

CANDIDA QUESTIONNAIRE AND SCORE SHEET

NAME: _____

DATE: _____

SECTION A: HISTORY

For each "yes" answer, circle the Point Score. Total and record your score at the end of this section.

	POINT SCORE
1. Have you ever taken Tetracycline, Erythromycin or any other antibiotic for 1 month or longer to treat acne?	25
2. Have you, at any time in your life, taken other "broad spectrum" antibiotics for respiratory, urinary or other infections (for 2 months or more, or in shorter courses 4 or more times in a 1-year period)?	20
3. Have you ever taken a broad spectrum antibiotic -- even a single course?	6
4. Have you, at any time in your life been bothered by persistent vaginitis, prostatitis or other problems affecting your reproductive organs?	25
5. Have you been pregnant... 2 or more times? 1 time?	5 3
6. Have you taken birth control pills... For more than 2 years? For 6 months to 2 years?	15 8
7. Have you taken prednisone or any other cortisone type drugs... For more than 2 weeks? For 2 weeks or less?	15 6
8. Does exposure to perfume, insecticides, or other chemicals provoke... Moderate to severe symptoms? Mild symptoms?	20 5
9. Are your symptoms worse on damp, muggy days or in moldy places?	20
10. Have you had athlete's foot, ring worm, "jock itch" or other chronic fungus infections of the skin or nails? Have such infections been... Severe or persistent? Mild to moderate?	10 10 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

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 pts.
- frequent and/or moderately severe* 6 pts.
- severe and/or disabling* 9 pts.

Record total score at the end of this section.

	POINT SCORE
1. Fatigue or lethargy	
2. Feeling of being "drained"	
3. Poor memory	
4. Feeling "spacey" or "unreal"	
5. Depression	
6. Numbness, burning or tingling	
7. Muscle aches	
8. Muscle weakness or paralysis	
9. Pain and/or swelling in joints	
10. Abdominal pain	
11. Constipation	
12. Diarrhea	
13. Bloating	
14. Troublesome vaginal discharge	
15. Persistent vaginal burning or itching	
16. Prostatitis	
17. Impotence	
18. Loss of sexual desire	
19. Endometriosis	
20. Cramps / other menstrual problems	
21. Premenstrual tension	
22. Spots in front of eyes	
23. Erratic vision	

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 pt.
- frequent and/or moderately severe* 2 pts.
- severe and/or disabling* 3 pts.

Record total score at the end of this section.

	POINT SCORE
1. Drowsiness	
2. Irritability or jitteriness	
3. Poor coordination	

TOTAL SCORE, SECTION C _____

4. Inability to concentrate	
5. Frequent mood swings	
6. Headache	
7. Dizziness/loss of balance	
8. Pressure above ears / "head swelling"	
9. Itching	
10. Other rashes	
11. Heartburn	
12. Indigestion	
13. Belching and intestinal gas	
14. Mucous in stools	
15. Hemorrhoids	
16. Dry Mouth	
17. Rash or blisters in mouth	
18. Bad breath	
19. Joint swelling or arthritis	
20. Nasal congestion or discharge	
21. Postnasal drip	
22. Nasal itching	
23. Sore throat or dry throat	
24. Cough	
25. Pain or tightness in chest	
26. Wheezing or shortness of breath	
27. Urgency or urinary frequency	
28. Burning on urination	
29. Failing vision	
30. Burning or tearing of eyes	
31. Recurrent infection or fluid in ears	
32. Ear pain or deafness	

TOTAL SCORE, SECTION C _____

ADD TOTAL SCORE, SECTION B _____

ADD TOTAL SCORE, SECTION A _____

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 7 items in the questionnaire apply exclusively to women, while only 2 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.

Yeast connected health problems are probably present in women with scores over 120 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.

