

CANDIDA QUESTIONNAIRE AND SCORE SHEET

This questionnaire is designed for adults (not children) It lists factors in your medical history which promote the growth of *Candida albicans* (Section A), and symptoms commonly found in individuals with yeast-connected illness (Sections B and C).

For each 'yes' answer in Section A, circle the point score in that section. Total your score and record it in the box at the end of the section. Then move on to Sections B and C and score as directed.

SECTION A: HISTORY

Score

Have you taken tetracyclines (Sumycin, Panmycin, Vibramycin, Minocin, etc.) or other antibiotics for acne for one month or longer? 35

Have you, at any time in your life, taken other 'broad spectrum' antibiotics for respiratory, urinary or other infections (for two months or longer, or in shorter courses 4 or more times in a one-year period)? 35

Have you taken a broad spectrum antibiotic- even a single course? 6

Have you been pregnant... 2 or more times? 5
one time? 3

Have you taken birth control pills... for more than 2 years? 15
for 6 months - 2 years? 8

Have you taken prednisone, Decadron, 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... Moderate to severe symptoms? 20
Mild symptoms? 5

Are your symptoms worse on damp, muggy days or in moldy places? 20

Have you had athlete's foot, ring worm, jock itch or other chronic fungous Infections of the skin or nails? Severe or persistent? 20
Mild to moderate 10

Do you crave sugar? 10
Do you crave breads? 10
Do you crave alcoholic beverages? 10
Does tobacco smoke *really* bother you? 10

Total Score, Section A _____

SECTION B: MAJOR SYMPTOMS

Occasional or mild symptoms 3 points
Frequent and/or moderately severe 6 points
Severe and/or disabling symptoms 9 points

Fatigue or Lethargy _____
Feeling of being 'drained' _____
Depression _____
Poor Memory _____
Feeling 'spacey' or 'unreal' _____
Inability to make decisions _____
Numbness, burning or tingling _____
Headache _____
Muscle aches _____
Muscle weakness or paralysis _____
Pain and/or swelling in joints _____
Abdominal pain _____
Constipation and/or diarrhea _____

Bloating, belching or intestinal gas _____
Troublesome vaginal burning, itching, discharge _____
Prostatitis _____
Impotence _____
Loss of sexual desire or feeling _____
Endometriosis or infertility _____
Cramps and/or other menstrual irregularities _____
Premenstrual tension _____
Attacks of anxiety or crying _____
Cold hands or feet and/or chilliness _____
Shaking or irritable when hungry _____
Do you crave sugar _____

Total score, Section B _____

SECTION C: OTHER SYMPTOMS

Occasional or mild symptoms 1 points
Frequent and/or moderately severe 2 points
Severe and/or disabling symptoms 3 points

Points

Drowsiness _____
Irritability or jitteriness _____
Uncoordination _____
Inability to concentrate _____
Frequent mood swings _____
Insomnia _____
Dizziness / loss of balance _____
Pressure above ears/feeling of head swelling _____
Tendency to bruise easily _____
Chronic rashes or itching _____
Numbness, tingling _____
Indigestion or heartburn _____
Food sensitivity or intolerance _____
Mucus in stools _____
Rectal itching _____
Dry mouth or throat _____
Rash or blisters in mouth _____
Bad breath _____
Foot, hair or body odor _____
Nasal congestion or post nasal drip _____
Nasal itching _____
Sore throat _____
Laryngitis, loss of voice _____
Cough or recurrent bronchitis _____
Pain or tightness in chest _____
Wheezing or shortness of breath _____
Urinary frequency or urgency _____
Burning on urination _____
Spots in front of eyes or erratic vision _____
Recurrent infections or fluid in ears _____
Ear pain or deafness _____

Total score, Section C _____

Total score, Section B _____

Total score, Section A _____

Grand total score _____

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

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

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, yeasts are less apt to cause health problems.