# 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.

⚠️ Precautions: Manage stress through techniques like exercise, yoga, or meditation. Ensure adequate sleep and hydration. Avoid caffeine and alcohol overuse.

🛠️ Remedies: Over-the-counter pain relievers like ibuprofen or acetaminophen. Applying a warm or cool compress to the forehead. Gentle massage of the neck and shoulders.

- 🧠 Migraine - Medium Probability

📝 While headaches are a key symptom of migraines, they are often accompanied by other symptoms like nausea, vomiting, and sensitivity to light and sound. Since only headache is given, the probability is lower.

⚠️ Precautions: Identify and avoid migraine triggers (certain foods, stress, lack of sleep). Maintain a regular sleep schedule. Manage stress levels.

🛠️ Remedies: Over-the-counter pain relievers (may be less effective than for tension headaches). Prescription migraine medications (triptans). Rest in a dark, quiet room.

- 🧠 Sinusitis - Medium Probability

📝 Headaches can be a symptom of sinusitis (inflammation of the sinuses). However, sinusitis usually presents with additional symptoms like facial pain/pressure, nasal congestion, and fever. The probability is lower due to lack of additional symptoms.

⚠️ Precautions: Avoid allergens and irritants. Practice good hygiene to prevent infections. Use a humidifier to keep nasal passages moist.

🛠️ Remedies: Saline nasal sprays or rinses. Over-the-counter decongestants. In severe cases, antibiotics may be prescribed by a doctor.

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