# 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 and often only symptom of tension headaches, which are the most common type of headache.

⚠️ Precautions: Manage stress through relaxation techniques (yoga, meditation), maintain good posture, get enough sleep, stay hydrated.

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

- 🧠 Migraine - Medium Probability

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

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

🛠️ Remedies: Over-the-counter pain relievers (if effective), migraine-specific medications (prescription required), rest in a dark, quiet room.

- 🧠 Sinusitis - Medium Probability

📝 Headache is a common symptom of sinusitis, often accompanied by facial pain and pressure, nasal congestion, and possibly fever. The absence of other symptoms makes this less likely than tension headaches.

⚠️ Precautions: Avoid allergens and irritants, practice good hygiene, use a humidifier to keep nasal passages moist.

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

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