

# MenoCare SymptomTracker

This table shows common symptoms experienced during the menopause transition.

Consider your own symptoms and record the score for each. Enter 1 if you are mildly affected by the symptom, 2 if you are moderately affected and 3 if you are severely affected. Record 0 if you do not have that particular symptom. Then calculate your total score. A score of 15 is suggestive of symptoms related to the menopause transition which may respond to menopause hormone treatment (MHT). Reassessment after starting treatment can help guide ongoing management. Treatment (Rx) can, of course, be started if the score is lower than 15, and continued if an improvement is demonstrated.

This list is not exhaustive and women have reported up to 70 symptoms associated with the menopause transition. Should you have symptoms which are not included in this list, please add them at the bottom of the table and record their severity score as described above. You can then assess how your symptoms improve with treatment.

There can be other causes for these symptoms other than the menopause transition. It is important to consider them, guided by an expert and within the context of a full health profile including risk assessment for other diseases and potential risks related to any proposed treatment.

This table is adapted from the Menopause Rating Scale; Hauser GA, Huber IC, Keller PJ, Lauritzen C, Schneider HPG. Evaluation der klinischen Beschwerden (Menopause Rating Scale). Zentralbl Gynakol 1994; 116:16-23. and Greene JG. Constructing a standard climacteric standard. Maturitas 1998;29:25-31

Symptoms	Before MHT	3 Months Rx	6 Months Rx
Hot flushes			
Light headed feelings			
Headaches			
Tinnitus			
Irritability - quick to anger			
Low mood			
Anxiety			
Forgetfulness			
Difficulty getting to sleep or waking up early.			
Unusual tiredness			
Backache			
Joint and/or muscle pains			
Thinning scalp hair			
New facial hair			
Dry skin			
Crawling feelings under the skin			
Less sexual feelings			

Dry, uncomfortable vagina			
Uncomfortable intercourse			
More frequent need to pass urine			
Discomfort when passing urine			
TOTAL			