# Medical Symptom Assessment Report

## Symptom Responses

- Is the headache throbbing or pulsating?: Mild

- Is the headache accompanied by nausea?: Severe

- Is the headache accompanied by vomiting?: Mild

- Is the headache localized to one area or is it all over?: No

- Is the headache sensitive to light?: Severe

- Is the headache sensitive to sound?: Mild

- How would you rate the overall intensity of the pain?: Mild

## 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, get regular exercise, maintain good posture, get enough sleep, and avoid triggers like caffeine or dehydration.

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

- 🧠 Migraine - Medium Probability

📝 Headaches can be a symptom of migraines, which often involve throbbing pain, sensitivity to light and sound, and nausea. However, migraines can present with other symptoms as well.

⚠️ Precautions: Identify and avoid triggers (certain foods, stress, changes in sleep patterns, etc.), maintain a regular sleep schedule, manage stress through techniques like meditation or yoga.

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

- 🧠 Sinusitis - Medium Probability

📝 Headaches are a common symptom of sinusitis (inflammation of the sinuses). Sinus headaches are often accompanied by facial pain and pressure, nasal congestion, and possibly fever.

⚠️ Precautions: Avoid allergens and irritants, practice good hygiene (wash hands regularly), use a humidifier to keep nasal passages moist.

🛠️ Remedies: Over-the-counter pain relievers, nasal saline spray, decongestants (use cautiously and for short periods). For severe cases, consult a doctor for antibiotics or other treatments.

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