# 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 symptom of tension headaches, the most common type of headache.

⚠️ Precautions: Manage stress, get enough sleep, maintain good posture, avoid triggers like caffeine withdrawal or dehydration.

🛠️ Remedies: Over-the-counter pain relievers (ibuprofen, acetaminophen), applying a warm compress, relaxation techniques (yoga, meditation).

- 🧠 Migraine - Medium Probability

📝 While headache is a key symptom, migraines often involve additional symptoms like nausea, vomiting, and sensitivity to light and sound. Since those are not specified, the probability is lower.

⚠️ Precautions: Identify and avoid triggers (certain foods, stress, hormonal changes), maintain regular sleep patterns, manage stress.

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

- 🧠 Sinusitis - Medium Probability

📝 Headache can be a symptom of sinus infection, often accompanied by facial pain and pressure, nasal congestion, and possibly fever. Absence of other symptoms lowers probability.

⚠️ Precautions: Avoid allergens and irritants, wash hands frequently, get enough rest.

🛠️ Remedies: Saline nasal spray, over-the-counter decongestants (use cautiously and for short periods), pain relievers. For severe cases, antibiotics may be necessary (prescribed by a doctor).

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