# 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, and avoid caffeine and alcohol overuse.

🛠️ Remedies: Over-the-counter pain relievers like ibuprofen or acetaminophen, applying a cold compress to the forehead, 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. Since only 'headache' is given, the probability is lower than tension headache.

⚠️ Precautions: Identify and avoid triggers (certain foods, stress, lack of sleep), maintain a regular sleep schedule, manage stress, and consider preventative medications if migraines are frequent.

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

- 🧠 Sinusitis - Medium Probability

📝 Headaches are a common symptom of sinusitis (inflammation of the sinuses). However, sinusitis usually presents with additional symptoms like facial pain, nasal congestion, and fever. The absence of these makes the probability lower.

⚠️ Precautions: Avoid allergens and irritants, practice good hygiene, get enough rest to support your immune system.

🛠️ Remedies: Over-the-counter decongestants and pain relievers, saline nasal rinse, warm compresses.

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