

SYMPTOM SCORE (Modified Greene Scale)¹

This symptom score can be used to document symptoms and monitor response to treatments. It should NOT be used to diagnose perimenopause or menopause.

Perimenopause commences when menstrual cycle changes occur, with differences in length of consecutive cycles.

Menstrual cycle changes cannot be used to diagnose perimenopause or menopause for people using hormonal contraception, or who have had an endometrial ablation or hysterectomy.

| | Score before MHT | 3 months after starting MHT | 6 months after starting MHT |
|----------------------------------|------------------|-----------------------------|-----------------------------|
| Hot flushes | | | |
| Light headed feelings | | | |
| Headaches | | | |
| Brain fog | | | |
| Irritability | | | |
| Depression | | | |
| Unloved feelings | | | |
| Anxiety | | | |
| Mood changes | | | |
| Sleeplessness | | | |
| Unusual tiredness | | | |
| Backache | | | |
| Joint pains | | | |
| Muscle pains | | | |
| New facial hair | | | |
| Dry skin | | | |
| Crawling feelings under the skin | | | |
| Less sexual feelings | | | |
| Dry vagina | | | |
| Uncomfortable intercourse | | | |
| Urinary frequency | | | |
| TOTAL | | | |

SEVERITY OF PROBLEM IS SCORED AS FOLLOWS

SCORE: None =0; Mild =1; Moderate =2; Severe =3

Not all of the symptoms listed are necessarily oestrogen deficiency symptoms.

References

- Greene JG. Constructing a standard climacteric standard. *Maturitas* 1998;29:25-31

www.menopause.org.au

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