

# Ankylosing Spondylitis Detection Report

Patient Name: venkatesh

Diagnosis: Unhealthy

Confidence: 98.43%

Date: 2025-04-09 12:17:39

## Recommendations

### Treatment & Medication

- **Medications:** NSAIDs (e.g., *Ibuprofen*, *Naproxen*) to reduce pain and inflammation. TNF inhibitors (e.g., *Etanercept*, *Infliximab*) or IL-17 inhibitors for advanced cases.
- **Physical Therapy:** Regular physiotherapy focused on posture correction and mobility.
- **Medical Support:** Routine checkups with a rheumatologist. Imaging and blood tests to monitor disease progression.
- **Surgical Intervention:** In rare and severe cases, surgery might be required to correct spinal deformities.

### Diet Recommendation

- **Anti-inflammatory Foods:** Fatty fish (*salmon*, *mackerel*), leafy greens (*spinach*, *kale*), turmeric, ginger.
- **Calcium & Vitamin D:** Milk, cheese, yogurt, tofu, fortified cereals, and sunlight exposure.
- **Fiber-Rich Foods:** Whole grains, fruits, and vegetables to improve gut health and immunity.
- **Foods to Avoid:** Processed meats, refined sugars, excess caffeine, and alcohol.

## **Workouts to be Done**

- **Postural Exercises:** Wall standing, chin tucks, and neck stretches to maintain spinal alignment.
- **Stretching & Flexibility:** Yoga, Pilates, and spinal extension exercises.
- **Low-Impact Aerobics:** Swimming, walking, cycling - promotes joint health without stress.
- **Breathing Exercises:** Diaphragmatic breathing to improve lung capacity.

## **Moral Support**

- **Mental Health Awareness:** Join support groups (online or offline) to share experiences and stay motivated.
- **Mindfulness & Relaxation:** Meditation, journaling, and stress management practices.
- **Stay Connected:** Family and friends' emotional support plays a major role in recovery.
- **Educational Empowerment:** Learn about AS to make informed decisions about your health.