Cardio Scan AI: A Hybrid Machine Learning Approach for Early Prediction of Cardiac Risk and Personalized Preventive Care

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Abstract- Heart diseases continue to be one of the main causes of death across the world, largely because many of them develop quietly without noticeable symptoms until they become serious. Early detection and preventive intervention are essential for reducing the associated health risks. This study introduces Cardio Scan AI, a hybrid intelligent framework designed to predict heart disease risk using easily obtainable clinical and lifestyle parameters. The system integrates ensemble machine learning with a deep neural network to analyze multiple factors, including blood pressure, cholesterol, BMI, physical activity, and stress levels, allowing accurate and personalized risk assessment. In addition to prediction, the framework features a personalized prevention module that provides tailored lifestyle and clinical recommendations based on individual risk profiles. Experimental evaluation on a dataset of 2,300 samples demonstrated that Cardio Scan AI achieves high predictive performance, with an accuracy of 94.2% and ROC–AUC of 0.96, outperforming traditional machine learning models. The results highlight the framework's potential for accessible, reliable, and proactive cardiac health management, bridging the gap between early detection and personalized preventive care.

I. INTRODUCTION

The rapid growth of artificial intelligence has transformed modern healthcare, making intelligent digital systems an essential part of medical diagnostics, treatment planning, and health monitoring [1]. AI technologies, which were once limited to theoretical research, are now actively supporting clinicians by improving diagnostic precision, enabling personalized care, and expanding access to medical expertise across diverse populations [2]. Within the field of cardiovascular medicine, these advancements are especially valuable, as early identification of risk factors can significantly reduce complications and improve patient outcomes.[3] Across the globe, heart-related conditions are still responsible for a significant share of deaths, nearly a third overall. Many heart-related conditions progress quietly, making early detection difficult without timely and continuous assessment. Traditional diagnostic procedures—such as angiography, imaging, and stress testing—are effective but often expensive, invasive, and inaccessible for routine screening, particularly in non-clinical or remote settings.[5] While AI-based cardiac assessment tools exist, most rely heavily on specialized medical imaging or laboratory data. This dependence limits their utility for large-scale preventive screening and everyday health monitoring [6]. To address these challenges, this research introduces Cardio Scan AI, a comprehensive and user-friendly framework designed to evaluate cardiovascular risk using simple, readily available health parameters. The system combines advanced predictive modeling with personalized preventive recommendations, offering a practical solution for proactive cardiac health management and self-monitoring [7].

II. LITERATURE REVIEW AND INNOVATION STATEMENT

II.1 Contemporary Approaches in Cardiac AI

Recent research in computational cardiology demonstrates that machine learning plays a vital role in improving cardiovascular risk prediction. Various algorithms have shown strong potential when applied to clinical datasets. For example, gradient boosting and related ensemble methods have been used to analyze electronic health records with promising accuracy, while deep learning techniques—particularly convolutional neural networks—have been effective in interpreting cardiac imaging such as echocardiograms [8]. Another major direction in recent studies is multimodal data integration, where traditional clinical parameters are combined with information from wearable sensors and mobile health devices. This approach strengthens prediction reliability by providing continuous and real- world measurements of physiological activity. In parallel, the field of explainable AI (XAI) has gained importance as healthcare practitioners increasingly demand transparent and models that doctors can understand and use confidently while making treatment decisions. Taken together, these developments show how much AI-based cardiac analysis has evolved, even though some practical challenges still remain.

II.2 Research Innovation and Contribution

Despite these advancements, our analysis identifies several unresolved challenges in current cardiac AI systems:

1. Clinical-Accessibility Divide: Existing models maintain strong dependence on specialized medical data, limiting their application for routine self-assessment by the general population [11].
2. Prediction-Prevention Gap: While numerous studies focus on improving predictive accuracy, few integrate comprehensive preventive recommendation engines that translate risk assessments into actionable health guidance [12].
3. Real-World Adaptability: Models trained on curated clinical datasets often demonstrate performance degradation when applied to community-based health data with inherent noise and missing values [13].
4. Ethical Transparency: The deployment of "black box" models without adequate explanation mechanisms remains a significant barrier to clinical adoption and patient trust [14].

How Cardio Scan AI Addresses These Challenges

Cardio Scan AI introduces several innovations designed to overcome these limitations:

- A novel feature-fusion strategy that effectively combines clinical parameters with lifestyle indicators to enhance risk prediction.
- A hybrid intelligence architecture that integrates tree-based ensemble models with deep neural networks, allowing the framework to capture both structured relationships and complex nonlinear patterns.
- An embedded personalized prevention engine that delivers targeted nutritional, behavioral, and clinical recommendations aligned with user risk profiles.
- Built-in interpretability mechanisms that help users and clinicians understand the key factors influencing risk predictions.

Together, these contributions position Cardio Scan AI as a more accessible, interpretable, and actionable solution for modern cardiovascular health management.

III. METHODOLOGY

III.1 Data Curation and Preprocessing

The study was conducted using a combined dataset of 2,300 patient records, created from three main sources: The dataset used in this research combined information from the Framingham Heart Study, the Cleveland heart-disease dataset, and additional synthetic records created to broaden the mix of patient profiles.

III.1.1 Feature Set

Altogether, the dataset used eleven important variables, which were sorted into clinical, lifestyle, and body-measurement categories.

- The clinical features covered factors such as age, resting blood pressure, cholesterol levels, fasting glucose, and heart-rate readings.
- Lifestyle-related variables included activity levels, stress, smoking habits, and alcohol use.
- Basic body-composition measures like BMI and waist-to-hip ratio were also included.

III.1.2 Preprocessing Techniques

A rigorous preprocessing pipeline was applied to improve data quality:

Multivariate chained imputation to handle missing values

- Robust scaling to normalize features and reduce outlier sensitivity.
- Target-based leave-one-out encoding for categorical variables.
- Class imbalance correction using ADASYN to improve minority-class representation.

This ensured a cleaner, more balanced dataset suitable for training predictive models.

Our Preprocessing pipeline incorporated several advanced techniques:

- ◆ Missing value imputation using multivariate chained equations.
- ◆ Feature normalization through robust scaling to mitigate outlier effects.
- ◆ Categorical variable encoding using target-based leave-one-out methodology.
- ◆ Class imbalance correction via adaptive synthetic sampling (adasyn) to enhance minority class representation.

III.2 Hybrid Intelligence Architecture

The core of CardioScan AI employs a sophisticated dual-stage predictive architecture:CardioScan AI is powered by a two-stage hybrid predictive framework, integrating ensemble methods with deep learning for stronger performance.

Stage 1: Ensemble-Based Feature Refinement

- ◆ An XGBoost ensemble with 250 decision trees was used to capture nonlinear relationships.
- ◆ This stage performed automatic feature ranking, helping identify the most influential variables.
- ◆ Platt scaling was applied to produce calibrated probability outputs.

Stage 2: Deep Neural Network

- ◆ The neural network consisted of several layers, beginning with 11 inputs and passing through multiple ReLU-activated hidden layers with dropout applied, ending in a sigmoid output that produced a final risk score.
- ◆ Additional improvements included:
- ◆ Batch normalization to stabilize learning
- ◆ L2 regularization ($\lambda = 0.01$) to reduce overfitting.

Hybrid Integration Strategy

- ◆ The probability scores generated by the XGBoost model were concatenated with the normalized features and fed into the deep neural network.

This fusion enabled the system to:

- ◆ Leverage structured decision boundaries from ensemble models
- ◆ Capture complex feature interactions through deep learning.
- ◆ The final output produced a precise probability-based risk prediction.

The probability outputs from the XGBoost stage were concatenated with the original normalized features, creating an enriched feature vector that served as input to the deep neural network. This synergistic approach allowed the model to leverage both the robust feature engineering capabilities of tree-based methods and the complex pattern recognition strengths of deep learning.

III.3 Personalized Prevention Engine

A distinctive innovation of our system is the integrated recommendation engine, which operates through the following mechanism:

1. Risk Stratification: The system groups each person into one of five risk levels—from negligible to critical—based on their overall health indicators.
2. Multidimensional Profiling: Each user receives a personalized health avatar capturing their unique combination of clinical markers, lifestyle factors, and demographic characteristics.
3. Dynamic Recommendation Generation: The system generates tailored interventions across multiple domains:

- ◆ Nutritional Guidance: Customized meal plans targeting specific risk factors (e.g., cholesterol reduction, blood pressure management).
- ◆ Exercise Prescription: Individualized physical activity regimens based on current fitness level and cardiac capacity.
- ◆ Lifestyle Modification: Targeted strategies for stress management, sleep optimization, and habit change.
- ◆ Clinical Follow-up: Appropriate screening schedules and specialist referral recommendations.

IV. EXPERIMENTAL RESULTS AND ANALYSIS

IV.1 Performance Evaluation

The CardioScan AI framework was rigorously evaluated using 5-fold cross-validation on a held-out test set of 690 cases (30% of total data). Show that the model performs noticeably better than the traditional approaches used for comparison.

Model	Accuracy (%)	Precision	Recall	F1-score	AUC
Logistic Regression	81.2	0.79	0.83	0.81	0.87
Random Forest	88.7	0.87	0.89	0.88	0.93
ANN (Deep Learning)	90.1	0.90	0.91	0.90	0.95
Hybrid Ensemble (RF + ANN)	93.5	0.94	0.93	0.935	0.97

IV.2 Comparative Analysis and Interpretation

The hybrid design outperformed traditional models, showing clear advantages in both accuracy and sensitivity.

The high ROC-AUC value of 0.96 indicates that the model distinguishes effectively between healthy and at-risk individuals.

IV.3 Feature Contribution Analysis

To improve transparency and interpretability, XGBoost feature importance and SHAP-based analysis were used.

The most influential predictors were:

1. Age
2. Resting Blood Pressure
3. Cholesterol Level
4. Smoking Habit
5. Stress Score
6. BMI

These results match what is commonly known in cardiology, which strengthens confidence in the model's conclusions.

IV.4 Error Pattern Assessment

A detailed examination of misclassifications revealed that most errors occurred among individuals with borderline clinical values, such as slightly elevated blood pressure or cholesterol.

This is expected because borderline cases often share overlapping characteristics with both healthy and unhealthy groups.

To reduce these errors, two techniques were introduced:

- Class-specific threshold optimization
- Probability smoothing using model confidence intervals

These enhancements improved recall for moderate-risk cases without sacrificing overall accuracy.

IV.5 Overall Discussion

- The outcomes indicate that Cardio Scan AI works very well as a tool for predicting heart- disease risk.
- Its superior performance stems from:
- the fusion of ensemble learning and deep neural networks,
- the robust preprocessing pipeline, and
- the hybrid probability integration strategy.

By delivering strong prediction accuracy alongside interpretability and preventive guidance, the system has showing strong promise for practical everyday use, especially for early screening and personal heart-health tracking.

V. CONCLUSION AND FUTURE DIRECTIONS

This study presented Cardio Scan AI, an intelligent and accessible framework designed to estimate cardiovascular risk using easily obtainable health parameters. By integrating an ensemble-based feature refinement model with a deep neural network, the system demonstrated strong predictive capability, achieving an accuracy of **94.2%** and an ROC–AUC score of **0.96** on a diverse dataset of 2,300 samples.

A key contribution of this work is the addition of a personalized prevention engine, which transforms prediction outputs into practical lifestyle, nutritional, and clinical recommendations. This makes Cardio

Scan AI not only a diagnostic support tool but also a comprehensive preventive health assistant.

The findings of this research highlight the potential of hybrid AI models to support early detection and encourage proactive heart-health management. By focusing on simplicity, interpretability, and real-world usability, Cardio Scan AI provides a promising foundation for community-level screening and personalized wellness guidance.

Future enhancements will explore integration with wearable devices, real-time monitoring, and adaptive learning mechanisms to further improve prediction accuracy and user engagement.

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