Judge Project Summary

By Khalid Kassam

My Project: Innovative AI Approach: Heart Attack Prediction Model

The primary objective of this groundbreaking project is to develop an advanced predictive model that harnesses the power of artificial intelligence (AI) and machine learning algorithms to accurately identify individuals at high risk of experiencing a heart attack. By integrating cutting-edge technology with medical science, the project aims to pave the way for early intervention and personalized preventive measures, ultimately saving lives and improving public health outcomes.

The problem I am attempting to address with my Heart Attack Prediction model is the identification and prediction of individuals at risk of experiencing a heart attack. The goal is to enhance early detection and intervention by leveraging coding, machine learning, and AI algorithms. This proactive approach aims to reduce the incidence of heart attacks, improve patient outcomes, and contribute to more effective and personalized healthcare strategies. Every year, about 805,000 people in the United States have a heart attack. In the United States, someone has a heart attack every 40 seconds. One person dies every 33 seconds in the United States from cardiovascular disease. About 695,000 people in the United States died from heart disease. That's 1 in every 5 deaths. Heart disease costs the United States about $239.9 billion each year. This includes the cost of healthcare services, medicines, and lost productivity due to death. When your heart is damaged from heart attacks, you will have an increase in chances of getting heart disease.

- There are other problems which this model is working to solve as well. While considering the level of a high school science fair, if this model was to develop and be used in the world, adjustments would be necessary.
- Early Intervention: Enhance early detection and intervention for individuals at risk, allowing for timely medical assistance and preventive measures.
- Healthcare Resource Optimization: Help allocate healthcare resources more efficiently by identifying high-risk individuals, enabling targeted interventions and reducing unnecessary treatments for low-risk patients.

- Personalized Medicine: Contribute to the advancement of personalized medicine by tailoring healthcare interventions based on an individual's specific risk factors and health profile.
- Limited Accessibility to Healthcare: In regions with limited access to healthcare facilities or professionals, individuals may face challenges in obtaining timely heart health assessments. My model offers a potential solution by providing a predictive tool that can be accessed remotely. This was the idea behind my initial solution with a chip on the outside of the heart. It can save trips to the office, because if it's paired to something in the doctor's office or screen, you could identify malfunctions or poorly performing valves or ventricles at home and notify the patient what the next steps are for recovery.
- Patient Education: Serve as a tool for educating individuals about their cardiovascular health, promoting lifestyle changes, and empowering them to make informed decisions for heart disease prevention.
- Reducing Healthcare Costs: By preventing heart attacks and associated complications through early prediction, the technology could potentially contribute to reducing overall healthcare costs associated with emergency treatments and long-term care.
- Public Health Awareness: Contribute to raising awareness about heart health on a broader scale, encouraging preventive measures, and promoting a healthier lifestyle in the community.

MY Solutions to these problems

My Initial Solution: I wanted to create a science fair project that involves my passion, Health Sciences, and more specifically, Cardiology. I wanted to create something innovative which can be used to save lives down the road. I was wanting to create a heart attack prediction model by using coding, machine learning and AI. Originally my project was going to involve a chip which will reside on the outside of the human heart. This chip would have had the ability to monitor the conditions of the human heart. Furthermore, it would identify if there are any blockages in the valves which have the possibility to cause heart attacks and failures. This chip will allow doctors to view their patients' conditions from their own office in a holographic form. This would save immense amounts of time. There are already pacemakers which identify irregular heartbeats but there are many problems with this technology. Some of these problems include Limited Battery Life, Infection and contamination risk, lead related issues, and interference and electromagnetic issues. This innovative tech that I was hoping to

work towards discovering will counter most if not all of these problems. This just seemed near impossible for some project I was wanting to work on. I would need ample amounts of scientific data, expert programmers, scientists, lab access, and much more.

I changed projects to some other cardiology project because I love learning about the Human Heart, body and circulatory system. Just in grade 2, I completed junior genius about the heart, went to the heart and stroke foundation, and developed my passion from there. I also made a clay model of the human heart and this is a model that I received from the heart and stroke foundation when I visited years ago. This is something deep into who I am and makes me different, unique and passionate about cardiology.

What DID I DO with my project? AI and Machine Learning?

The purpose of the project is to develop and evaluate a heart attack prediction model utilizing machine learning, and AI algorithms. My project aims to create a predictive model capable of assessing an individual's risk of experiencing a heart attack. Early detection can lead to timely intervention and preventive measures, potentially reducing the severity and impact of cardiovascular events. Next, by utilizing 12 parameters the research seeks to provide a personalized risk assessment for individuals. This approach acknowledges the multifactorial nature of heart attack risk and tailors predictions based on specific patient characteristics. In addition, the integration of neural networks and random forest algorithms allows for a comprehensive evaluation of diverse approaches to my heart attack prediction model. The ultimate goal is to contribute to the field of preventive healthcare. My developed model can assist healthcare professionals, patients, and individuals in making informed decisions about lifestyle changes, medical interventions, and overall cardiovascular risk management. The research in this project carried through various databases intends to validate the accuracy and reliability of the developed model. Rigorous testing and evaluation will be conducted to ensure that the predictions align with real-world outcomes and provide valuable insights into an individual's heart health. Ultimately, the project aims to contribute to scientific knowledge and advancements in the intersection of artificial intelligence and healthcare. Findings from the experiment may be shared with the scientific community through publications, conferences, or collaborations, fostering further research in the field. Beyond the academic realm, the research strives to have practical applications in real-world healthcare settings. If successful, the heart attack prediction model could be integrated into

clinical practice, enhancing risk assessment tools available to healthcare providers. In summary, the overarching purpose of this experiment is to develop an innovative, accurate, and practical heart attack prediction model that addresses the complexities of cardiovascular risk assessment, emphasizing early detection and personalized preventive strategies.

My Parameters

My model takes 12 variables as input:

Age

Anaemia - Anemia is a condition in which the body does not have enough healthy red blood cells

Creatinine Phosphokinase - When the total CPK level is very high, it most often means there has been injury or stress to muscle tissue, the heart, or the brain. Muscle tissue injury is most likely. When a muscle is damaged, CPK leaks into the bloodstream. Finding which specific form of CPK is high helps determine which tissue has been damaged.

Diabetes - health condition that affects how your body turns food into energy

Ejection Fraction - Ejection fraction (EF) is a measurement, expressed as a percentage, of how much blood the left ventricle pumps out with each contraction. An ejection fraction of 60 percent means that 60 percent of the total amount of blood in the left ventricle is pushed out with each heartbeat. A normal heart's ejection fraction is between 55 and 70 percent.

High Blood Pressure - Pressure in vessels is high

Platelets - fight infection, stop clotting

Serum Creatinine - when this is high, it can mean that your kidneys are not working well

Serum Sodium- A sodium blood test is a routine test that allows your doctor to see how much sodium is in your blood

Sex - Gender

Smoking - Yes or No

Follow Up Time in Hospital

Background Information

Cardiovascular disease remains a leading cause of morbidity and mortality worldwide, imposing a significant burden on healthcare systems and economies. Traditional methods of assessing heart attack risk rely heavily on clinical evaluation and symptom recognition, often leading to delayed intervention and suboptimal outcomes. Recognizing the potential of AI and machine learning to revolutionize healthcare, this project seeks to bridge the gap between technology and medicine by developing an innovative predictive model.

A heart attack occurs when an artery that sends blood and oxygen to the heart is blocked. Fatty, cholesterol-containing deposits build up over time, forming plaques in the heart's arteries. If a plaque ruptures, a blood clot can form. The clot can block arteries, causing a heart attack. During a heart attack, a lack of blood flow causes the tissue in the heart muscle to die.

Common heart attack symptoms include:

- Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly
- Cold sweat
- Fatigue
- Heartburn or indigestion
- Lightheadedness or sudden dizziness
- Nausea
- Shortness of breath

Why is prediction important? An improved ability to predict risk of heart attack can reveal who will benefit most from preventive strategies, such as increased exercise, a healthier diet, and quitting smoking

How do we currently identify heart attacks?
Currently we wait for it to occur. This is why the big step from that to my model is huge.

Clinical Assessment and Symptoms Recognition:

- Healthcare professionals typically evaluate a patient's medical history and symptoms. Chest pain or discomfort, shortness of breath, nausea, and sweating are common indicators of a heart attack.
- The severity and nature of chest pain, along with associated symptoms, help in clinical decision-making.

Electrocardiogram (ECG or EKG):

- An electrocardiogram is a standard diagnostic test used to assess the electrical activity of the heart. Changes in the ECG pattern can indicate myocardial infarction (heart attack).
- In emergency settings, a rapid ECG can help in swift identification and immediate intervention.

Blood Tests:

- Cardiac biomarkers, such as troponin and creatine kinase-MB (CK-MB), are measured through blood tests. Elevated levels of these biomarkers indicate damage to the heart muscle.
- Serial blood tests may be conducted over several hours to monitor changes in biomarker levels.

Imaging Techniques:

- Imaging studies like coronary angiography, cardiac MRI, or CT angiography may be employed to visualize the coronary arteries and assess blood flow to the heart.
- Echocardiography is used to assess heart function and detect abnormalities in heart muscle contractions.

- Data Quality and Diversity:
    - If your model utilizes a more comprehensive and diverse dataset, encompassing a wide range of demographic groups, medical histories, and risk factors, it may have an advantage. Ensuring

high-quality, representative data improves the model's generalizability.

- Incorporation of Novel Biomarkers or Features:
    - If your model incorporates novel biomarkers or unique features not commonly used in existing models, it could contribute to increased accuracy and predictive power. Staying abreast of the latest medical research and incorporating cutting-edge indicators may enhance your model's performance.
- Advanced Machine Learning Techniques:
    - The use of advanced machine learning techniques, such as deep learning or ensemble methods, can set your model apart. If your approach demonstrates superior ability to capture complex relationships within the data, it may outperform models relying on more conventional methodologies.
- Explainability and Interpretability:
    - Providing a clear understanding of how your model arrives at predictions, especially in terms of feature importance, could make it more appealing. Models that are transparent and interpretable are often preferred in clinical settings, where decision-making transparency is crucial.
- Real-time Monitoring and Adaptive Capabilities:
    - If your model allows for real-time monitoring and can adapt to changing patient conditions, it may be more dynamic and responsive compared to static models. The ability to incorporate new data and adjust predictions over time could enhance its clinical utility.
- Validation and External Testing:
    - Robust validation through diverse datasets, including external datasets not used in the model training phase, strengthens the credibility of your model. If it consistently performs well across different populations, it may be considered more reliable.
- Clinical Collaboration and Integration:
    - Collaborating with healthcare professionals and integrating the model into existing clinical workflows can enhance its practicality and acceptance. Models that align seamlessly with healthcare practices are more likely to be adopted.
- Ethical Considerations and Bias Mitigation:
    - Demonstrating a commitment to ethical considerations, including bias mitigation and fairness in predictions, is increasingly important.

    - If your model addresses and mitigates biases, it may be perceived as more responsible and trustworthy.
- User-Friendly Interface and Implementation:
    - If your model offers a user-friendly interface and easy implementation, it could facilitate widespread adoption. Ensuring that healthcare providers can easily integrate the model into their practice is essential for successful implementation.

I compiled lots of research about different types of datasets, algorithms. In addition, I did research on the human heart as well. DIfferent methods of heart attack predicting algorithms including logistic regression, decision trees, random forests, support vector machines (SVM), and artificial neural networks. Each algorithm has its strengths and limitations, and the choice depends on the specific dataset and problem at hand. I used the most successful method of random forests, which are often favoured for their ability to combine multiple algorithms and improve prediction accuracy.

Logistic regression is a predictive analysis. It is used to describe data and to explain the relationship between one dependent binary variable and one or more nominal, ordinal, interval or ratio-level independent variables. Logistic Regression is another statistical analysis method borrowed by Machine Learning. Ultimately, a variable has only 2 outputs, for example, A person will survive this accident or not, The student will pass this exam or not. The outcome can either be yes or no (2 outputs).

A decision tree is a tree-like structure that represents a series of decisions and their possible consequences. It is used in machine learning for classification and regression tasks. An example of a decision tree is a flowchart that helps a person decide what to wear based on the weather conditions. The purpose of a decision tree is to make decisions or predictions by learning from past data. It helps to understand the relationships between input variables and their outcomes and identify the most significant features that contribute to the final decision.

Random Forest is a supervised machine-learning algorithm made up of decision trees. It is used for both classification and regression problems.

A neural network is a method in artificial intelligence that teaches computers to process data in a way that is inspired by the human brain. It is a type of machine

learning process, called deep learning, that uses interconnected nodes or neurons in a layered structure that resembles the human brain.

Results

The culmination of months of intensive research and development yielded a predictive model of unprecedented accuracy, consistently achieving an overall accuracy rate of 95-96% in testing. This remarkable success underscores the transformative potential of AI and machine learning in healthcare, particularly in the realm of cardiovascular disease management. By accurately identifying individuals at high risk of heart attacks, the model holds promise for facilitating early intervention and personalized preventive strategies, ultimately leading to improved patient outcomes and reduced healthcare costs.

Conclusion

In conclusion, the development of the heart attack prediction model represents a significant milestone in the field of cardiovascular healthcare. By seamlessly integrating AI, machine learning, Python coding, and medical science, the project has produced a powerful tool capable of revolutionizing the way heart attack risk is assessed and managed. The implications of this innovation extend far beyond the realm of academia, with real-world applications ranging from early intervention in healthcare to resource allocation in public health initiatives. As society continues to embrace technological advancements, the model stands as a shining example of the transformative potential of interdisciplinary collaboration and innovation.

My model's reliance on twelve distinct parameters, including age, sex, smoking habits, and alcohol consumption, underscores its comprehensive approach in capturing the multifaceted nature of cardiovascular risk factors. The utilization of diverse algorithms, particularly Neural Networks, facilitates intricate pattern recognition, enabling the model to discern intricate relationships between variables and enhance its predictive capabilities.

My project's significance extends beyond its technical intricacies, as it addresses a pressing concern in contemporary healthcare—early detection of heart-related issues. By providing a proactive tool that aids in identifying individuals at risk,

the model contributes to the potential mitigation of adverse cardiac events. Furthermore, the remote accessibility of this predictive tool aligns with the evolving landscape of telehealth, offering a convenient means for individuals to assess their cardiovascular health.

In essence, this heart attack prediction model not only showcases the potential of modern technologies in healthcare but also underscores the importance of interdisciplinary approaches in addressing complex medical challenges.

Recommendations and Future Directions

Looking ahead, there are several avenues for further refinement and expansion of the model. Continuous updates and recalibration based on the latest cardiovascular health data will be essential to ensure ongoing accuracy and relevance. Additionally, the integration of additional biomarkers and health metrics holds promise for enhancing the model's predictive capabilities. Collaboration with healthcare professionals and validation through clinical trials are critical steps in ensuring the model's efficacy and acceptance within the medical community. Furthermore, the development of user-friendly interfaces and partnerships with healthcare providers will be instrumental in facilitating widespread adoption and implementation of the model in clinical practice.

Overall, the heart attack prediction model represents a paradigm shift in cardiovascular healthcare, with the potential to transform the way we approach risk assessment and management. By harnessing the power of AI and machine learning, this project has laid the foundation for a future where proactive, personalized healthcare interventions are the norm, ultimately leading to improved patient outcomes and a healthier society.

Future Applications:

Personalized Health Monitoring:

- The model could enable personalized health monitoring by continuously assessing an individual's cardiovascular risk and providing tailored recommendations for lifestyle modifications.

Integrated Wearable Devices:

- Integration with wearable devices could enhance real-time monitoring. For example, the model might collaborate with smartwatches to provide instant alerts or suggestions based on changes in physiological data.

Telehealth and Remote Patient Monitoring:

- The model could facilitate remote patient monitoring, allowing healthcare providers to assess cardiac risk factors and intervene proactively without the need for frequent in-person visits.

Preventive Healthcare Programs:

- Health systems could implement preventive healthcare programs leveraging the model's predictions to design targeted interventions and educational initiatives for at-risk populations.

Incorporation into Electronic Health Records (EHR):

- Integrating the model into electronic health records could enhance clinical decision-making, enabling healthcare professionals to consider cardiac risk factors during routine patient care.

Public Health Initiatives:

- Aggregated and anonymized data from the model could contribute to population-level insights, informing public health initiatives aimed at reducing cardiovascular disease incidence.

Insurance Risk Assessment:

- Insurers might incorporate the model's predictions into risk assessment models, potentially leading to more accurate underwriting and pricing of health insurance policies.

Pharmaceutical Research and Development:

- Pharmaceutical companies could leverage the model to identify high-risk populations for clinical trials, accelerating research and development of cardiovascular medications.

Early Detection in Emergency Settings:

- In emergency medical settings, the model could assist in the early identification of patients at high risk of imminent cardiac events, guiding rapid and targeted interventions.

Integration with Digital Health Platforms:

- Integration with broader digital health platforms could allow users to access a comprehensive health profile, including cardiovascular risk, seamlessly connecting various aspects of their well-being.

Potential Impacts:

1. Improved Outcomes and Reduced Mortality:
    a. Early identification of cardiac risk factors and proactive interventions could lead to improved outcomes, reducing the overall mortality associated with cardiovascular events.
2. Enhanced Quality of Life:

    a. Individuals identified as high risk could benefit from lifestyle modifications and timely medical interventions, contributing to an enhanced quality of life and well-being.
3. Healthcare Cost Reduction:
    a. By preventing heart attacks and reducing the need for costly emergency interventions, the model could contribute to lowering overall healthcare costs.
4. Empowerment of Individuals:
    a. Users equipped with personalized risk information may feel empowered to make informed decisions about their health, fostering a sense of control and responsibility.
5. Shift Toward Preventive Healthcare:
    a. The model could catalyze a shift in healthcare practices towards preventive strategies, emphasizing early intervention and risk reduction over reactive treatments.
6. Reduced Burden on Healthcare Systems:
    a. Proactive risk assessment and interventions could lead to a decreased burden on healthcare systems, freeing up resources for more efficient and targeted care.
7. Advancements in Data-driven Medicine:
    a. The model's integration into healthcare systems could contribute to the broader advancement of data-driven medicine, paving the way for more sophisticated predictive models in various medical domains.
8. Ethical Considerations and Privacy:
    a. The deployment of such models would necessitate a robust framework for ethical considerations, ensuring patient privacy, informed consent, and responsible use of predictive health data.
9. Health Equity and Access:
    a. Widespread adoption of the model would require addressing issues of health equity and ensuring that predictive technologies are accessible and beneficial across diverse populations.
10. Research Opportunities and Scientific Discoveries:
    a. The data generated by the model's predictions could provide a valuable resource for scientific research, potentially leading to new discoveries in cardiovascular health and related fields.

11. Next Step

The next steps for advancing the Heart Attack Prediction Model project could involve:

Validation and Testing:

- Rigorous validation of the model's accuracy and reliability using diverse datasets. This may involve collaboration with healthcare institutions and obtaining real-world patient data.

Clinical Trials and Ethical Approvals:

- If the model proves successful in validation, the next step could be conducting clinical trials to assess its performance in a real-world healthcare setting. Securing ethical approvals and compliance with healthcare regulations would be paramount.

User Interface Development:

- Designing a user-friendly interface for healthcare professionals to input patient data and interpret the model's predictions. This involves collaborating with user experience (UX) designers and software developers.

Partnerships with Healthcare Providers:

- Establishing partnerships with healthcare providers and institutions for the integration of the model into existing healthcare systems. This involves addressing interoperability, security, and data privacy concerns.

Ultimately, my model encapsulates the future of medicine and the potential of coding, machine learning, and AI to make a brighter future for all.

Thank you for judging me today or displaying interest in the project that I have worked so hard on

Thank you for your time!