



MENOPAUSAL SYMPTOMS

MENOPAUSE – SYMPTOM SCORE SHEET

This sheet can be a valuable tool to measure severity and frequency of symptoms and of course track changes and improvement. Judge for yourself the severity of your symptoms and records the score - 1 for mild, 2 for moderate, 3 for severe and of course 0 (if you do not have that particular symptom).

A score of 15 or over usually indicates oestrogen deficiency. Women are very variable in their tolerance of discomfort, often tolerating quite severe symptoms before reaching out for support. Scores of 20-50 may not be uncommon however, those scores can be significantly reduced with certain changes to diet, lifestyle and in some cases with supplementation.

SYMPTOM SCORE SHEET

Symptoms	Score prior to TTM program	After 3 weeks of TTM program	After 6 weeks of TTM program
Hot flushes			
Light headedness			
Headaches			
Irritability			
Depression			
Anxiety			
Mood changes			
Sleeplessness			
Unusual tiredness			

“It’s not the speed with which you are travelling but the direction you are facing”.



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Joint pains			
Back aches			
Muscle pains			
Facial hair			
Dry skin			
Low libido			
Dry vagina			
Uncomfortable intercourse			
Urinary frequency			
Total			

Severity of problems is scored as follows

Score: None =0; Mild =1; Moderate =2; Severe =3

Healthy Regards, Sue Stevens

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Disclaimer: The handout does not reflect any particular diagnosis, nor suggests any course of action. It is meant only as a tool. The ideas and suggestions made here are not intended as substitutes for appropriate care by a licensed healthcare practitioner. Should you have any concerns regarding your well-being now or in the future, please contact your primary healthcare practitioner.

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References available on request.

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