

*The Qinghai CMS score has been designed to assess CMS severity and to compare CMS cases within and among different countries in the world. It is based on the following symptoms and the Hemoglobin at the altitude of residence:*

<b>Breathlessness and/or palpitations</b>	<b>Paresthesia</b>	
0 No breathlessness/palpitations	0 No paresthesia	
1 Mild breathlessness/palpitations	1 Mild paresthesia	
2 Moderate breathlessness/palpitations	2 Moderate paresthesia	
3 Severe breathlessness/palpitations	3 Severe paresthesia	
<b>Sleep disturbance</b>	<b>Headache</b>	
0 Slept as well as usual	0 No headache	
1 Did not sleep as well as usual	1 Mild headache symptoms	
2 Woke many times, poor night's sleep	2 Moderate headache	
3 Could not sleep at all	3 Severe headache, incapacitating	
<b>Cyanosis</b>	<b>Tinnitus</b>	
0 No cyanosis	0 No tinnitus	
1 Mild cyanosis	1 Mild tinnitus	
2 Moderate cyanosis	2 Moderate tinnitus	
3 Severe cyanosis	3 Severe tinnitus	
<b>Dilatation of veins</b>	<b>Male Hb</b>	
0 No dilatation of veins	0 >18 g/dL <21g/dL	
1 Mild dilatation of veins	3 >21 g/dL	
2 Moderate dilatation of veins	<b>Female Hb</b>	
3 Severe dilatation of veins	0 >16 g/dL <19 g/dL	
	3 >19 g/dL	

**Non-Dx Score 0-5**  
**Mild Score 6-10**  
**Moderate Score 11-14**  
**Severe Score >15**

# Treatment Approaches

- Physical exercise
- Acetazolamide
- ACE inhibitors
- Medroxyprogesterone
- Phlebotomy
- Relocate to lower elevation
- Hyperbarics