# Medical Symptom Assessment Report

## Symptom Responses

- Is the headache throbbing or pulsing?: Mild

- Is the headache accompanied by nausea?: No

- Is the headache accompanied by vomiting?: Severe

- Is the headache localized to one area or is it all over?: No

- Is the headache accompanied by sensitivity to light?: Mild

- Is the headache accompanied by sensitivity to sound?: Severe

- How would you rate the overall intensity of the headache?: No

## 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 techniques like yoga, meditation, or regular exercise. Maintain good posture. Get enough sleep. Avoid caffeine and alcohol overuse.

🛠️ 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 temples and neck.

- 🧠 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 (e.g., certain foods, stress, changes in sleep patterns). Maintain a regular sleep schedule. Manage stress effectively.

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

- 🧠 Sinusitis - Medium Probability

📝 Headaches can be a symptom of sinusitis (inflammation of the sinuses). Other symptoms like facial pain/pressure, nasal congestion, and fever would confirm this diagnosis.

⚠️ Precautions: Avoid allergens and irritants. Wash hands frequently. Use a humidifier to add moisture to the air.

🛠️ Remedies: Over-the-counter pain relievers. Saline nasal spray. Decongestants (use cautiously). In severe cases, antibiotics may be prescribed by a doctor.

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