

Patient Report

Automatically generated summary from the health-monitoring application.

Overall Summary

The user's main issues over the past day appear to be pain in the chest, head, and now stomach, with chest and head pain specifically triggered or worsened by coughing. Earlier, they reported sharp pains on both sides of the chest, then selected "head" as the current problem without describing the exact head symptom (no details on headache quality, dizziness, vision, or neurologic changes). In the most recent chat, they clarified that chest pain occurs when coughing, and then added new stomach pain, but did not specify location (upper/mid/lower, left/right) or associated GI symptoms (nausea, vomiting, diarrhea, change in stool). The assistant repeatedly emphasized red-flag symptoms (sudden severe headache, neurologic deficits, chest pain with dyspnea, fever, hemoptysis, GI bleeding, severe or localized abdominal pain) and advised urgent in-person evaluation if these occur. Device data show ongoing use of musculoskeletal rehab tools: ShoulderFlexPro sessions over 11/27–11/28 with mildly reduced range of motion and pain levels 2–4, and KneeMaster9000 sessions with improving flexion (95→108°) and low strain (0.08–0.12), suggesting stable or improving limb/joint function without acute changes. This summary is not a diagnosis or medical advice and cannot replace assessment 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

No symptom history recorded yet.

Devices

- ShoulderFlexPro
- KneeMaster9000
- SpineAlignX
- ElbowEaseLite
- WristWave

- HipMotionTracker
- AnklePulse
- NeckRelaxOne
- BackStabilizerV2
- FootPressureSense

Sensor Data (Recent Records)

Time	Source	Data Summary
Unknown time	ShoulderFlexPro	sessions: [{ 'timestamp': '2025-11-28T10:36:09.581314Z', 'rangeOfMotion': 120, 'flexAngle': 95 }]
Unknown time	KneeMaster9000	sessions: [{ 'timestamp': '2025-11-27T18:32:09.062988Z', 'flexAngle': 95 }]

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.