

Take the Candida yeast infection test. It consists of three sections.

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

Section One:

Personal History Questions. Please circle corresponding answer and score.	No	Yes
Have you taken tetracycline or other antibiotics for acne for one month or longer?	0	25
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?	0	20
Have you ever taken a broad-spectrum antibiotic (even a single course)?	0	6
Have you at anytime in your life been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs?	0	25
Have you been pregnant.....		
One time?	0	3
Two or more times?	0	5
Have you taken birth control pills...		
For six months to two years?	0	8
For more than two years?	0	15
Have you taken prednisone or other cortisone type drugs....		
For two weeks or less?	0	6
For more than two weeks?	0	15
Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke...		
Mild symptoms?	0	5
Moderate to severe symptoms?	0	20
Are your symptoms worse on damp muggy days or moldy places?	0	20
Have you had athlete's foot, ringworm, "jock itch," or other chronic infections of the skin or nails?		
Mild to moderate?	0	10
Severe or persistent?	0	20
Do you crave sugar?	0	10

Do you crave breads?	0	10
Do you crave alcoholic beverages?	0	10
Does tobacco smoke really bother you?	0	10

TOTAL SCORE FOR SECTION ONE:

Section Two:

Major Symptoms	Symptom is Occasional or Mild	Symptom is Frequent and/or Moderately Severe	Symptom Severe and/or Disabling
1. Fatigue or lethargy	3	6	9
2. Feeling of being drained	3	6	9
3. Poor Memory	3	6	9
4. Feeling "spacey" or "unreal"	3	6	9
5. Depression	3	6	9
6. Numbness, burning, or tingling	3	6	9
7. Muscle aches	3	6	9
8. Muscle weakness or paralysis	3	6	9
9. Pain and/or swelling in joints	3	6	9
10. Abdominal pain	3	6	9
11. Constipation	3	6	9
12. Diarrhea	3	6	9
13. Bloating	3	6	9
14. Persistent vaginal itch	3	6	9
15. Persistent vaginal burning	3	6	9
16. Prostatitis	3	6	9
17. Impotence	3	6	9
18. Loss of sexual desire	3	6	9
19. Endometriosis	3	6	9
20. Cramping and other menstrual irregularities	3	6	9
21. Premenstrual tension	3	6	9

22. Spots in front of eyes	3	6	9
23. Erratic vision	3	6	9

TOTAL YOUR SCORE FOR EACH COLUMN

ADD UP YOUR TOTALS -

TOTAL SCORE FOR SECTION TWO:

Section Three:

Other Symptoms	Symptom is Occasional or Mild	Symptom is Frequent and/or Moderately Severe	Symptom Severe and/or Disabling
1. Drowsiness	1	2	3
2. Irritability	1	2	3
3. Lack of coordination	1	2	3
4. Inability to concentrate	1	2	3
5. Frequent mood swings	1	2	3
6. Headache	1	2	3
7. Dizziness/loss of balance	1	2	3
8. Pressure above ears, feeling of head swelling and tingling	1	2	3
9. Itching	1	2	3
10. Other rashes	1	2	3
11. Heartburn	1	2	3
12. Indigestion	1	2	3
13. Belching and intestinal gas	1	2	3
14. Mucus in stools	1	2	3
15. Hemorrhoids	1	2	3
16. Dry mouth	1	2	3
17. Rash or blisters in mouth	3	6	9
18. Bad breath	3	6	9
19. Joint swelling or arthritis	3	6	9
20. Nasal congestion or discharge	3	6	9

21. Postnasal drip	3	6	9
22. Nasal itching	3	6	9
23. Sore or dry throat	3	6	9
24. Cough	3	6	9
25. Pain or tightness in chest	3	6	9
26. Wheezing or shortness of breath	3	6	9
27. Urinary urgency or frequency	3	6	9
28. Burning on urination	3	6	9
29. Failing vision	3	6	9
30. Burning or tearing of eyes	3	6	9
31. Recurrent infections or fluid in ears	3	6	9
32. Ear pain or deafness	3	6	9

TOTAL YOUR SCORE FOR EACH COLUMN _____

ADD UP YOUR TOTALS -

TOTAL SCORE FOR SECTION THREE: _____

Total Score from Section One _____

Total Score from Section Two _____

Total Score from Section Three _____

TOTAL ALL SECTIONS: _____

Results (circle your score):	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, the best method for diagnosing Candidiasis is clinical evaluation by a physician knowledgeable about yeast-related illness.