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.

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

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