**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