# 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 sole symptom of tension headaches, which are the most common type.

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

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

- 🧠 Migraine - Medium Probability

📝 While headaches are a key symptom, migraines can also involve other symptoms like nausea, vomiting, and sensitivity to light and sound. The absence of these doesn't rule it out, but makes it less likely than a tension headache.

⚠️ Precautions: Identify and avoid triggers such as specific foods, stress, or changes in sleep patterns. Maintain a regular sleep schedule. Practice stress-reduction techniques.

🛠️ Remedies: Over-the-counter pain relievers may help in some cases, but prescription migraine medications might be necessary for severe cases. Rest in a dark, quiet room.

- 🧠 Sinus Infection - Medium Probability

📝 Headaches are a common symptom of sinus infections, often accompanied by facial pain, nasal congestion, and pressure. However, a headache alone is not conclusive.

⚠️ Precautions: Practice good hygiene to prevent infections. Avoid close contact with infected individuals. Use a humidifier to alleviate nasal dryness.

🛠️ Remedies: Over-the-counter decongestants and pain relievers. Saline nasal sprays can help to rinse nasal passages. In severe cases, antibiotics may be prescribed by a doctor.

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