

Patient Report

Automatically generated summary from the health-monitoring application.

Overall Summary

The user's recent concerns involve pain in the chest, head, and now stomach. Initially they reported pain in the chest associated with coughing, later specifying pain on the right side of the chest that "looks bad," though they have not yet described the appearance (redness, swelling, rash, bruise, or lesion). They also marked a new symptom involving the head but did not describe the quality (headache, dizziness, pressure, visual changes, or confusion). Most recent chat messages add stomach pain, with no clear location (upper/mid/lower, left/right) or associated symptoms (nausea, vomiting, diarrhea, fever) documented yet. Across the conversations, the assistant emphasized that coughing-related chest pain is often musculoskeletal but could also reflect infection or more serious pathology, and repeatedly advised urgent or emergency evaluation if chest pain is severe, associated with shortness of breath, systemic symptoms, or neurologic changes. Connected devices show stable, normal-range blood pressures (121–129/76–82), resting heart rates in the 70s, moderate daily activity, and stable weight around 72–73 kg, with no obvious acute physiologic deterioration. This summary is not a diagnosis or medical advice and cannot replace assessment and care by a healthcare professional.

Current Problem Snapshot

Reported at: 2025-11-30 04:06

Body area: Head

Description:

Initial app advice: It looks like you've recently had sharp pains in both sides of your chest and now marked your head but didn't describe the feeling. Chest pain plus any new head symptom (headache, dizziness, pressure, confusion, vision changes) can sometimes point to something more serious, but it can also be from stress, muscle tension, poor sleep, or anxiety after worrying about the chest pain. I can't see your vitals or examine you, so this is only general information, not a diagnosis or medical advice. General tips: if you have sudden severe headache, "worst in your life," confusion, trouble speaking, weakness, vision loss, or chest pain with shortness of breath, sweating, or nausea, call emergency services immediately. Otherwise, rest in a quiet, dark room, avoid screens for a bit, drink some water, and notice whether pain changes with movement, neck tension, or eye strain. If head or chest symptoms keep coming back or worry you, see a doctor in person soon.

Symptom History

2025-11-30 09:48 – Right side of the chest

It looks bad

App advice at that time: Thanks for telling me. When you say "it looks bad" on the right side of your chest, I want to understand a bit more. A few quick questions: - Is the skin red, swollen, bruised, or has a rash? - Is there any cut, bump, or strange spot? - Does it hurt when you touch it or take a deep breath? Some simple things you can do right now: - If it's swollen or bruised: - Rest and avoid pressing on that area. - You can try a cold pack wrapped in a cloth for up to 10–15 minutes at a time. - If the skin is irritated or has a rash: - Keep the area clean and dry. - Avoid scratching or using new creams/perfumes on it. - If there is a cut: - Gently clean with mild soap and water. - Pat dry and cover with a clean bandage if needed. Go to urgent or emergency care ****immediately**** if: - You have chest pain, pressure, or tightness. - Pain goes to your arm, jaw, back, or neck. - You feel short of breath, dizzy, sweaty, or sick to your stomach. - The area is very red, hot, or spreading quickly, or you have a fever. This is NOT medical advice and I'm NOT a doctor. If it looks worrying to you, it's safest to have a real doctor or nurse look at it as soon as you can. If you'd

like, tell me what it looks like (color, size, shape, pain level), and I can give more tailored tips.

Devices

- Smartwatch
- Fitness Band
- Blood Pressure Monitor
- Smart Scale

Sensor Data (Recent Records)

Time	Source	Data Summary
Unknown time	Smartwatch	sessions: [{"timestamp": "2025-11-29T09:42:11.381Z", "heartRate": 82, "steps": 3000}], heartRate: 82, steps: 3000
Unknown time	Fitness Band	sessions: [{"timestamp": "2025-11-29T16:05:25.441Z", "activeMinutes": 30, "calories": 150}], activeMinutes: 30, calories: 150
Unknown time	Blood Pressure Monitor	sessions: [{"timestamp": "2025-11-29T08:25:03.414Z", "systolic": 124, "diastolic": 80}], systolic: 124, diastolic: 80
Unknown time	Smart Scale	sessions: [{"timestamp": "2025-11-29T07:12:39.218Z", "weightKg": 72.4, "heightM": 1.75}], weightKg: 72.4, heightM: 1.75

Chat Summary (Recent Messages)

Assistant (2025-11-30 04:57)

Stomach pain along with chest and head discomfort can happen with a virus, coughing a lot (from tensing your belly muscles), stress/anxiety, or something more serious. I'm not a doctor, and this is NOT real medical advice or a diagnosis. Practical tips: - Sip water or warm tea; avoid soda, spicy/greasy food, and big meals for now. - Rest with your upper body slightly raised; notice if certain foods or coughing make it worse. - If safe for you, a mild over-the-counter antacid may help with burning pain. - Go to urgent care/ER or call emergency services if you have: very strong or sudden stomach pain, pain on the right lower side, vomiting blood, black or bloody stool, chest pain with shortness of breath, or feel faint. Can you tell me where your stomach hurts (upper/middle/lower, left/right) and if you feel sick to your stomach or have diarrhea?

User (2025-11-30 04:57)

Also my stomach hurts

Assistant (2025-11-30 04:50)

Coughing pain in the chest is often from irritated muscles or ribs between the ribs, especially if you've been coughing a lot. It can also happen with a chest infection or, less commonly, something more serious. I'm not a doctor, and this is NOT real medical advice or a diagnosis. Practical tips: - When you cough, hug a pillow or press your hand gently over the painful area for support. - Drink warm fluids (tea, soup), avoid smoking/vaping, and rest your voice and body. - If safe for you, over-the-counter pain relief and cough syrup may help—follow the package instructions. - Go to a doctor or urgent care soon if the pain is very sharp, you're short of breath, have fever, feel weak, or cough up blood. If you can, tell me: is the pain on the left or right, and do you feel any trouble breathing?

User (2025-11-30 04:50)

It hurts there when I am caughing

Assistant (2025-11-30 04:47)

Pain in your chest or head when you cough is often from muscle strain or irritation in the chest wall or throat, especially if you've been coughing a lot. It can also be from infection or, less commonly, something more serious. I'm not a doctor, and this is NOT real medical advice or a diagnosis. Practical tips: - Try to rest, drink warm fluids, and avoid smoking or vaping. - Support your chest with a hand or pillow when you cough to reduce strain. - You can try a simple cough syrup or lozenges if you use them safely. - If the pain becomes very sharp, you feel short of breath, dizzy, have fever, cough up blood, or the pain is getting worse each day, you should get checked by a doctor or urgent care as soon as you can. Can you tell me exactly where it hurts (left/right, front/back) and if you have fever or trouble breathing?

User (2025-11-30 04:47)

It hurts there when I am caughing

Note: This report is generated by an automated system and is not a substitute for professional medical evaluation or diagnosis.