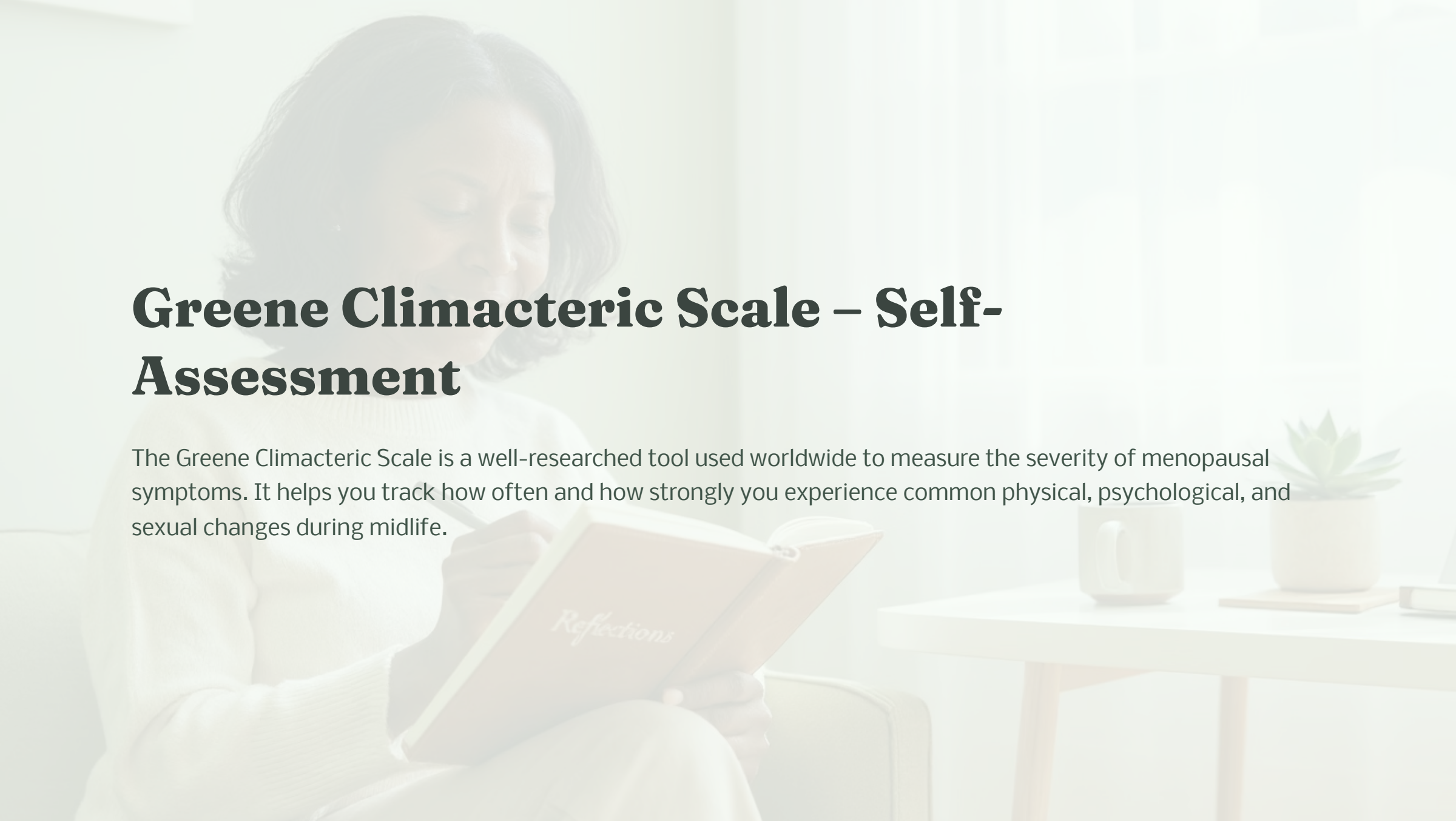


A woman with dark, wavy hair is sitting in a light-colored armchair, reading a book. The book's cover is a warm, muted orange or terracotta color, and the word "Reflections" is written on it in a white, elegant script font. She is wearing a light-colored, possibly cream or white, sweater. The background is a bright, airy room with large windows in the distance, through which soft, natural light is streaming. To the right of the woman, there is a small, white, modern-style side table. On it sits a white ceramic mug, a small potted succulent in a light-colored pot, and a small wooden coaster. The overall atmosphere is calm, peaceful, and comfortable.

Greene Climacteric Scale – Self-Assessment

The Greene Climacteric Scale is a well-researched tool used worldwide to measure the severity of menopausal symptoms. It helps you track how often and how strongly you experience common physical, psychological, and sexual changes during midlife.

Understanding This Assessment Tool

This is not a diagnostic test—it doesn't replace medical advice—but it can give you and your healthcare provider a clear snapshot of your symptom patterns. By checking in regularly, you'll see if your symptoms are getting better, worse, or responding to treatments and lifestyle changes.

Track Patterns

Monitor how your symptoms change over time

Share with Provider

Give your healthcare team concrete data

Measure Progress

See how treatments and lifestyle changes help

How to Use the Scale

- Rate each symptom on a scale of 0-3 based on how much it bothers you: **0 = Not at all** | **1 = A little** | **2 = Quite a bit** | **3 = Extremely**
- Add up your scores in each section to see which area of menopause is most affecting you.
- Repeat the test monthly to spot trends.



Psychological Symptoms

These symptoms relate to your emotional and mental well-being during menopause.

Symptom	0	1	2	3	Score
Feeling tense or nervous					
Difficulty sleeping					
Feeling easily upset or irritable					
Feeling panicky					
Difficulty concentrating					
Feeling tired or lacking energy					
Loss of interest in things					
Feeling unhappy or depressed					
Crying spells					

Somatic/Physical Symptoms

These symptoms involve physical sensations and bodily changes you may experience.

Symptom	0	1	2	3	Score
Headaches					
Muscle or joint pains					
Feeling dizzy or faint					
Pressure or tightness in head/body					
Tingling in hands/feet					
Difficulty breathing					
Heart beating quickly/strongly (palpitations)					

Vasomotor Symptoms

These are the classic menopausal symptoms related to temperature regulation and blood vessel changes.

Symptom	0	1	2	3	Score
Hot flushes					
Sweating at night					

Sexual/Other Symptoms

These symptoms relate to changes in sexual function and intimacy that may occur during menopause.

Symptom	0	1	2	3	Score
Loss of interest in sex					
Vaginal dryness					
Difficulty in sexual arousal					

Scoring Your Assessment

Psychological

Symptoms 1 - 9

Add up your scores from the psychological symptoms section

Somatic/Physical

Symptoms 10 - 16

Add up your scores from the physical symptoms section

Vasomotor

Symptoms 17 - 18

Add up your scores from the vasomotor symptoms section

Sexual

Symptoms 19 - 21

Add up your scores from the sexual symptoms section

Understanding Your Results

Note: Higher totals suggest more severe symptoms. Tracking scores over time can help identify patterns and progress.

What Your Scores Mean

- Higher scores in any category indicate more bothersome symptoms in that area
- Compare your scores across categories to see which symptoms affect you most
- Use these scores as a baseline for future assessments



Next Steps and Tracking

01

Complete Your Assessment

Fill out all sections honestly based on your recent experiences

02

Calculate Your Scores

Add up totals for each of the four symptom categories

03

Share with Your Provider

Bring your results to your next healthcare appointment

04

Track Monthly

Repeat the assessment regularly to monitor changes over time

Remember, this assessment is a tool to help you and your healthcare provider understand your menopausal experience better. Regular tracking can reveal patterns and help guide treatment decisions for your unique journey through menopause.

Connect with Menolux for Education and Support

You've taken an important step in understanding your menopausal journey. At Menolux, we believe in empowering women with the knowledge and support needed to navigate this stage of life confidently. We offer resources designed to help you feel informed and connected.

Empowering Education

Access a wealth of information, articles, and guides to better understand menopause and its effects on your body and mind.

Compassionate Support

Find a community and supportive resources to share experiences and receive encouragement from others on a similar journey.

Helpful Free Tools

Discover additional tools and trackers, beyond this scale, to manage your symptoms and monitor your well-being.

Professional Training

Menolux offers 1-on-1 menopause training sessions and complete executive menopause training that includes all staff, HR, and a menopause champion.

Reach out to us today to explore our offerings and find the support you deserve. We're here to help you every step of the way.

Email us: Menolushealthandwellness@gmail.com

Website: www.menoluxspa.com