

This questionnaire lists factors in your medical history which promote the growth of the common yeast, *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	Point Score:
1.) Have you taken tetracyclines (Sumycin ³ , Panmycin ³ , Vibramycin, Minocin ³ etc. or other antibiotics for acne for 1 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 2 months or longer , or in shorter courses 4 or more times in a 1-year period)?	50
3.) Have you taken a broad spectrum antibiotic drug - even in a single course?	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. 2 or more times?	5
1 time?	3
6.) Have you taken birth control pills for more than 2 years?	15
6 months to 2 years?	8
7.) Have you taken Prednisone, Decadron or other cortisone-type drugs by mouth or inhalation..for more than 2 weeks?	15
2 weeks or less?	6
8.) Does exposure to perfumes,insecticides, fabric shop odors or other chemicals provoke moderate to severe symptoms?	20
mild symptoms?	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 fungous infections of the skin or nails? Have such infections been severe or persistent?	20
mild or moderate?	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

* Filling out and scoring this questionnaire should help you and your physician evaluate the role Candida albicans may be contributing to your health problems. Yet, it will not provide an automatic "Yes" or "No" answer. A comprehensive history and physical examination are important. In addition, laboratory studies, X-rays and other types of tests may also be appropriate.

•• The use of nasal or bronchial sprays containing cortisone and/or other steroids, promote yeast overgrowth in the respiratory tract.

For each symptom which is present, enter the appropriate figure 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.

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

SECTION A: MAJOR SYMPTOMS

Point Score:

- 1.) Fatigue or lethargy
- 2.) Feeling of being "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 menstrual irregularities

21.) Premenstrual tension

22.) Attacks of anxiety or crying

23.) Cold hands or feet and/or chilliness

24) Shaking or irritable when hungry

Total Score: Section B

For each symptom which is present, enter the appropriate figure in the point score column.

If a symptom is occasional or mild.....score 1 point.

If a symptom is frequent and/or moderately severe.....score 2 points.

If a symptom is severe and/or persistent.....score 3 points.

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

SECTION C: OTHER SYMPTOMS

Point Score:

1.) Drowsiness

2.) Irritability or jitteriness

3.) Incoordination

4.) Inability to concentrate

5.) Frequent mood swings

6.) Headache

7.) Dizziness/loss of balance

8.) Pressure above ears...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 sensitivity or intolerance
- 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 odor not relieved by washing
- 20.) Nasal congestion or post nasal drip
- 21.) Nasal itching
- 22.) Sore throat
- 23.) Laryngitis, 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.) Spots in front of eyes or erratic vision
- 30.) Burning or tearing of eyes
- 31.) Recurrent infections of fluid in ears
- 32.) Ear pain or deafness

Total Score: Section C

Total Score: Section B

Total Score: Section A

Grand Total Score from sections 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 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 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.

This questionnaire is available in quantity from Professional Books, Inc., P.O. Box 3246, Jackson, Tennessee 38302. Prices upon request. Copyright 1984. THE YEAST CONNECTION by William G. Crook, M.D.