

SYMPTOM SCORECARD (MODIFIED GREENE SCALE)¹

	Score before HRT	3 months after starting HRT	6 months after starting HRT
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 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 HRT, look for other causes and specific treatments for that group. 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