

Greene Climacteric Scale

The Greene Scale provides a brief measure of menopause symptoms. It can be used to assess changes in different symptoms, before and after menopause treatment. Three main areas are measured:

1. Psychological (items 1-11)
2. Physical (items 12-8)
3. Vasomotor (items 19,20)

Please indicate the extent to which you are bothered at the moment by any of these symptoms by placing a tick in the appropriate box:

SYMPTOMS	Not at all 0	A little 1	Quite a bit 2	Extremely 3
1.Heart beating quickly or strongly				
2.Feeling tense or nervous				
3.Difficulty in sleeping				
4.Excitable				
5.Attacks of anxiety, panic				
6.Difficulty in concentrating				
7.Feeling tired or lacking in energy				
8.Loss of interest in most things				
9.Feeling unhappy or depressed				
10.Crying spells				
11.Irritability				
12.Feeling dizzy or faint				
13.Pressure or tightness in head				
14. Parts of body feel numb or tingling				
15.Headaches				
16.Muscle and joint pains				
17.Loss of feeling in hands or feet				
18.Breathing difficulties				
19.Hot flushes				
20.Sweating at night				
21.Loss of interest in sex				
Total Score				

The higher the score, the more complaints and symptoms. We advise you to make an appointment for a consultation.