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[Evaluation of climacteric symptoms (Menopause Rating Scale)]

[Article in German]

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Quantification and qualification of climacteric symptoms had been described by Kupperman et al in 1953. New findings and ideas in the following forty years needed a correction of Kupperman index. Two important groups reduced the essential symptoms only on two ones, vasomotoric hot flushes and genital atrophy. On the contrary, Menopause Rating Scale (MRS) presented here enables registration of so called psychic symptoms, too, essential for quality of life. Complaint from bladder and urethra, hints and muscles and sexual disorders are also registered. For each of the ten symptom groups there is a rating scale from 0.0 (no symptoms) to 1.0 (very strong symptoms), in a graphic, too. In this way an individual profile will be visible. Using MRC it is possible, to quantify a better or worst status during and after treatment and to depict it.

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