# 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, get regular sleep, maintain good posture, avoid caffeine and alcohol overuse.

🛠️ Remedies: Over-the-counter pain relievers like ibuprofen or acetaminophen, applying a cold or warm compress, gentle massage, relaxation techniques.

- 🧠 Migraine - Medium Probability

📝 Headache can be a symptom of migraine, often accompanied by other symptoms like nausea, vomiting, sensitivity to light and sound (though these may not always be present).

⚠️ Precautions: Identify and avoid migraine triggers (stress, certain foods, changes in sleep patterns), maintain a regular sleep schedule, manage stress.

🛠️ Remedies: Over-the-counter pain relievers, migraine-specific medications (triptans), staying in a dark, quiet room, applying a cold compress.

- 🧠 Sinusitis - Medium Probability

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

⚠️ Precautions: Avoid allergens and irritants, maintain good hygiene, get enough rest.

🛠️ Remedies: Saline nasal sprays or rinses, over-the-counter pain relievers, decongestants (use with caution and as directed). See a doctor for persistent or severe symptoms.

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