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

🛠️ Remedies: Over-the-counter pain relievers like ibuprofen or acetaminophen. Applying a warm or cold 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 given only a headache.

⚠️ Precautions: Identify and avoid triggers (e.g., certain foods, stress, lack of sleep). 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). Rest in a dark, quiet room.

- 🧠 Sinusitis - Low Probability

📝 Headaches can be a symptom of sinusitis, but it's often accompanied by other symptoms like nasal congestion, facial pain/pressure, and fever. The absence of these makes sinusitis less likely.

⚠️ Precautions: Avoid allergens and irritants. Wash hands frequently. Get adequate rest.

🛠️ Remedies: Over-the-counter decongestants and pain relievers. Saline nasal spray. In severe cases, antibiotics may be prescribed by a doctor.

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