Published by :
https://www.ijert.org/
An International Peer-Reviewed Journal

International Journal of Engineering Research & Technology (IJERT)
ISSN: 2278-0181
Vol. 15 Issue 04 , April - 2026

Cardiomegaly Prediction Using Deep Learning

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***Abstract*—The enlargement of heart is a condition known as cardiomegaly. Significant diagnostic marker of cardiovascular diseases. Chest X Rays are one of the most readily available and automated Diagnostic tools. But, manual Interpretation is time-consuming and it has a tendency to interobserver variability. The current paper analyzes the functionality of two deep learning techniques DenseNet and EfficientNet architectures - automated diagnosis with cardiomegaly based on chest X-ray. Transfer preprocessing techniques were applied together with learning, such as data augmentation, rescaling, and normalization to enhance feature extraction and model robustness. DenseNet performed more successfully, with high training F1 score and test accuracies and validation respectively while Efficient net model achieved an F1 score of 77.1%. These findings indicate that the reliabilities of the models given by EfficientNet and medical accuracy. application, and have a possible impact of diagnostic errors reduction, and support radiologists by greater workflow efficiencies. The current studies underline the increasing role of artificial intelligence in medical imaging particularly in resource-constrained environments. The Monograph deals mainly with the above, that concerns the diagnosis of the cardiomegaly, it also focuses on the use of the same technology opportunities for applying the same to other thoracic emergencies. The future research is geared towards ensuring that there are no false positives. as little as may be. Assess the performance of multiple data sets and optimize AI models to wider clinical integrations.**

I. Introduction

One of the major causes of death is cardiovascular diseases. Among the leading causes of death in the world, leading to tens of thousands of deaths per year due to heart failure, arterial of millions obstructions, and related complications of hypertension. In general terms Cardiomegaly: excessive enlargement of the heart assumes cardiomegaly as significant clinical indicator of a profound pathology or pathophysiology of the heart. The early and accurate diagnosis of cardiomegaly is vital, because the development of cardiomegaly can be avoided by timely treatment of heart diseases will result in better patient outcomes. One of the most common is x-ray imaging. Common techniques to scan the chest area in use, diagnostic methods of identifying cardiomegaly as a result of its portability, availability and appropriateness in healthcare. But traditional diagnostic practices are based on heavy reliance on manual interpretation by radiologists, which may be highly slow-moving and prone to variability. These may be visual fatigue, differences in expertise, judgment, which may induce a degree of incongruities, and which point out the necessity, to a higher level of reliability and a diagnostic process that is not so human dependent. The advances in artificial intelligence can provide a Chance in machine learning addressing all the challenges. The CNNs are used in convolutional neural networks (CNNs) specific, demonstrated remarkable medical image capabilities. They are considered to be analysis because they have the ability of feature learning. Here we explore the two most recent and modern architectures: DenseNet, Efficient automated cardiomegaly detection. DenseNet is characterized by its super-networked pattern which enhances feature reuse and assists gradient flow and EfficientNet model uses a compound scaling strategy to deal with network depth and width and solution to better computational Efficiency. Both transfer learning is used in models to the extent that it would speed up acclimatization to the cardiomegaly classification task. The purpose of this study is to evaluate these models in the respect of diagnostic accuracy, computational efficiency and usability.

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II. Literature Review

There has been considerable advancement in this field over the years. contributed significantly in automating analysis of cardiac images, transitioning from traditional machine learning methods to more advanced deep learning approaches. The earlier studies were algorithm-based such as Support Vector Machines, Decision Trees, and random Forests which normally required hand-crafted features derived from chest X-rays. Most of these techniques required the use of calculating metric such as Cardiothoracic ratio to evaluate the possibility of cardiomegaly. Although these methods offered useful baselines, these methods offered results, their dependence on manually engineered features made them highly sensitive to variations in image quality, patient position, and acquisition conditions, which may lead to inconsistent performance.The advent of deep learning brought a huge change in medical image analysis. Traditional techniques, Deep learning algorithms learn these methods automatically, They learn significant features from the data itself, thereby overcoming the need for manual feature extraction. Convolutional Neural Networks in particular, the following have proven to be highly effective in analyzing complex patterns in medical images. DenseNet improves feature reuse through linking every layer to all the succeeding layers, enhanced gradient flow, and enabling strong performance even on relatively small datasets. Rajpurkar et al[1]. (2017 CheXNet, conducted utilizing DenseNet-121, achieved AUC of 0.848 for cardiomegaly, illustrating the effectiveness of the architecture for large-scale analysis of chest X-rays. However, other have pointed out in their studies, such as Nguyen et al. [8]. such that DenseNet's computational requirements can be limiting factor in real-time or resources/constrained environments. These challenges can be overcome by EfficientNet through introducing a compound scaling strategy which achieves a good balance of depth, width, and resolution in This enables the model to retain its levels of accuracy. Prior to the introduction of ,while utilizing far fewer computations, was able to resources that traditional CNNs. Research by Hashir et al.[7]. (2021) demonstrated outperformed other architectures such as ResNet and VGG in both accuracy and efficiency, making it a strong potential candidate for clinical application. Gupta et al. additional inference times, which is especially very useful for real-time decision support in healthcare settings. Recent developments in the area have also focused on ensemble learning, attention mechanisms, mechanisms, and hybrid architectures. Rehman et al.[9]. (2022) demonstrated how the use of machine models such as Resnet and VGG to improve classification performance. Rubin etal,[6]. showed how attention mechanisms might improve feature localization, resulting in more elperar femení accurate predictions. Work by Pradeep et al[10 (2023) proposed Hybrid CNN-LSTM Models capable of leveraging contextual information, providing a novel outlook on cardiomegaly detection. Despite these achievements, there are still challenges,particularly with respect to model generalizability on various patient groups and robustness under different imaging conditions. Deep Learning has helped to solve some of these problems, as was highlighted by Baltruschat et al.[5]. found that pre-trained models generally perform better than randomly initialized models on medical datasets. Although these progress have been made, challenges existparticularly with respect to model generalizability across diverse patient populations and robustness under different imaging conditions. Deep Learning has helped to tackle some of these challenges, who found that there are often perform better on than models trained from scratch on medical datasets. In conclusion, the current body of work indicates a continued momentum toward automated cardiomegaly detection. Eff in particular, is special for its excellent balance of accuracy, computational efficiency, and scalability. Future studies could focus on improving overall generalization, reducing computational constraints, and the investigation into next-generation hybrid architecture to further enhance the diagnosis reliability.

III. Proposed Methodology

In this paper, I will discuss a systematic approach to working on an automated system for identification *Cardiomegaly using two deep learning models DenseNet and EfficentNet. include data preparation in the workflow, "Preprocessing, transfer learning, model training, and performance appraisal, all directed at building a reliable and clinically applicable solution.

A. *Dataset Acquisition and Preparation*

This research utilizes a selected subset of chest X-ray images. images obtained from publicly available repositories. Each image was labeled to * Cardiomegaly cases versus normal instances cases, thereby facilitating equal representation during training and evaluation. Poor-quality, low-resolution images or images affected by errors were not taken into account to ensure the integrity of the dataset

B. *Preprocessing Pipeline*

To enhance model performance and ensure uniformity, several preprocessing steps were applied:

- **Resizing**: All images were resized to 224 * 224 pixels.
- **Normalization**: Pixel values were scaled to the 0-1 range for consistent input across the models.
- **Data Augmentation**: Techniques such as horizontal flipping, small rotations, zoom variations, and brightness adjustments were incorporated. These steps increased data diversity and reduced the risk of overfitting.

C. *Model Selection*

Two state-of-the-art CNN architectures were selected for evaluation:

- **DenseNet**:It is a deep learning architecture used for image recognition. It connects each layer with every other layer within a dense block. It uses concatenation instead of summation.
- **EfficientNet**: It is a family of highly accurate, lightweight convolutional neural network models designed for computer vision tasks like image classification.

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D. *Transfer Learning*

Transfer learning was used for the transfer of models for the detection of cardiomegaly: The first layers of the convolutional network were frozen to guarantee preservation of the abilities of feature extraction. To this network, a custom classification head was added on top. facilitating the model to learn task-related features relevant to cardiomegaly

E. *Model Training Configuration*

Model training was conducted with carefully tuned hyper-parameters:

- **Optimizer**:Adam optimizer for adaptive learning rate adjustments.
- **Loss Function**: Categorical cross-entropy for multi-class classification.
- **Batch Size**: 32 or 64, chosen to balance memory usage and training stability.
- **Epochs**:Models were trained for 30-50 epochs.

F. *Performance Evaluation*

The trained models were assessed using standard evaluation metrics:

- **Accuracy**: Measures overall prediction correctness.

$$Accuracy = \frac{TP + TN}{TP + TN + FP + FN} \quad (1)$$

- **Precision and Recall**: Evaluate the model's capability to correctly identify true positive cardiomegaly cases.

$$Precision = \frac{TP}{TP + FP} \quad (2)$$

$$Recall = \frac{TP}{TP + FN} \quad (3)$$

- **F1-Score**: Provides a balanced measure of precision and recall.

$$F1 = 2 \times \frac{Precision \times Recall}{Precision + Recall} \quad (4)$$

- **Validation Loss**: Used to track generalization performance and detect overfitting during training.

$$L_{val} = \frac{1}{M} \sum_{i=1}^{M} L(y_i^{val}, \hat{y}_i^{val}) \quad (5)$$

where:
  - TP = True Positives
  - TN = True Negatives
  - FP = False Positives
  - FN = False Negatives
  - M = number of validation samples
  - y_i^{val} = ground truth label
  - $\hat{y}_i^{val}$ = predicted label

G. *Comparative Analysis*

Comparisons were made between the DenseNet and EfficientNet using training sets, validation sets and test sets. Then with accuracy of diagnosis, computational efficiency, and robustness through the imaging differences, a model was created that would be the most suitable for integration.

H. *Clinical Relevance*

The approach also focuses on the practical impact of automation systems on diagnostic variability and radiologist workload. Time-efficient networks such as EfficientNet particularly useful in healthcare scenarios with limited resources. This structured and holistic approach uses recent methods from deep learning to practical constraints, contributing to the creation of an automated system for detection system that is bot accurate and scalable.

IV. BACKGROUND AND DISCUSSION AND COMPARISION

Cardiomegaly refers to an abnormal enlargement of the heart, and it is a significant clinical sign of a range of heart conditions, which are the world's leading cause of death. Early and accurate diagnosis of cardiomegaly is essential because it can help slow the progression of cardiovascular diseases and enhance the lives of patients. Chest X-rays are the primary imaging method used due to their low cost, availability and widespread use in clinical practice. But the interpretation of these images requires significant radiologist expertise, making it prone to human error, bias, and inconsistencies in expertise. These issues underline the need for computerised diagnostic systems that can help doctors make quicker and more accurate diagnoses. The rise of artificial intelligence technologies, especially deep learning models, has revolutionised the way medical images are interpreted. Convolutional Neural Networks (CNNs) have been particularly successful in this area as they are able to automatically learn complex features from image data, removing the need for manual feature extraction. Their efficiency in handling large datasets and ability to achieve high accuracy makes them ideal candidates for medical image classification and detection, such as identifying cardiomegaly. In the world of CNN, DenseNet and EfficientNet have gained significant attention for their effectiveness and design principles. DenseNet employs dense connections, with each layer connected to all previous layers. This enables effective feature reuse, enhances training efficiency and enables the network to reach high accuracy with a moderate number of parameters. However, the design can be computationally expensive for deep networks. EfficientNet, on the other hand, is more efficient. Its compound scaling method that proportionally scales the network width, depth, and resolution, achieving high accuracy with a manageable level of computational cost. EfficientNet is, therefore, well-adapted to resource-constrained environments. Previous studies have noted specific strengths of the models in detecting cardiomegaly. DenseNet's dense connectivity enables high diagnostic accuracy, but can be limited by its

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computational demands. EfficientNet, meanwhile, provides a scalable approach to performance metrics, and is thus suitable for clinical applications, particularly in resource-poor settings. Rajpurkar et al. found that DenseNet had an AUC of 0.848 for cardiomegaly detection, while Hashir et al. showed that EfficientNet was more accurate and efficient than ResNet and VGG for this task. These results indicate that both networks are capable of producing satisfactory diagnostic outcomes, but their application will depend on the computational and clinical setting for which they will be used. Overall, both DenseNet and EfficientNet can be used as reliable tools for automatic detection of cardiomegaly in chest X-rays. DenseNet is highly efficient in feature reuse and provides high accuracy, whereas EfficientNet is a lightweight alternative without compromising performance. The decision to choose one over the other should be determined by the needs of the clinical setting, such as computational resources and inference time.

V. Research Gaps

While there are papers showing the high The po- gaps still exist to improve the acceptance of this technology is lagging in its acceptance is not catching on with the doctors and dentists. Another important area that needs to be explored is the performance of of these model performance on different data and cohorts. Many studies, such as Rajpurkar etal[1]. 2017, rely on specific datasets. that may not reflect real-world variety in imaging imaging conditions, demographics, or prevalence. These would need to be more generalisable to to ensure models can be applied to all health systems. Another demand from deep learning efficiency of deep learning models. Although It is efficient net, which aims to improve efficiency, its compound scal- ound scaling method can increase computational density, hardware resources, making it challenging to deploy with limited hardware resources. Gupta etal[11] 2021 However, there is a demand for more lightweight approaches which don't sacrifice and reducing the memory and processing requirements. Future research should be focused on the search to optimise These networks or to build composite models to the aim of catering to specific needs. for the low-resource clinical environment. Overfitting is also a challenge. particularly for small and unbalanced data. datasets. This will severely impact model robustness and reducing generalization. when exposed to new data. Strategies such as sophisticated data augmentation methods such as increased Regularization; Better leveraging of transfer this process may be conducive to learning for over-fitting, as observed. by Nguyen etal[8], 2020. Another challenge of crucial importance is false positives. and false negatives. A risk of false positives may cause unnecessary further up tests, while This may also lead to false negatives, which may result in delayed necessary treatment. Specificity and elaboration by classification thresholds that are major steps toward increasing Diagnostic reliability. Hashir etal[7] (2021) highlighted the need for architectural changes and better tuning to obtain clinically acceptable rates of accuracy. Finally, the key to integrating AI tools into Clinical practice is not just about tech- nical performance-it requires smooth workflow compatibility. Rehman et al. say, The AI system should also provide work- work-flow compatibility. diagnosis without interfering diagnostic routines to make a diagnosis. Knowing how they can be integrated into the real world. healthcare settings is crucial. It can serve as a source of inspiration for this research. Taken together, these gaps suggest the need for further work to improve the The accuracy, speed and practicality of AI-based cardiomegaly detection systems.

VI. Conclusion and Future Research Directions

This paper shows that the reality of using deep learning models, particularly DenseNet and EfficientNet, regarding the automated detection of cardiomegaly from chest X-ray images. Both models showed promising results, with Offering a more computationally efficient and accurate option for clinical use: application. The results indicate that this kind of AIdriven tool is capable of assisting radiologists through lowering diagnostic errors, speeding up decisions, and workflow optimization - efficiency, and especially environments. Paradoxically enough, despite these advances in robotics warrant further research. A major challenge is the generalization of these models with varying imaging conditions and the broader patient populations. Such models are trained on small or ——— limited uniform datasets could potentially fare poorly against applied to images from different institutions or regions. Large and diverse datasets, and techniques intended for the enhancement of resilience and generalizability to be feasible in practical - deployment Enhancing the efficiency of computation is also considered a priority. Though EfficientNet is already optimized for computational speed, more to some extent, adapting these models for real-time applications in low-power conditions requires Additional architectural simplification or hybridization solutions that balance accuracy with efficiency. A method of interpreting models is important because future work. Even though such models are able to perform tasks well, understanding why a prediction was made is a very good starting point is absolutely crucial for clinical trust and acceptance. Developing a trustful relationship explainable AI (XAI) techniques that communicate model reasoning in a clear and clinically meaningful way will strengthen confidence among healthcare professionals. Moreover, false positives and false negative results must also be reduced to ensure safe and reliable For diagnostic use: Fine-tuning model thresholds, class separation, as well as improving specificity through architectural changes can however, assist in resolving this situation. In Conclusion In summary, DenseNet and EfficientNet demonstrate a lot of promise in detecting cardiomegaly, future work needs to aim at improving Generalization, computational efficiency, interpretability, and diagnostic accuracy. These challenges will thus help create robust AIdriven systems for diagnostics: Scalable and very beneficial in modern healthcare environments.

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