# 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

📝 Headaches are a common symptom of tension headaches, which are caused by muscle tension in the head and neck.

⚠️ Precautions: Manage stress, maintain good posture, get regular exercise, practice relaxation techniques (e.g., yoga, meditation), ensure adequate sleep.

🛠️ Remedies: Over-the-counter pain relievers (ibuprofen, acetaminophen), applying a warm or cold compress to the forehead, gentle massage of the head and neck.

- 🧠 Migraine - Medium Probability

📝 Headaches can be a primary symptom of migraines, which are often accompanied by other symptoms such as nausea, vomiting, and sensitivity to light and sound. However, a headache alone is insufficient to diagnose a migraine.

⚠️ Precautions: Identify and avoid migraine triggers (e.g., certain foods, stress, changes in sleep patterns), maintain a regular sleep schedule, manage stress, stay hydrated.

🛠️ Remedies: Over-the-counter pain relievers (but be cautious of overuse), migraine-specific medications (triptans - only with a doctor's prescription), rest in a dark, quiet room.

- 🧠 Sinusitis - Medium Probability

📝 Headaches can be a symptom of sinusitis (inflammation of the sinuses). Sinusitis often involves other symptoms such as nasal congestion, facial pain/pressure, and possibly fever or cough.

⚠️ Precautions: Avoid allergens and irritants, practice good hygiene to prevent infections, get adequate rest, and stay hydrated.

🛠️ Remedies: Over-the-counter decongestants and pain relievers, saline nasal spray, warm compresses, consider seeing a doctor if symptoms persist for more than a week.

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