

Menopausal Symptoms Score Sheet Dr Colin Pearse - www.changeoflife.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.

SYMPTOMS	Management	Initial	1st Mgt.	2nd Mgt.	3rd Mgt.
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