**Anexo B**

**Índice Menopausal de Blatt & Kupperman – IMBK (1953)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***SINTOMAS VASOMOTORES (ONDAS DE CALOR OU FOGACHOS):***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
| **0** | 4 | 8 | 12 |  |

 | ***FADIGA (FRAQUEZA):***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
|  **0** | 1 | 2 | 3 |  |

 |
| ***PARESTESIA:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
| **0** | 2 | 4 | 6 |  |

 | ***ARTRALGIA E/OU MIALGIA:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
| **0** | 1 | 2 | 3 |  |

 |
| ***INSÔNIA:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
| **0** | 2 | 4 | 6 |  |

 | ***CEFALÉIA:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
|  **0** | 1 | 2 | 3 |  |

 |
| ***NERVOSISMO:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
| **0** | 2 | 4 | 6 |  |

 | ***PALPITAÇÕES:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
|  **0** | 1 | 2 | 3 |  |

 |
| ***MELANCOLIA:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
| **0** | 1 | 2 | 3 |  |

 | ***FORMIGAMENTO:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
|  **0** | 1 | 2 | 3 |  |

 |
| ***VERTIGEM:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ausente** | **Leve** | **Moderado** | **Severo** | **Total dos pontos** |
| **0** | 1 | 2 | 3 |  |

 |

|  |
| --- |
| **Pontuação total obtida** |
|  |

 |

Manifestações são leves (até 19 pontos)?

1. [ ]  Sim 2. [ ]  Não

Manifestações são moderadas (de 20 a 35 pontos)?

1. [ ]  Sim 2. [ ]  Não

Manifestações são intensas (mais de 35 pontos)?

1. [ ]  Sim 2. [ ]  Não