

# Lake Louise Score (LLS) for the diagnosis of Acute Mountain Sickness (AMS)

A diagnosis of AMS is based on:

1. A rise in altitude within the last 4 days
2. Presence of a headache

**PLUS**

3. Presence of at least one other symptom
4. A total score of 3 or more from the questions below

## SELF-REPORT QUESTIONNAIRE

Add together the individual scores for each symptom to get the **total score**.

<b>Headache</b>	No headache	<b>0</b>	
	Mild headache	<b>1</b>	
	Moderate headache	<b>2</b>	
	Severe headache, incapacitating	<b>3</b>	
<b>Gastrointestinal symptoms</b>			
	None	<b>0</b>	
	Poor appetite or nausea	<b>1</b>	
	Moderate nausea &/or vomiting	<b>2</b>	
	Severe nausea &/or vomiting	<b>3</b>	
<b>Fatigue &amp;/or weakness</b>			
	Not tired or weak	<b>0</b>	
	Mild fatigue/ weakness	<b>1</b>	
	Moderate fatigue/ weakness	<b>2</b>	
	Severe fatigue/ weakness	<b>3</b>	
<b>Dizziness/lightheadedness</b>			
	Not dizzy	<b>0</b>	
	Mild dizziness	<b>1</b>	
	Moderate dizziness	<b>2</b>	
	Severe dizziness, incapacitating	<b>3</b>	
<b>Difficulty sleeping</b>			
	Slept as well as usual	<b>0</b>	
	Did not sleep as well as usual	<b>1</b>	
	Woke many times, poor sleep	<b>2</b>	
	Could not sleep at all	<b>3</b>	
<b>TOTAL SCORE:</b>			

**Total score of:**

- 3 to 5 = mild AMS
- 6 or more = severe AMS

Note:

- Do not ascend with symptoms of AMS
- Descend if symptoms are not improving or getting worse
- Descend if symptoms of HACE or HAPE develop