# Medical Symptom Assessment Report

## Symptom Responses

- Is the headache throbbing or pulsing?: Mild

- Is the headache accompanied by nausea?: Severe

- Is the headache accompanied by vomiting?: Severe

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

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

- Is the headache accompanied by sensitivity to sound?: 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, 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 like ibuprofen or acetaminophen, applying a cold 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 provided, the probability is lower.

⚠️ Precautions: Identify and avoid triggers (stress, certain foods, hormonal changes), get regular sleep, manage stress, consider preventative medications if migraines are frequent.

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

- 🧠 Sinusitis - Medium Probability

📝 Headaches can be a symptom of sinus infections, often accompanied by facial pain, nasal congestion, and pressure. However, headache alone doesn't definitively indicate sinusitis.

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

🛠️ Remedies: Over-the-counter pain relievers, saline nasal sprays, decongestants (use cautiously and for short periods). In severe cases, antibiotics may be necessary (prescribed by a doctor).

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