# 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, characterized by a tight band or pressure around the head.

⚠️ Precautions: Manage stress, maintain good posture, get regular exercise, avoid caffeine and alcohol overuse.

🛠️ Remedies: Over-the-counter pain relievers (ibuprofen, acetaminophen), applying heat or cold packs, relaxation techniques (yoga, meditation).

- 🧠 Migraine - Medium Probability

📝 Headaches can be a primary symptom of migraines, often accompanied by other symptoms like nausea, vomiting, and sensitivity to light and sound (although these are not present in the input).

⚠️ 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 (but be cautious as overuse can worsen migraines), migraine-specific medications (prescription only), rest in a dark, quiet room.

- 🧠 Sinusitis - Medium Probability

📝 Headaches can be a symptom of sinusitis (inflammation of the sinuses). Other symptoms such as facial pain, nasal congestion, and fever would be expected but are not present in the input.

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

🛠️ Remedies: Over-the-counter pain relievers, saline nasal spray, decongestants (use cautiously and as directed). In severe cases, antibiotics may be necessary (prescription only).

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