# Medical Symptom Assessment Report

## Symptom Responses

- Is the headache throbbing or pulsating?: Severe

- Is the headache accompanied by nausea?: Mild

- Is the headache accompanied by vomiting?: No

- Is the headache localized to one area or is it all over?: Severe

- Is the headache worsened by light or sound?: Severe

- Is the headache accompanied by blurred vision?: No

- Is the headache accompanied by stiffness in the neck?: Mild

## Additional Symptoms

- headache

## Predicted Diseases

- 🧠 Tension Headache - High Probability

📝 Headache is the primary and often sole symptom of tension headaches, 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 cold compress, gentle massage.

- 🧠 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, hormonal changes), maintain regular sleep patterns, manage stress.

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

- 🧠 Sinusitis - Medium Probability

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

⚠️ Precautions: Avoid allergens, wash hands frequently, treat colds and flu promptly.

🛠️ Remedies: Saline nasal sprays, decongestants (use cautiously and short-term), pain relievers, sometimes antibiotics (if a bacterial infection is confirmed).

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