

GREENE SCALE → your body

Not at all	0 score	absent
A little	1 score	now and then
Quite a bit	2 score	frequent
Extremely	3 score	very frequent

SYMPTOMS

	SCORE			
Heart beating quickly or strongly	0	1	2	3
Feeling tense or nervous	0	1	2	3
Difficulty in sleeping	0	1	2	3
Excitable	0	1	2	3
Attacks of panic	0	1	2	3
Difficulty in concentrating	0	1	2	3
Feeling tired or lacking in energy	0	1	2	3
Loss of interest in most things	0	1	2	3
Feeling unhappy or depressed	0	1	2	3
Crying spells	0	1	2	3
Irritability	0	1	2	3
Feeling dizzy or faint	0	1	2	3
Pressure or tightness in head or body	0	1	2	3
Parts of body feel numb or tingling	0	1	2	3
Headaches	0	1	2	3
Muscle and joint pains	0	1	2	3
Loss of feeling in the hands or feet	0	1	2	3
Breathing difficulties	0	1	2	3
Hot flushes	0	1	2	3
Sweating at night	0	1	2	3
Loss of interest in sex	0	1	2	3

TOTALSCORE (added value of all circled numbers):

Premenopause

Bloated feeling, tense breasts, intense menstrual cycle, feeling tired, feeling down, non recognizable behavior.

In menopause

Hot flashes, intense menstrual bleeding, irregular periods, feeling tired, bothered muscles/joints, short fuse, feeling down.

Postmenopause

Hot flashes, dry mucous membranes, feeling tired, bothered muscles/joints, mood swings, feeling down, loss of libido.

