

AVENUE MENOPAUSE CLINIC SYMPTOM SCORE

Please mark how troubled you are by the following symptoms.

0 – Not troubled at all

1 – Mildly troubled

2 – Moderately troubled

3 – Severely troubled

	1 st Visit	2 nd Visit	3 rd Visit
Hot flushes			
Night sweats			
Poor sleep			
Palpitations			
Headaches			
Feeling low			
Tearfulness			
Anxiety			
Irritability			
Feeling of being overwhelmed			
Mood swings			
Bursts of anger or aggression			
Poor memory or "brain-fog"			
Poor concentration			
Joint pains			
Aches and pains			
Dry skin / eyes / hair / nails			

Hair loss			
Acne			
Low energy levels			
Loss of libido			
Painful sex			
Dry vagina			
Urinary frequency / overactive bladder			
Recurrent UTIs			
Lighter periods			
Heavier periods			
Bleeding in between periods			
Longer and more spaced out periods			
Shorter period cycle			