# Medical Symptom Assessment Report

## Symptom Responses

- Is the headache throbbing?: No

- Is the headache accompanied by nausea?: Mild

- Is the headache accompanied by vomiting?: No

- Is the headache accompanied by sensitivity to light?: No

- Is the headache accompanied by sensitivity to sound?: Mild

- Is the headache localized to one area or is it all over?: Severe

- How would you rate the overall intensity of the headache?: Mild

## Additional Symptoms

- headache

## Predicted Diseases

- 🧠 Tension Headache - High Probability

📝 Headache is the primary and often only symptom of tension headaches, which are the most common type of headache.

⚠️ Precautions: Manage stress through relaxation techniques (yoga, meditation), get regular exercise, maintain good posture, ensure adequate sleep, and avoid triggers like caffeine withdrawal or dehydration.

🛠️ Remedies: Over-the-counter pain relievers like ibuprofen or acetaminophen, applying a warm or cool compress to the forehead or neck, gentle massage of the neck and shoulders.

- 🧠 Migraine - Medium Probability

📝 Headache is a key symptom of migraines, which can also involve nausea, vomiting, and sensitivity to light and sound. While a headache alone isn't definitive, it's a strong indicator.

⚠️ Precautions: Identify and avoid triggers (certain foods, stress, hormonal changes, lack of sleep), maintain a regular sleep schedule, manage stress levels, and consider prophylactic medications if migraines are frequent and severe.

🛠️ Remedies: Over-the-counter pain relievers (may be less effective than for tension headaches), migraine-specific medications (triptans – require a prescription), rest in a dark, quiet room, ice pack application.

- 🧠 Sinusitis - Medium Probability

📝 Headaches are a common symptom of sinusitis (sinus infection), often accompanied by facial pain, nasal congestion, and pressure. However, many other conditions cause headaches.

⚠️ Precautions: Practice good hygiene to prevent infections, avoid allergens and irritants, and get adequate rest.

🛠️ Remedies: Saline nasal sprays or rinses, over-the-counter pain relievers, decongestants (use cautiously and for short periods), in severe cases, antibiotics prescribed by a doctor.

⚠️ This is not a diagnosis. Please consult a doctor.