

## Prescription Details

Based on the provided symptoms, age, and gender, here is a possible prescription:

### **Possible Condition:**

Tension headache or migraine

### **Prescription:**

#### **1. \*\*Medication:\*\* Ibuprofen**

- **\*\*Dosage:\*\*** 400 mg every 4 to 6 hours as needed
- **\*\*Notes:\*\*** Do not exceed 1200 mg in a 24-hour period unless directed by a healthcare professional.

#### **2. \*\*Medication:\*\* Acetaminophen**

- **\*\*Dosage:\*\*** 500 mg every 4 to 6 hours as needed
- **\*\*Notes:\*\*** Do not exceed 3000 mg in a 24-hour period.

If these medications are not effective or if symptoms persist, it's advisable to consult a healthcare professional for further evaluation. Adjustments in treatment may be necessary based on additional symptoms or underlying conditions.