

**Overview :**

Women may experience hot flashes during physiologic or surgical menopause. The hot flash score proposed by Sloan et al can be used to determine the effectiveness of interventions for reducing the severity of symptoms. The authors are from the Mayo Clinic and Ann Arbor, Michigan.

Type of Hot Flash	Points	Score
mild	1	(number of mild hot flashes per day) * 1
moderate	2	(number of moderate hot flashes per day) * 2
severe	3	(number of severe hot flashes per day) * 3
very severe	4	(number of very severe hot flashes per day) * 4

total hot flash score =

= SUM(scores for all types of hot flashes experienced in a 24 hour period)

Interpretation:

minimum score: 0 (for no hot flashes)

maximum score: > 100 (with > 25 very severe hot flashes per day)

An effective therapy will significantly reduce a woman's total score from baseline levels.

**References:**

Sloan JA, Loprinzi CL, et al. Methodologic lessons learned from hot flash studies. J Clin Oncol. 2001; 19: 4280-4290.