

CANDIDA QUESTIONNAIRE

History	Point Score	Major Symptoms	Point Score
1. Have you taken tetracycline or other antibiotics for acne for one month or longer?	25	For each of your symptoms, enter the appropriate figure in the point Score Column. If symptom is occasional or mild	score 3 points
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 in short courses four or more times in a one-year period?	20	If symptom is frequent and/or moderately severe	score 6 points
3. Have you ever taken a broad-spectrum antibiotic (even a single course)?	6	If a symptom is severe and/or disabling	score 9 points
4. Have you at anytime in your life been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs?	25	1. Fatigue or lethargy	_____
5. Have you been pregnant.....		2. Feeling of being drained	_____
One time?	3	3. Poor Memory	_____
Two or more times?	5	4. Feeling "spacey" or "unreal"	_____
6. Have you taken birth control pills...		5. Depression	_____
For six months to two years?	8	6. Numbness, burning, or tingling	_____
For more than two years?	15	7. Muscle aches	_____
7. Have you taken prednisone or other cortisone type drugs....		8. Muscle weakness or paralysis	_____
For two weeks or less?	6	9. Pain and/or swelling in joints	_____
For more than two weeks?	15	10. Abdominal pain	_____
8. Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke...		11. Constipation	_____
Mild symptoms?	5	12. Diarrhea	_____
Moderate to severe symptoms?	20	13. Bloating	_____
9. Are your symptoms worse on damp, muggy days or moldy places?	20	14. Persistent vaginal itch	_____
10. Have you had athlete's foot, ringworm, "jock itch," or other chronic infections of the skin or nails?		15. Persistent vaginal burning	_____
Mild to moderate?	10	16. Prostatitis	_____
Severe or persistent?	20	17. Impotence	_____
11. Do you crave sugar?	10	18. Loss of sexual desire	_____
12. Do you crave breads?	10	19. Endometriosis	_____
13. Do you crave alcoholic beverages?	10	20. Cramping and other menstrual irregularities	_____
14. Does tobacco smoke really bother you?	10	21. Premenstrual tension	_____
		22. Spots in front of eyes	_____
		23. Erratic vision	_____
		TOTAL SCORE FOR THIS SECTION	_____

TOTAL SCORE FOR THIS SECTION _____

Other Symptoms

For each of your symptoms, enter the appropriate figure in the point Score Column.

If symptom is occasional or mild score 1 point

If symptom is frequent and/or

Moderately severe score 2 points

If a symptom is severe and/or

Disabling score 3 points

1. Drowsiness _____
2. Irritability _____
3. Lack of coordination _____
4. Inability to concentrate _____
5. Frequent mood swings _____
6. Headache _____
7. Dizziness/loss of balance _____
8. Pressure above ears, feeling of head swelling and tingling _____
9. Itching _____
10. Other rashes _____
11. Heartburn _____
12. Indigestion _____
13. Belching and intestinal gas _____
14. Mucus 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 or dry throat _____
24. Cough _____
25. Pain or tightness in chest _____
26. Wheezing or shortness of breath _____
27. Urinary urgency or frequency _____
28. Burning on urination _____
29. Failing Vision _____
30. Burning or tearing of eyes _____
31. Recurrent infections or fluid in ears _____
32. Ear pain or deafness _____

TOTAL SCORE FOR THIS SECTION _____

Total Score from section one _____

Total score from section two _____

Total score for section three _____

TOTAL ALL SECTIONS _____

	Women	Men
Yeast- connected health problems are almost certainly present	>180	>140
Yeast-connected health problems are probably present	120-180	90-140
Yeast-connected health problems are possibly present	60-119	40-89
Yeast-connected health problems are less likely to be present	<60	<40

Although the candida questionnaire can help, ultimately the best method for diagnosing candidiasis is clinical evaluation by a physician knowledgeable about yeast-related illness.

This questionnaire is from W. G. Crook M.D.,
The Yeast Connection (Vintage Books.)