International Journal of Engineering and Advanced Technology (IJEAT)
ISSN: 2249-8958 (Online), Volume-8 Issue-4, April 2019

Prediction And Detection Of Heart Attack Using Machine Learning And Internet Of Things

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Abstract**: In today's modern world Cardiovascular infections are the basic reason for death worldwide in the course of the most recent couple of years in the developed as well as developing countries. Early recognition of heart diseases and persistent supervision of clinicians can lessen the death rate. Be that as it may, the exact discovery of heart diseases and meeting of a patient for 24 hours by a specialist isn't accessible since it requires more insightfulness, time and aptitude. In this examination, a speculative plan of a cloud-based coronary illness identification and forecast the framework had been proposed to identify coronary illness utilizing Machine learning strategies. For the exact recognition of the coronary illness, a productive AI procedure ought to be utilized and we utilize numerous relapses for the expectation of heart attack illness. We use this algorithm to predict heart attack by taking different independent variables and we take pulse beat time to time as it varies from time to time. We use multiple regression to predict heart attack and we use IOT to communicate to the person and we use IOT devices and cloud platform in order to remind the person about his health condition of a heart attack. Besides, to screen the coronary illness tolerant a constant patient checking framework was created and displayed utilizing Arduino, able to do taking a parameter like a heartbeat rate utilizing beat sensor IOT device. The created framework can transmit the recorded information to a server which is updated at regular intervals. In this paper, I clarified the engineering for pulse or heartbeat rate and other information observing system and I likewise disclosed how to utilize an AI calculation like MULTIPLE REGRESSION calculations to foresee the heart attack by utilizing the gathered pulse information and another wellbeing related edge and how we use IOT devices for the location of a heart attack.

***Index Terms**: Arduino miniaturized scale controller, Multiple Regression, Pulse sensor*

I. OBJECTIVE

Our main theme of the project is to find out that heart attack may also occur due to hereditary or not. For, this we are going to have previous data of parents to compare with that of child dataset and find the prediction and accurate values. To fit the dataset with appropriate attributes of persons regular habitats are also been considered such as drinking, smoking and exercising habits. These attributes regulates the person's health and determine how healthy he/she is.

Manuscript published on 30 April 2019.
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II. INTRODUCTION

The heart is a sort of strong organ which syphons blood into the body and is the focal piece of the body's cardiovascular framework. Cardiovascular framework additionally includes a system of veins, for instance, veins, arteries, and vessels. These veins convey blood everywhere throughout the body. Anomalies in an ordinary stream of blood from the heart cause a few kinds of heart sicknesses which are generally known as cardiovascular sicknesses. Heart infections are the primary explanations behind death around the world. As per the overview of the World Health Organization (WHO), 17.5 million absolute worldwide passing happen in view of heart attacks and strokes. Over 75% of passing from cardiovascular infections happen for the most part in centre salary and low-pay nations. Likewise, 80% of the passing that happens due to heart, infections are by either by stroke and heart attack. In this manner, identification of heart irregularities at the beginning time and apparatuses for the expectation of heart infections can spare a ton of life and help specialists to structure a viable treatment plan which at least lessens the death rate because of cardiovascular sicknesses. Because of the improvement of development tending frameworks, bunches of patient information are these days accessible utilizing huge information which might be utilized for structuring Prognostic models for Cardiovascular ailments. Information handling or AI strategy is a disclosure approach for breaking down enormous information from a different point of view and embodying it into valuable information.

These days, a tremendous measure of information relating to malady conclusion, patients and so forth are produced by social insurance businesses. Information mining gives various systems which find concealed examples or similitudes from information. Along these lines, in this paper, a machine learning calculation is proposed for the usage of the forecast of heart assault sickness which was approved on two open access to coronary illness forecast datasets. Another the commitment of this paper is the introduction of a heart persistent checking framework utilizing the idea of the Internet of Things (IoT) with various physical sensors and Arduino microcontroller and cloud stage. Sensor systems are at present utilizing the Internet of Things (IoT) innovation to gather, investigate and going of data from one hub to another. IoT such as embedded technology, permit to trade data among one another hubs or the Internet and it was evaluated that around 8 to 50 billion gadgets will be associated by 2020.

III. LITERATURE SURVEY

Pulse inconstancy alludes to the beat to pulsate modifications in the pulse. As per National Institute of Health, newborn children by and large show some kindness rate of in excess of 100 beats for every minute which settles down between 60 to 100 thumps for every minute (resting pulse) for kids 10 years and grown-ups. Pulse is legitimately relative to an individual's wellness. An individual who is fit as a fiddle will have a resting pulse in the scope of 50-60 bpm contrasted with a normal person whose, the pulse may fluctuate between 60 - 80 bpm, while a very much prepared muscle head can have a heart rate as low as forty bpm. The Diagnosticity of heartbeat rate is limited by numerous variables like natural stressors and mental and physical remaining burden. The interest control model of occupation strain tells that occupation in which individuals have low social help and no influence over their activity are progressively upsetting for example at the point when there's partner irregularity between the activity request and the individual's capacity to fulfil those requests. On the off chance that the condition is durable, it might prompt cardiovascular infections. There is a reasonable increment in an individual's pulse when he is pressure or anxious, however, the balance varies from individual to individual. According to a cardiovascular specialist, it is hard to anticipate the age from pulse as it is nonlinear. Be that as it may, we can utilize an individual's pulse to anticipate whether that individual is feeling pressure or not. Studies have appeared if competitors have a higher resting pulse at 7:00 am toward the beginning of the day for at least three back to back days at that point he/she is over trained. Overtraining can prompt a reduction in wellness and quality of a competitor. An individual can have a most extreme pulse of (220 - (his/her age)). Utilizing this, as a rule, specialists energize the defibrillator amid heart failure. At the point when an individual is working out or in the exercise centre then his pulse ought to be in the scope of half - 70% of (220 - (his/her age)). On the off chance that his pulse is not as much as this, at that point he needs to practice more earnestly.

IV. METHODOLOGY AND ANALYSIS

In this paper, we use different parameters about the health condition of a person and those parameters are independent and we have one dependent parameter, that is the prediction parameter which results shows whether the person gets a heart attack or not.

Resting Blood pressure	**Fasting Blood Pressure**	**Cholesterol**
Current Smoker	**Age**	**Gender**

For this dataset, we add one more parameter, that is pulse rate. The above data variables we take them previously and store them in our dataset of a person and pulse rate is varied from time to time and for the current pulse rate we predict the heart attack situation, whether he/she effect or not. In our project, we take pulse sensor to detect pulse rate and connect the pulse sensor to the hardware Arduino and from Arduino hardware, we connect it to the system Arduino installed and store the pulse rate in our dataset using system Arduino.

We store the pulse rate in a dataset where all the previous data variables are stored and send the dataset to the machine learning, that is written in r program which predicts the heart attack condition. Here we use IOT devices to detect pulse rate and machine learning for prediction of heart attack and after prediction, we send the message or alarm the health condition to the person.

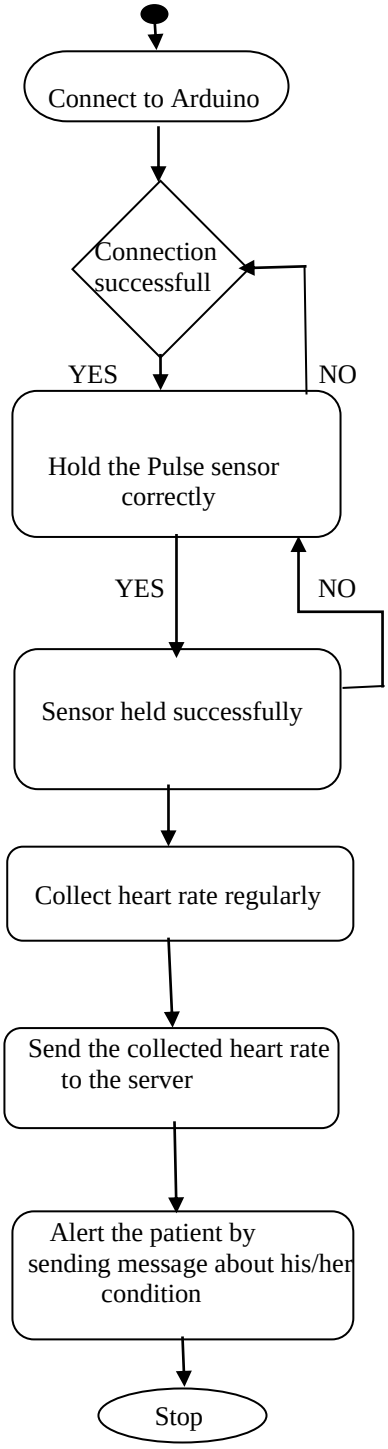

Fig.1. Flow chart for predticting and detection of heart attack.

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V. HARDWARE AND IMPLEMENTATION

A. COMPONENTS USED

Arduino is an open-source development circuit board.
Arduino contains various diverse parts and interfaces together on a single circuit board. The structure has changed as the years progressed, and a few varieties incorporate different parts also. Digital pins can write read and write containing 14 input/output pins. Analog pins which can read values have 6 analog pins.

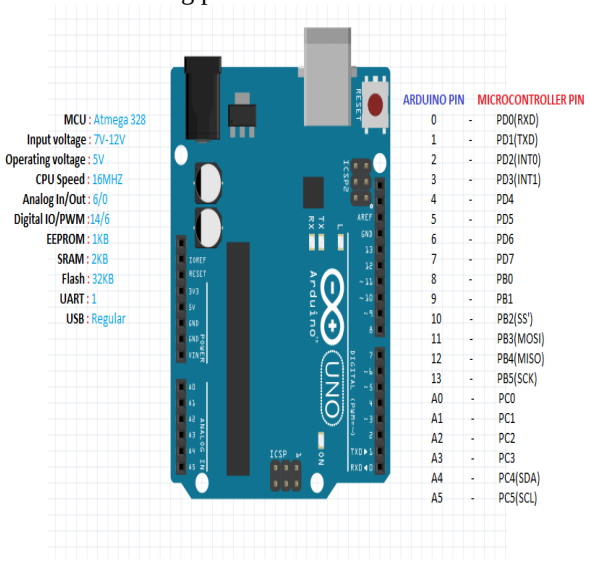

Fig.2. Arduino board with pin names.

B. Pulse sensor

Heartbeat Sensor It identifies the beat rate of the body which can be tallied per unit time to discover the pulse. This pulse information can be utilized in different situations, for example, in games, human services and among versatile designers and so forth. It tends to be incorporated into our day by day lives to screen our tension and feelings of anxiety which may help in better living. It records a perusing by setting the tip of a finger on it or appending the sensor with a wrist. Heartbeat sensor has edge esteem going from 525 to 610, which should be aligned. To tally the pulse, one needs to include the number of heartbeats in a moment.

Fig.3. Pulse sensor

VI. MACHINE LEARNING ALGORITHM

A. MULTIPLE REGRESSION

Multiple regression is an extension of linear regression into relationship between more than two variables. In simple linear relation, we have one predictor and one response variable, but in multiple regression, we have more than one predictor variable and one response variable.

The mathematical formula of Multiple Regression is
$Y=\beta_0+\beta1x1+\beta2x2+.....+\beta nxn$
Where Y=Response variable
β_0, β1, β2,..βn= are coefficients
x1, x2,…xn=Predicted variables.
We make the model utilizing the lm() function in R. The model decides the estimation of the coefficients utilizing the information. Next, we can anticipate the estimation of the reaction variable for a given two or more predictor variables factors utilizing these coefficients.
The results of multiple regression are more accurate than that of rest regression algorithms. This Regression technique helps us to compare the main attribute with that of remaining to make a prediction and this prediction determines the result as values 0 to 1.Here multiple regression helps in comparing child's present attributes to that of parents previous data.

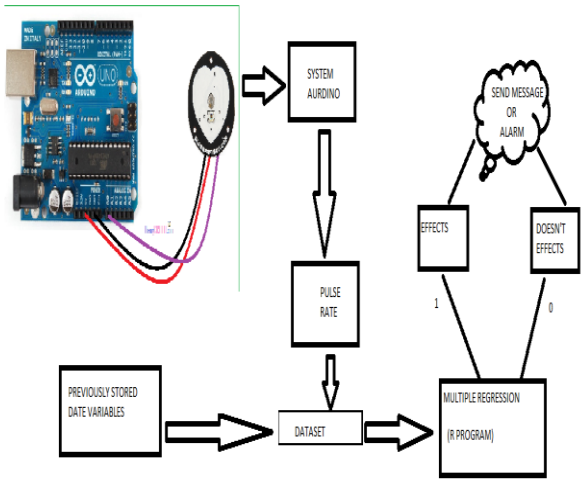

Fig.4. Overview of device implementation analysis

B. ALGORITHM CODE ANALYSIS

```
#Importing the excel datasheet
data<-read.csv("C:/Users/PATH/Desktop/Filename.csv")
input<-heartdb[,c("β0," β1","β2","β3","β4")]
print(head(input))
model<-lm(β0~ β1+β2+β3+β4, data = input )
print(model)
cat("# # # # The Coefficient Values # # # ","\n")
a <- coef(model)[1]
print(a)
#prints the coefficient values of model
Xβ1 <- coef(model)[2]
Xβ2 <- coef(model)[3]
Xβ3 <- coef(model)[4]
Xβ4<-coef(model)[5]
print(Xβ1)
print(Xβ2)
print(Xβ3)
print(Xβ4)
Y= β0+β1x1+β2x2+.....+βnxn
#Result
print(Y)
```


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VII. RESULT ANALYSIS

If the result Y is "0" it predicts that the person doesn't have a chance of heart attack and if the result Y is "1" it predicts that the person having a chance of getting a heart attack. Stress labels are calculated and median in our data set was stressed and map that to our detector. Further, it is not possible to detect someone's age by their resting heart rate - while some correlations exist, the relationship is not clearly defined. The exercise detection part of our paper does work well because that relationship is clearly defined as 50-80% of the max heart rate (220-Age).

VIII. FUTURE SCOPE

This paper provides an insight into the applications of heart rate monitoring and serves as a stepping stone for any new research work in this field. Moreover, the paper faces the challenge of inadequate data, as any machine learning algorithm can only give correct readings/predictions if it is applied to reliable data. Hence, the next step in this work would be to gather heart rate readings of different individuals. We can integrate this work with any health monitoring device and safety device. To get better results, we are using his heart rate and also his daily activity pattern to determine at what time of the day he is exercising and what time he is stressed, as any device can give a false alert when the person is not in danger. One of the most promising future aspects of this work can be to use a person's profile and his daily heart rate measurements along with his galvanic skin response to determining the mood of a person.

IX. CONCLUSION

In this project initially, we tried to implement the various methods using machine learning algorithms and Internet of things. For calculating, accuracy we find the missed predictions in the confusing matrix which gives us the error rate, subtracting it from 1 gives us the accuracy of the classifier. We prepared dataset using their family background and comparing with the patient's record to check whether is there any chance of getting heart attacks. We tried to implement it using the Machine learning algorithm. In our further study, we will implement it with the various models and find out the best way to estimate whether a person will get a heart attack or not. Our paper just talks about the prediction of heartbeat/stress based on some datasets using IOT and ML. Prior data needs to be collected in order to predict the health conditions and to derive the probability of chances of getting some health issues. It can also be used to predict the possible effects on individual health due to his/her parental health conditions which are already pre-recorded for analytics purpose. This requires the inclusion of deep-learning techniques along with ML techniques like classification, clustering, regression analysis etc.

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