# 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?: Severe

## 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 cold compress, gentle massage, relaxation techniques.

- 🧠 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 than a tension headache.

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

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

- 🧠 Sinusitis - Medium Probability

📝 Headaches are a common symptom of sinusitis, often accompanied by facial pain, nasal congestion, and pressure. However, a headache alone is not definitive.

⚠️ Precautions: Avoid allergens and irritants, practice good hygiene, wash hands frequently.

🛠️ Remedies: Saline nasal sprays or rinses, over-the-counter pain relievers, decongestants (use cautiously and for short periods). Antibiotics may be necessary if a bacterial infection is suspected (requires doctor's diagnosis).

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