# Medical Symptom Assessment Report

## Symptom Responses

- Is the headache throbbing or pulsing?: No

- Is the headache accompanied by nausea?: Mild

- Is the headache accompanied by vomiting?: Severe

- 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 sole symptom of tension headaches, which are the most common type of headache.

⚠️ Precautions: Manage stress, get enough sleep, maintain good posture, avoid caffeine and alcohol overuse.

🛠️ Remedies: Over-the-counter pain relievers (ibuprofen, acetaminophen), applying a warm or cool compress to the forehead, gentle massage.

- 🧠 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 triggers (certain foods, stress, changes in sleep patterns), maintain a regular sleep schedule, manage stress.

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

- 🧠 Sinusitis - Medium Probability

📝 Headaches can be a symptom of sinusitis, especially if accompanied by facial pain, nasal congestion, and pressure around the eyes. However, since only headache is specified, other symptoms are needed to confirm.

⚠️ Precautions: Avoid allergens, wash hands frequently, treat underlying nasal congestion.

🛠️ Remedies: Over-the-counter pain relievers, nasal saline spray, decongestants (use cautiously and for short periods).

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