, stiffness, and mobility changes.
- Note changes in sleep, speech, or balance.
- Regular follow-ups with a neurologist are essential.

Lifestyle & Exercise :

- Exercise regularly – walking, stretching, or tai chi helps.
- Practice hand coordination and balance activities.
- Get enough sleep and maintain a routine sleep schedule.

Seek Medical Help If :

- You experience falls or loss of balance.
- There's difficulty swallowing or severe stiffness.
- You feel anxious, depressed, or confused often.

Note: Work closely with your neurologist to personalize your care plan.