# 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 most 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, avoid caffeine and alcohol overuse.

🛠️ Remedies: Over-the-counter pain relievers (like ibuprofen or acetaminophen), applying heat or cold packs to the forehead or neck, gentle massage.

- 🧠 Migraine - Medium Probability

📝 While headaches are a common symptom, migraines can also include other symptoms like nausea, vomiting, and sensitivity to light and sound. Since only headache is given, the probability is moderate.

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

🛠️ Remedies: Over-the-counter pain relievers (may not be effective for all), migraine-specific medications (triptans), rest in a dark, quiet room.

- 🧠 Sinusitis - Medium Probability

📝 Headache can be a symptom of sinusitis (inflammation of the sinuses). Other symptoms like facial pain and nasal congestion would increase the probability.

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

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

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