

Candida Overgrowth Questionnaire

Please note this questionnaire is designed to help you determine if Candida (fungus) Overgrowth might be presenting in your life. It is not intended to diagnose any condition and is not a replacement for physician examination and diagnosis. Feel free to use this tool as a starting point for discussion with your health care practitioner.

Predisposing factors: Please check all that apply
In the last 5 years:

I have taken tetracyclines (Sumycin®, Panmycin®, Vibramycin®, Minocin®, etc.) or other antibiotics for acne for 1 month (or longer)

I have taken other "broad spectrum" antibiotics for respiratory, urinary or other infections for 2 months or longer, or for shorter periods 4 or more times in a 1-year span.

I have been bothered by persistent prostatitis, vaginitis, or other problems affecting my reproductive organs
I have been pregnant 2 or more times.

I have taken birth control pills for more than 2 years.

I have taken prednisone, Decadron®, or other cortisone-type drugs by mouth or inhalation for more than 2 weeks

I have had athlete's foot, ringworm, "jock itch" or other chronic fungus infections of the skin or nails that have been severe or persistent.

Exposure to perfumes, insecticides, fabric shop odors, or other chemicals provoke moderate to severe symptoms

My symptoms are worse on damp, muggy days or in moldy places.

I have received vaccination in the past 5 years.

I have mercury amalgam dental fillings.

Please rate the following symptoms on the scale below:

1 = Symptoms you've had in the past

2 = Symptoms that occur *occasionally*

3 = Symptoms that occur often

4 = Symptoms that occur **frequently**

- _____ Fatigue/lethargy
- _____ Feeling drained
- _____ Poor memory
- _____ Feeling "spacey" or "unreal"
- _____ Inability to make decisions
- _____ Numbness, burning or tingling
- _____ Crave bread
- _____ Crave sugar/junk food
- _____ Crave alcohol
- _____ Insomnia
- _____ Muscle aches
- _____ Abdominal pain/stomach sore all over
- _____ Constipation/Diarrhea
- _____ Chronic rashes or itching
- _____ Bloating, belching or intestinal gas
- _____ Vaginal burning, itching or discharge
- _____ Cramps or other menstrual irregularities
- _____ Shaking or irritability when hungry
- _____ Ears itch
- _____ Mouth ulcers
- _____ Nail fungus
- _____ Bruise easily
- _____ Food allergies

Total Score:

Score interpretation

Between 0-30: This score indicates you are in pretty good health.

Between 30-50: This score provides an early-warning that you may have some candida imbalance.

Between 50-70: This score indicates you may have a significant imbalance and need to make changes and take action.

Between 70-90: This score indicates you may have significant overgrowth and need to seek treatment options

Over 90: This score indicates you are likely suffering from invasive candida overgrowth and should seek treatment options.

What is Candida Yeast?

There are 81 strains of candida yeast organisms. Candida Albicans is the most common yeast found in the human intestinal tract. Normal intestinal bacterial flora keeps yeast in check. Candidiasis is the medical term for the condition that occurs when common yeast in the intestines (Candida Albicans) has taken over. Yeast does not contribute anything to your well being, but is always part of our the nonpathogenic bowel flora. Candida Yeast is harmless when it is in balance with the other organisms that live in the intestinal tract. If an imbalance occurs, Candida Yeast organisms can take over. Yeast is not killed by antibiotics, but often the organisms that would keep the Candida in check are killed by antibiotics. Additionally, Candida thrives in a high sugar environment, which can also lead to an imbalance among the intestinal flora.

How do I find out if I have Candidiasis?

Most frequently, Candidiasis is diagnosed based on questionnaires and physical exam. There are mixed results with many lab tests, which often don't indicate an overgrowth until it is very severe. Some new tests have been developed that have promising results. One of the by-products of Candidia is a chemical known as D-Arabinitol. New tests have been developed to identify this compound in the body, which would indicate that the Candida has spread outside the intestine. The test for D-Arabinitol can be performed on either blood or saliva through gas chromatography or enzymatic analysis and can be available much quicker than culturing the blood. The test does not show positive for nonpathogenic Candida.

What steps do I take if I suspect I have Candida overgrowth?

Talk to your health care provider or wellness consultant about taking the D-Arabinitol serum or saliva test. Once the results are available, your wellness consultant or health care provider can work with you to develop a plan of supplements, life style changes and diet that can support your recovery.