

This table is called the Greene Climacteric Scale, named after the doctor who designed it. This scale presents a list of symptoms that are often associated with menopause, including ones we might not know to look out for, such as those that affect our hands and feet.

The questions cover psychological symptoms (mental health and cognitive function), physical symptoms (your bodily changes), sexual symptoms (libido), and vasomotor (the way that blood vessels are affected by menopause) symptoms.

The four-point grading system (0-3) allows for more precision, especially when using this system to monitor your condition or response to interventions. It's also great for tracking the changes in how you feel.

#	Menopause Greene Scale 21 Questions	Not at All - No	A Little or Sometimes	Quite Often or Much of the Time	All or Most of the Time
	Enter a check or X in one box per line.	0	1	2	3
1	Do you feel your heart beating quickly or pounding?				
2	Do you feel tense or nervous?				
3	Do you have difficulty sleeping? Either getting to sleep or waking up in the night?				
4	Do you feel excitable?				
5	Are you anxious or experiencing panic attacks?				
6	Do you have difficulty concentrating?				
7	Are you tired or lacking in energy during the day?				
8	Have you experienced a lack of interest in things and activities?				
9	Do you feel unhappy or depressed?				
10	Are you experiencing crying spells in your day to day life?				
11	Are you irritable with your family, friends or people you come into contact with?				
12	Do you get dizzy or feel like close to fainting?				
13	Do you feel pressure or a tightness in your head?				
14	Do parts of your body feel numb?				
15	Are you experiencing headaches?				
16	Do you feel pains or aches in your muscles and/or joints?				
17	Do you experience a loss of feeling or numbness in your hands and feet?				
18	Do you have difficulty breathing?				
19	Are you experiencing hot flushes?				
20	Do you sweat during the night (night sweats)?				
21	Has your libido changed? Have you lost interest in sex?				
	Scoring - per column				
	Total - all columns				
	Signed:	Date:			

Psychological 1 to 11; Somatic (physical) 12 to 18; Vasomotor 19 to 20; Anxiety 1 to 6; Depression 7 to 11; Libido 21; Score over 12 more likely to be menopausal.