

# Candida Health Questionnaire A

Directions: For each "yes" answer in Section A, circle the point score next to the question. Total your score and record it at the end of the section. Then move on to Sections B & C and score as directed. At the end of the questionnaire, you will add your scores to get your grand total.

## SECTION A: History

|   | Point Score  |
|---|--|
| 1 Have you taken any tetracyclines, (Sumycin, Panmycin, Vibramycin, Minocin, etc.) or other antibiotics for acne for one month or longer?   | 50   |
| 2 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 for shorter periods four or more times in a one-year span? | 50   |
| 3 Have you taken an antibiotic drug - even for one round?   | 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 Have you been pregnant two or more times?<br>One time?  | 5<br>3   |
| 6 Have you taken birth control pills for more than two years?<br>For six months to two years?   | 15<br>8  |
| 7 Have you taken Prednisone, Decadron, or other cortisone-type drugs by mouth or inhalation for more than two weeks? *<br>For two weeks or less?  | 15<br>6  |
| 8 Does exposure to perfumes, insecticides, fabric shop orders, or other chemicals provoke moderate to severe symptoms?<br>Mild symptoms?  | 20<br>5  |
| 9 Are your symptoms worse on damp, muggy days or in moldy places?   | 20   |
| 10 Have you had athlete's foot, ringworm, "jock itch", or other chronic fungus infections of the skin or nails? Have such infections been severe or persistent?<br>Mild to moderate?                              | 20<br>10   |
| 11 Do you crave sugar?  | 10   |
| 12 Do you crave breads?   | 10   |
| 13 Do you crave alcoholic beverages?  | 10   |
| 14 Does tobacco smoke really bother you?  | 10   |
| <b>Total Score: Section A</b>   | <input style="width: 100px; height: 20px;" type="text"/> |

\* The use of nasal or bronchial sprays containing cortisone and / or other steroids promotes overgrowth in the respiratory tract.

Source: This questionnaire is adapted from William G Crook, MD, *The Yeast Connection Handbook* (Jackson, TN: Professional Books, Inc, 2000). Used with permission.

# Candida Health Questionnaire B & C

For each symptom you experience, enter the appropriate number in the point score column:

- If a symptom is occasional or mild, score 3 points.
- If a symptom is frequent and/or moderately severe, score 6 points.
- If a symptom is severe and/or disabling, score 9 points.

Total the score and record it at the end of each section.

## SECTION B: Major Symptoms

## Point Score

|    |   |       |
|----|---|-------|
| 1  | Fatigue or lethargy                               | _____ |
| 2  | Feeling "drained"                                 | _____ |
| 3  | Poor memory                                       | _____ |
| 4  | Feeling "spacey" or "unreal"                      | _____ |
| 5  | Inability to make decisions                       | _____ |
| 6  | Numbness, burning or tingling                     | _____ |
| 7  | Insomnia  | _____ |
| 8  | Muscle aches                                      | _____ |
| 9  | Muscle weakness or paralysis                      | _____ |
| 10 | Pain and/or swelling in joints                    | _____ |
| 11 | Abdominal pain                                    | _____ |
| 12 | Constipation                                      | _____ |
| 13 | Diarrhea  | _____ |
| 14 | Bloating, belching or intestinal gas              | _____ |
| 15 | Troublesome vaginal burning, itching or discharge | _____ |
| 16 | Prostatitis                                       | _____ |
| 17 | Impotence   | _____ |
| 18 | Loss of sexual desire or feeling                  | _____ |
| 19 | Endometriosis or infertility                      | _____ |
| 20 | Cramps and/or other menstrual irregularities      | _____ |
| 21 | Premenstrual tension                              | _____ |
| 22 | Attacks of anxiety or crying                      | _____ |
| 23 | Cold hands or feet and/or chilliness              | _____ |
| 24 | Shaking or irritability when hungry               | _____ |

**Total Score: Section B**

**SECTION C: Other Symptoms\***

**Point Score**

\*Although the symptoms in this section occur commonly in patients with yeast-connected illness, they also occur commonly in patients who do not have candida.

- 1 Drowsiness \_\_\_\_\_
- 2 Irritability or jitteriness \_\_\_\_\_
- 3 Lack of coordination \_\_\_\_\_
- 4 Inability to concentrate \_\_\_\_\_
- 5 Frequent mood swings \_\_\_\_\_
- 6 Headaches \_\_\_\_\_
- 7 Dizziness and/or loss of balance \_\_\_\_\_
- 8 Pressure above ears or feeling of head swelling \_\_\_\_\_
- 9 Tendency to bruise easily \_\_\_\_\_
- 10 Chronic rashes or itching \_\_\_\_\_
- 11 Psoriasis or recurrent hives \_\_\_\_\_
- 12 Indigestion or heartburn \_\_\_\_\_
- 13 Food sensitivities or intolerances \_\_\_\_\_
- 14 Mucus in stools \_\_\_\_\_
- 15 Rectal itching \_\_\_\_\_
- 16 Dry mouth or throat \_\_\_\_\_
- 17 Rash or blisters in mouth \_\_\_\_\_
- 18 Bad breath \_\_\_\_\_
- 19 Foot, hair, or body order not relieved by washing \_\_\_\_\_
- 20 Nasal congestion or postnasal drip \_\_\_\_\_
- 21 Nasal itching \_\_\_\_\_
- 22 Sore throat \_\_\_\_\_
- 23 Laryngitis or loss of voice \_\_\_\_\_
- 24 Cough or recurrent bronchitis \_\_\_\_\_
- 25 Pain or tightness in chest \_\_\_\_\_
- 26 Wheezing or shortness of breath \_\_\_\_\_
- 27 Urinary frequency, urgency, or incontinence \_\_\_\_\_
- 28 Burning on urination \_\_\_\_\_
- 29 Erratic vision or spots in front of eyes \_\_\_\_\_
- 30 Burning or tearing of eyes \_\_\_\_\_
- 31 Recurrent infections or fluid in ears \_\_\_\_\_
- 32 Ear pain or deafness \_\_\_\_\_

**Total Score: Section C**

**Grand Total Score** (add totals from Sections A, B & C)

The Grand Total Score will help you and your practitioner decide if your health problems are yeast-connected. Scores for women will run higher because seven items apply exclusively to women, while only two apply exclusively to men. Yeast-connected health problems:

- are **almost certainly** present in women with scores over 180 and in men with scores over 140.
- are **probably** present in women with scores over 120 and in men with scores over 90.
- are **possibly** present in women with scores over 60 and in men with scores over 40.
- Scores of less than 60 for women and less than 40 for men indicate that yeast are *less apt* to cause health problems.