



**Raymond Wayne Whitted MD, MPH, FACOG**  
 ...dedicated to safe, state-of-the-art surgery and healthy lifestyles for women of all ages!  
 ...because quality is an experience!

Name \_\_\_\_\_ DOB \_\_\_\_\_ DOS \_\_\_\_\_ Insurance \_\_\_\_\_

Medications \_\_\_\_\_

Herbals \_\_\_\_\_

Other measures you do \_\_\_\_\_

**THE GREEN CLIMACTERIC SCALE<sup>14</sup>**

After you have been on your dosage of medication for 3 weeks, please fill in the scale.

	0	1	2	3	
<b>Symptoms</b>	<b>Not at all</b>	<b>A little</b>	<b>Quite a bit</b>	<b>Extremely</b>	<b>Score 0-3</b>
1. Heart beating quckly or strongly					
2. Feeling tense or nervous					
3. Difficulty in sleeping					
4. Excitable					
5. Attacks of panic					
6. Difficulty in concentrating					
7. Feeling tired or lacking in energy					
8. Loss of interest in most things					
9. Feeling unhappy or depressed					
10. Crying spells					
11. Irritability					
12. Feeling dizzy or faint					
13. Pressure or tightness in head or body					
14. Parts of body feel numb or tingling					
15. Headaches					
16. Muscle and joint pains					
17. Loss of feeling in hands or feet					
18. Breathing difficulties					
19. Hot flushes					
20. Sweating at night					
21. Loss of interest in sex					

Psychology (1-11) =

Anxiety (1-6) =

Somatic (12-18) =

Depression (7-11) =

Vasomotor (19-20) =

Sex (21) =