



## Menopausal Symptom Score Sheet

This valuable diagnostic tool is to be filled out by you, to give you an idea of whether you are menopausal or not.

1 for mild  
2 for moderate  
3 for severe  
0 if you do not have that particular symptom.

A score of 15 or over usually indicates oestrogen deficiency that is intrusive enough to need symptom relief.

Scores of 20-50 are common in many women and with Naturopathic treatment tailored to the individual, your score should reduce to 10 or under in around 6 months.

SYMPTOM	SCORE
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	
<b>TOTAL</b>	

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