# 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, which are the most common type.

⚠️ Precautions: Manage stress levels through relaxation techniques (yoga, meditation), get regular exercise, maintain good posture, 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 common symptom, migraines can also present with other symptoms like nausea, vomiting, and sensitivity to light and sound. Headache alone isn't sufficient for a definitive diagnosis.

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

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

- 🧠 Sinusitis - Medium Probability

📝 Headache can be a symptom of sinusitis, often accompanied by facial pain, nasal congestion, and pressure in the sinuses. However, many other conditions can cause headaches, making this less likely without other symptoms.

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

🛠️ Remedies: Saline nasal spray or rinse, over-the-counter decongestants (use cautiously and for a short period), pain relievers.

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