# 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, ensure adequate sleep, and avoid triggers like caffeine or alcohol.

🛠️ Remedies: Over-the-counter pain relievers like ibuprofen or acetaminophen, applying a warm compress to the forehead or neck, relaxation techniques like deep breathing or meditation.

- 🧠 Migraine - Medium Probability

📝 Headaches can be a primary symptom of migraines, often accompanied by nausea, vomiting, and sensitivity to light and sound. However, a headache alone isn't sufficient for a migraine diagnosis.

⚠️ Precautions: Identify and avoid migraine triggers (stress, certain foods, hormonal changes), maintain regular sleep patterns, manage stress through techniques like yoga or meditation.

🛠️ Remedies: Over-the-counter pain relievers (may be less effective for severe migraines), migraine-specific medications (triptans) prescribed by a doctor, rest in a dark, quiet room.

- 🧠 Sinusitis - Medium Probability

📝 Headache is a common symptom of sinusitis (inflammation of the sinuses), often accompanied by facial pain, nasal congestion, and pressure.

⚠️ Precautions: Avoid allergens and irritants, practice good hygiene, stay hydrated.

🛠️ Remedies: Saline nasal spray, over-the-counter decongestants (use cautiously and for a limited time), pain relievers, warm compresses.

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