AUSTRALASIAN MENOPAUSE SOCIETY
EMPOWERING MENOPAUSAL WOMEN

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			
Lightheaded feelings			
Headaches			
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

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

www.menopause.org.au

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