

Menopausal Symptoms Score Sheet Dr Colin Pearse - www.colsclinic.com.au

This is a list of common complaints which may be due to oestrogen deficiency. It is used to help you assess the effectiveness of treatment once started, or the need for treatment once stopped. It will help sort out which symptoms were actually from the menopause, and which had another cause.

	Initial	1 st Mgt.	2 nd Mgt.	3 rd Mgt.
SYMPTOMS				
Specific to Menopause				
Hot Flashes				
Feeling of Ants Crawling on skin				
Commonly Menopausal - Early				
Poor Sleep				
Poor Concentration & Memory				
Depression				
Anxiety - Panic Attacks				
Mood Changes & Irritability				
Headaches				
Lethargy				
Light Headed Feelings				
Commonly Menopausal - Later				
Reduced Libido				
Dry Vagina				
Painful Intercourse				
Urinary Frequency				
Sometimes Menopausal				
Backache				
Joint Pains				
Muscle Pains				
Facial Hair				
Dry Skin				

Score: 0 - No Problem 1 - Mild 2 - Moderate 3 - Severe