

# YEAST QUESTIONNAIRE

Answering these questions and adding up the scores will help you decide if yeasts contribute to your health problems. Yet you will not obtain an automatic "yes" or "no" answer.

For each "yes" answer in Section A, circle the Point score for each question or sub-question. Total your score and record it in the space indicated at the end of the section. Then move on to Section B and C and score each section as instructed.

Add the total of your scores to get your **Grand Total Score**. \_\_\_\_\_

**Patient Name:** \_\_\_\_\_ **Date completed:** \_\_\_\_\_

SECTION A: HISTORY	Point Score
1. Have you ever taken tetracyclines (Sumycin®, Panmycin®, Vibramycin®, Minocin®, etc.) or other antibiotics for acne for 1 month (or longer)?	35
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)?	35
3. Have you taken a broad spectrum antibiotic drug*--even a single course?	6
4. Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis or other problems affective your reproductive organs?	25
5. Have you been pregnant... 2 or more times? 1 time?	5 1
6. Have you taken birth control pills... For more than 2 years? For 6 months to 2 years?	15 8
7. Have you taken prednisone, Decadron® or other cortisone-type drugs... For more than 2 weeks? For 2 weeks or less?	15 6
8. Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke... Moderate to severe symptoms? Mild symptoms?	20 5
9. Are your symptoms worse on damp, muggy days or in moldy places?	20
10. Have you had athlete's foot, ring worm, "jock itch" or other chronic infections of the skin or nails? Have such infections been... Severe or persistent? Mild to moderate?	20 10
11. Do you crave sugar?	10
12. Do you crave breads?	10
13. Do you crave alcoholic beverages?	10
14. Does tobacco smoke <i>really</i> bother you?	10

**Total Score, Section A** \_\_\_\_\_

\*Including Keflex®, ampicillin, amoxicillin, Ceclor®, Bactrim® and Septra®. Such antibiotics kill off "good germs/bacteria" while they're killing off those which cause infection.