

SYMPTOM SCORE (Modified Greene Scale)¹

| | Score before MHT | 3 months after starting MHT | 6 months after starting MHT |
|----------------------------------|------------------|-----------------------------|-----------------------------|
| Hot flushes | | | |
| Light headed 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

NB. The symptoms are grouped into 4 categories, vasomotor, psychological, locomotor and urogenital. If one group does not respond to MHT, look for other causes and specific treatments for that group.

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

References

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

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