# Medical Symptom Assessment Report

## Symptom Responses

- Is the headache throbbing or pulsing?: Mild

- Is the headache accompanied by nausea or vomiting?: Severe

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

- How would you rate the pain intensity on a scale of 1-10 (1 being no pain, 10 being the worst pain imaginable)? (Choose the closest option): Severe

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

- Is the headache accompanied by sensitivity to sound (phonophobia)?: Severe

- Is the headache accompanied by blurred vision?: Mild

## Additional Symptoms

- headache

## Predicted Diseases

- 🧠 Tension Headache - High Probability

📝 Headache is the primary symptom of tension headaches, the most common type.

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

🛠️ Remedies: Over-the-counter pain relievers (ibuprofen, acetaminophen), applying heat or cold compresses, relaxation techniques (yoga, meditation).

- 🧠 Migraine - Medium Probability

📝 Headaches can be a symptom of migraines, often accompanied by other symptoms like nausea, vomiting, and sensitivity to light and sound. However, headache alone isn't definitive.

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

🛠️ Remedies: Over-the-counter pain relievers, migraine-specific medications (triptans – only with doctor's prescription), staying in a dark, quiet room.

- 🧠 Sinusitis - Medium Probability

📝 Headache can be a symptom of sinusitis, often accompanied by facial pain, nasal congestion, and pressure.

⚠️ Precautions: Avoid allergens and irritants, wash hands frequently, get enough rest.

🛠️ Remedies: Saline nasal sprays, over-the-counter decongestants (use cautiously), warm compresses.

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