

HIFU Symptom Scoring Scale

This scoring scale is designed to assess baseline symptoms and track treatment outcomes for High Intensity Focused Ultrasound (HIFU) in cases of vaginal laxity, GSM, and SUI. Record scores before treatment and during follow-up visits.

Domain	Symptom	0 None	1 Mild	2 Moderate	3 Severe
Vaginal Laxity	Perceived looseness during intercourse or daily activity				
	Reduced sexual sensation/pleasure				
GSM Symptoms	Vaginal dryness				
	Burning, irritation, or itching				
	Painful intercourse (dyspareunia)				
SUI Symptoms	Leakage with coughing/sneezing/laughing				
	Leakage during exercise or lifting				
Other	Urinary urgency or frequency				
	External vulvar laxity/tone concerns				

Scoring Interpretation:

- 0–5 → Minimal symptoms
- 6–10 → Mild symptoms (consider conservative or maintenance treatment)
- 11–15 → Moderate symptoms (HIFU indicated if no contraindications)
- 16+ → Severe symptoms (evaluate for combined or alternative therapies)