

Candida Questionnaire and Score Sheet

If you'd like to know whether your health problems are yeast-connected, this comprehensive questionnaire may help you get a sense.

Questions in Section A focus on your medical history—factors that promote the growth of *Candida albicans* and that frequently are found in people with yeast-related health problems.

In Section B you'll find a list of 23 symptoms that are often present in patients with yeast-related health problems. Section C consists of 33 other symptoms that are sometimes seen in people with yeast-related problems—yet they also may be found in people with other disorders.

Filling out and scoring this questionnaire should help you and your physician evaluate the possible role *Candida albicans* contributes to your health problems. It will not provide an automatic "yes" or "no" answer.

Section A: History _____ Point score:

1. Have you taken tetracyclines or other antibiotics for acne for 1 month (or longer)? 35
2. Have you at any time in your life taken broad-spectrum antibiotics or other antibacterial medication for respiratory, urinary or other infections for two months or longer, or in shorter courses four or more times in a one-year period? 35
3. Have you taken a broad-spectrum antibiotic drug—even in a single dose? 6
4. Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs? 25
5. Are you bothered by memory or concentration problems—do you sometimes feel spaced out? 20
6. Do you feel "sick all over" yet, in spite of visits to many different physicians, the causes haven't been found? 20
7. Have you been pregnant... Two or more times? (score 5) One time? (score 3) 5/3
8. Have you taken birth control pills... For more than two years? 15 For six months to two years? 8 15/8
9. Have you taken steroids orally, by injection or inhalation? 15/6
For more than two weeks? 15
For two weeks or less? 6
10. Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke Moderate to severe symptoms? 20 Mild symptoms? 5 20/5
11. Does tobacco smoke really bother you? 10
12. Are your symptoms worse on damp, muggy days or in moldy places? 20
13. Have you had athlete's foot, ring worm, "jock itch" or other chronic fungous infections of the skin or nails? 20/10
Have such infections been... Severe or persistent? 20 Mild to moderate? 10
14. Do you crave sugar? 10

TOTAL SCORE, Section A _____

Section B: Major Symptoms

For each of your symptoms, enter the appropriate figure in the Point Score column:

If a symptom is **occasional or mild** 3 points

If a symptom is **frequent and/or moderately severe** 6 points

If a symptom is **severe and/or disabling** 9 points

Add total score and record it at the end of this section.

	Point Score
1. Fatigue or lethargy	_____
2. Feeling of being "drained"	_____
3. Depression or manic depression	_____
4. Numbness, burning or tingling	_____
5. Headache	_____
6. Muscle aches	_____
7. Muscle weakness or paralysis	_____
8. Pain and/or swelling in joints	_____
9. Abdominal pain	_____
10. Constipation and/or diarrhea	_____
11. Bloating, belching or intestinal gas	_____
12. Troublesome vaginal burning, itching or discharge	_____
13. Prostatitis	_____
14. Impotence	_____
15. Loss of sexual desire or feeling	_____
16. Endometriosis or infertility	_____
17. Cramps and/or other menstrual irregularities	_____
18. Premenstrual tension	_____
19. Attacks of anxiety or crying	_____
20. Cold hands or feet, low body temperature	_____
21. Hypothyroidism	_____
22. Shaking or irritable when hungry	_____
23. Cystitis or interstitial cystitis	_____

TOTAL SCORE, Section B _____

Section C: Other Symptoms

For each of your symptoms, enter the appropriate figure in the Point Score column:

If a symptom is **occasional or mild** 1 point

If a symptom is **frequent and/or moderately severe** 2 points

If a symptom is **severe and/or disabling** 3 points

Add total score and record it at the end of this section.

- 1. Drowsiness, including inappropriate drowsiness _____
- 2. Irritability _____
- 3. Incoordination _____
- 4. Frequent mood swings _____
- 5. Insomnia _____
- 6. Dizziness/loss of balance _____
- 7. Pressure above ears . . . feeling of head swelling _____
- 8. Sinus problems . . . tenderness of cheekbones or forehead _____
- 9. Tendency to bruise easily _____
- 10. Eczema, itching eyes _____
- 11. Psoriasis _____
- 12. Chronic hives (urticaria) _____
- 13. Indigestion or heartburn _____
- 14. Sensitivity to milk, wheat, corn or other common foods _____
- 15. Mucus in stools _____
- 16. Rectal itching _____
- 17. Dry mouth or throat _____
- 18. Mouth rashes, including "white" tongue _____
- 19. Bad breath _____
- 20. Foot, hair or body odor not relieved by washing _____
- 21. Nasal congestion or postnasal drip _____
- 22. Nasal itching _____
- 23. Sore throat _____
- 24. Laryngitis, loss of voice _____
- 25. Cough or recurrent bronchitis _____
- 26. Pain or tightness in chest _____
- 27. Wheezing or shortness of breath _____
- 28. Urinary frequency or urgency _____
- 29. Burning on urination _____
- 30. Spots in front of eyes or erratic vision _____
- 31. Burning or tearing eyes _____
- 33. Ear pain or deafness _____

TOTAL SCORE, Section C _____

Total Score, Section A _____

Total Score, Section B _____

Total Score, Section C _____

GRAND TOTAL SCORE _____

The Grand Total Score will help you and your physician decide if your health problems are yeast-connected. Scores in women will run higher, as seven items in the questionnaire apply exclusively to women, while only two apply exclusively to men.

Yeast-connected health problems are almost certainly present in women with scores more than **180**, and in men with scores more than **140**.

Yeast-connected health problems are probably present in women with scores more than **120**, and in men with scores more than **90**.

Yeast-connected health problems are possibly present in women with scores more than **60**, and in men with scores more than **40**.

With scores of less than **60** in women and **40** in men, yeasts are less apt to cause health problems.

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