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If you would like to know if your health problems are yeast-related take this comprehensive test. Questions in Section A focus on your medical history-factors that promote the growth of *Candida albicans* and that are frequently found people with yeast-related health problems. In Section B you will find a list of 23 symptoms that are often present in patients with yeast-related health problems. Section C consists of 33 other symptoms that are sometimes seen in people with yeast-related problems – yet they may also be found in people with other disorders.

Fill out and score the questionnaire should help you, and your physician, evaluate the possible role that *candida albicans* plays in your health problems.

SECTION A: HISTORY

- Have you ever taken tetracycline, or other antibiotics, for acne for one month or longer? (points 35)
- Have you, at any time in your life , taken broad-spectrum antibiotics or other antibacterial medication for respiratory, urinary or other infections for two months or longer, or in shorter courses four or more times in a one-year period? (Points 35).
- Have you taken a broad-spectrum antibiotic drug even in a single dose? (points 6)
- Have you at any time in your life been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs? (points 25)
- Are you bothered by memory or concentration problems do you some times feel spaced out? (points 20)
- Do you feel “sick all over”, yet despite visits to many different physicians the cause has not been found? (points 20)
- Have you been pregnant two or more times? (points 5)
- One time? (points 3)
- Have you taken birth control pills for more than two years? (points 15)
- For six months to two years? (points 8)
- Have you taken steroids orally, by injection or inhalation for more than two weeks? (points 15)
- For two weeks or less? (points 6)
- Does exposure to perfume, insecticides, fabric shop odors and other chemicals provoke symptoms?
Moderate to severe (points 20)
Mild (points 5)
- Does tobacco smoke really bother you? (points 10)
- Are your symptoms worse on damp, muggy days or in moldy places? (points 20)
- Have you had athlete’s foot, ring worm, jock itch or other chronic fun-gal infections of the skin or nails?
Severe or persistent (points 20)
Mild to moderate (points 10)
- Do you have crave sugar? (points 10)

Total Score, Section A _____

SECTION B: MAJOR SYMPTOMS

For each of your symptoms, enter the appropriate figure in the point score column.

- | | |
|---|-----------------|
| 1. If a symptom is occasional or mild | 3 points |
| 2. If a symptom is frequent and/ or moderately severe | 6 points |
| 3. If a symptom is severe and/ or disabling | 9 points |

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

- Fatigue or lethargy _____
 - Feeling of being “drained” _____
 - Depression or manic depression _____
 - 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 or 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, low body temperature _____
 - Hypothyroidism _____
 - Shaking or irritable when hungry _____
 - Cystitis or interstitial cystitis _____
- TOTAL SCORE, SECTION B** _____

SECTION C: OTHER SYMPTOMS

For each of your symptoms, enter the appropriate figure in the point score column.

- | | |
|---|-----------------|
| 1. If a symptom is occasional or mild | 3 points |
| 2. If a symptom is frequent and/ or moderately severe | 6 points |
| 3. If a symptom is severe and/ or disabling | 9 points |

Add total score and record it at the end of his section.

- Drowsiness, including inappropriate drowsiness _____
- Irritability _____
- In coordination _____
- Frequent mood swings _____

- Insomnia _____
- Dizziness/ loss of balance _____
- Pressure above ears, tenderness of cheekbones or forehead _____
- Tendency to bruise easily _____
- Eczema, itching eyes _____
- Psoriasis _____
- Chronic hives (urticaria) _____
- Indigestion or heartburn _____
- Sensitivity to milk, wheat, corn or other common foods _____
- Mucus in stools _____
- Rectal itching _____
- Dry mouth or throat _____
- Mouth rashes, including "white" tongue _____
- Bad breath _____
- Foot, hair or body odor not relieved by washing _____
- Nasal congestion or postnasal 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 _____
- Burning or tearing eyes _____
- Recurrent infections or fluid in ears _____
- Ear pain or deafness _____

TOTAL SCORE, SECTION C _____

GRAND TOTAL (SECTION A, B AND C) _____

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 seven items in the questionnaire apply to women, while only two apply exclusively to men.

- Yeast –connected health problems are almost certainly present in women with scores of **more than 180**, and in men with of **more than 140**.
- Yeast-connected health problems are probably present in women with scores of **more than 120**, and in men with scores **more than 90**.
- Yeast-connected health problems are possibly present in women with scores of **more than 60**, and in me of **more than 40**.
- With scores of less than 60 in women and 40 in men, yeasts are less apt ti be the cause of health problems.

Score of **60-99** yeast a possible cause of health problems
 Score of **100-139** yeast a probable cause of health problems.
 Score of **140 or more** yeast **almost certainly** a cause of health problems.