

## CANDIDA QUESTIONNAIRE

The 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 over 140 and in men with scores over 130.

\*\*Yeast-connected health problems are possibly present in women with scores over 60 and in men with scores over 40.

\*\*With scores of less than 60 in women and 40 in men, yeast is less apt to be the cause of health problems.

### SECTION A: HISTORY

For each of your symptoms, circle the number in the point score column. Add the total score and record it at the end of this section.

<u>Symptom</u>	<u>Point Score</u>
Have you taken tetracyclines or other antibiotics for acne for 1 month (or longer)?	25

Have you, at any time in your life, taken other broad spectrum antibiotics for respiratory, urinary, or other infections (for 2 months or longer, or in shorter courses 4 or more times in a 1-year period)?	20
Have you ever taken a broad spectrum antibiotic drug (even one course)?	6
Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs?	25
Have you been pregnant?	
2 or more times?	5
1 time?	3
Have you taken birth control pills?	
For more than 2 years?	15
For 6 months to 2 years?	6
Have you taken prednisone or other cortisone-type drugs?	
For more than 2 weeks?	15
For 2 weeks or less?	6
Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke:	
Mild symptoms?	5
Moderate to severe symptoms?	20
Are your symptoms worse on damp/muggy days or in moldy places?	20

Have you had athlete's foot, ringworm, or other chronic fungal infections of the skin or nails? Have the infections been:

Severe to persistent?	20
Mild to moderate?	10
Do you crave sugar?	10
Do you crave breads and carbs?	10
Do you crave alcoholic beverages?	10
Does tobacco smoke really bother you?	10

TOTAL SCORE - SECTION A = \_\_\_\_\_

## **SECTION B: MAJOR SYMPTOMS**

For each of your symptoms:

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

## **Symptom**

Fatigue or lethargy

Feeling of being drained

Poor memory

Feeling 'spacey' or unreal

Depression

Numbness burning or tingling

Muscle aches

Muscle weakness or paralysis

Pain and/or swelling in joints

Abdominal pain

Constipation

Diarrhea

Bloating

Troublesome vaginal discharge

Persistent vaginal itching or burning

Prostatitis

Impotence

Loss of sexual drive

Endometriosis

Cramps and/or other menstrual

irregularities

Premenstrual tension

Spots in front of eyes

Erratic vision

TOTAL SCORE - SECTION B = \_\_\_\_\_

## **SECTION C: OTHER SYMPTOMS**

For each of your symptoms:

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

## **Symptom**

Drowsiness

Irritability or Jitteriness

Disco-ordination

Inability to Concentrate

Frequent Mood Swings

Headache

Dizziness (Loss of Balance)

Pressure Above Ears/Feeling of Head

Swelling and Tingling

Itching

Other Rashes

Indigestion

Belching and Intestinal Gas

Mucous in Stools

Hemorrhoids

Dry Mouth

Rash or Blisters in Mouth

Bad Breath

Joint Swelling or Arthritis

Nasal Congestion or Discharge

Postnasal Drip

Nasal Itching

Sore or Dry Mouth

Cough

Pain or Tightness in Chest

Wheezing or Shortness of Breath

Urgency or Urinary Frequency

Burning on Urination

Failing Vision

Burning or Tearing of Eyes

Recurrent Ear Infections or Fluid in

Ears

Ear Pain or Deafness

TOTAL SCORE - SECTION C = \_\_\_\_\_

TOTAL SCORE - SECTION A = \_\_\_\_\_

TOTAL SCORE - SECTION B = \_\_\_\_\_

**TOTAL SCORE (A + B + C) = \_\_\_\_\_**