# 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?: Mild

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

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

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

- Is the headache accompanied by dizziness or vertigo?: Severe

## Additional Symptoms

- headache

## Predicted Diseases

- 🧠 Tension Headache - High Probability

📝 Headache is the primary and often only symptom of tension headaches, which are the most common type of headache.

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

🛠️ Remedies: Over-the-counter pain relievers (ibuprofen, acetaminophen), applying a warm or cold compress, gentle massage, relaxation techniques.

- 🧠 Migraine - Medium Probability

📝 Headache can be a symptom of migraine, often accompanied by other symptoms like nausea, vomiting, sensitivity to light and sound (though these aren't present in the input). Headache alone isn't definitive but warrants consideration.

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

🛠️ Remedies: Over-the-counter pain relievers (but some are less effective for migraines), migraine-specific medications (triptans - require prescription), avoiding bright lights and loud noises during an attack.

- 🧠 Sinusitis - Medium Probability

📝 Headache can be a symptom of sinusitis, often accompanied by facial pain, nasal congestion, and pressure. Since only headache is given, the probability is lower.

⚠️ Precautions: Avoid allergens, wash hands frequently, treat any underlying respiratory infections promptly.

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

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