# 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 often caused by stress, muscle tension, or poor posture.

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

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

- 🧠 Migraine - Medium Probability

📝 While headaches are a key symptom, migraines can also involve other symptoms like nausea, vomiting, sensitivity to light and sound. A single headache alone isn't enough to definitively diagnose a migraine.

⚠️ Precautions: Identify and avoid migraine triggers (certain foods, stress, lack of sleep, hormonal changes), maintain a regular sleep schedule, manage stress effectively.

🛠️ Remedies: Over-the-counter pain relievers (may be less effective for severe migraines), prescription migraine medications (triptans), avoiding bright lights and loud noises during an attack.

- 🧠 Sinusitis - Medium Probability

📝 Headaches can be a symptom of sinusitis (inflammation of the sinuses). Other symptoms often include facial pain, nasal congestion, and fever.

⚠️ Precautions: Avoid allergens and irritants, practice good hygiene (wash hands frequently), get adequate rest.

🛠️ Remedies: Over-the-counter pain relievers, saline nasal spray or rinse, decongestants (use with caution and for short periods). In severe cases, antibiotics may be prescribed.

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