

## Cassia.org Quick Candida Checklist

Tally your point scores for each of the Sections A, B, and C in turn. Then add the grand total of the three sections at the end for a total score.

For complete information visit: [www.Cassia.org](http://www.Cassia.org) / Diagnostics / Quick Candida Checklist

<b>Section A: History</b>			
		<b>Point Score</b>	<b>Tally</b>
<b>1</b>	Have you taken tetracycline's (or other antibiotics) for 2 months (or longer)?	25	
<b>2</b>	Have you, at any time in your life, taken other "broad spectrum" antibiotics (Including Keflex®, ampicillin, amoxicillin, Ceclor®, Bactrim®, and Septra®*) for respiratory, urinary or other infections (for 2 months or longer, or in shorter courses 4 or more times in a 1-year period?	20	
<b>3</b>	Have you, at any time in your life, been troubled by persistent vaginal problems or had 3 or more episodes of vaginitis in a year?	25	
<b>4</b>	Have you been pregnant 2 or more times? --- Have you been pregnant 1 time?	5 3	
<b>5</b>	Have you taken birth control pills for more than 2 years? --- For 6 months to 2 years?	15 8	
<b>6</b>	Have you taken prednisone, Decadron® or other cortisone-type drugs for more than 2 weeks? --- For 2 weeks or less?	15 6	
<b>7</b>	Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke.. --- Moderate to severe symptoms? --- Mild symptoms?	20 5	
<b>8</b>	Are your symptoms worse on damp, muggy days or in moldy places?	20	
<b>9</b>	Have you had persistent athlete's foot, "jock itch", or other chronic fungous infections of the skin or nails? Have such infections been... Severe or persistent? --- Mild to moderate?	20 10	
<b>10</b>	Do you crave sugar?	10	
<b>11</b>	Do you crave breads?	10	
<b>12</b>	Do you crave alcoholic beverages?	10	
<b>13</b>	Does tobacco smoke really bother you?	10	
<b>TOTAL SCORE, Section A:</b>			

For each symptom present, enter the appropriate figure in the Tally column:

If a symptom is mild, score 3 points.

If a symptom is moderate, score 6 points.

If a symptom is severe or disabling, score 9 points.

Section B: Major Symptoms		
		Tally:
1	Fatigue or lethargy.	
2	Feeling of being "drained"	
3	Poor memory	
4	Feeling "spacey " or "unreal"	
5	Depression	
6	Numbness, burning or tingling	
7	Muscle aches	
8	Muscle weakness or paralysis	
9	Pain and/or swelling in joints	
10	Abdominal pain	
11	Constipation	
12	Diarrhea	
13	Bloating	
14	Troublesome vaginal discharge	
15	Persistent vaginal burning or itching	
16	Prostatitis	
17	Impotence	
18	Loss of sexual feeling	
19	Endometriosis	
20	Dysmenorrhea	
21	Premenstrual tension	
22	Spots in front of eyes	
23	Erratic Vision	
<b>TOTAL SCORE, Section B:</b>		

For each symptom present\*, enter the appropriate figure in the Tally column:

If a symptom is mild, score 1 point.

If a symptom is moderate, score 2 points.

If a symptom is severe or disabling, score 3 points.

\*While the symptoms in this section occur commonly in patients with yeast-connected illness, they also occur commonly in patients who do not have candida.

Section C: Other Symptoms		
		Tally:
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 and tingling	
9	Itching	
10	Other rashes	
11	Heartburn	
12	Indigestion	
13	Belching and intestinal gas	
14	Mucus in stools	
15	Hemorrhoids	
16	Dry mouth	
17	Rash or blisters in mouth	
18	Bad breath	
19	Joint swelling or arthritis	
20	Nasal congestion or discharge	
21	Postnasal drip	
22	Nasal itching	

<b>Section C: Other Symptoms</b>		
23	Sore or dry throat	
24	Cough	
25	Pain or tightness in chest	
26	Wheezing or shortness of breath	
27	Urgency or urinary frequency	
28	Burning on urination	
29	Failing vision	
30	Burning or tearing eyes	
31	Recurrent ear infections	
32	Fluid in ears	
33	Ear pain or deafness	
34	Tubes in ears	
35	Other symptoms:	
	<b>TOTAL SCORE, Section C:</b>	
	<b>GRAND TOTAL SCORE (Total Score for Sections A, B, and C):</b>	

### Evaluation:

(Note that the scoring will be different for females and males as seven questions apply exclusively to women, while only two apply exclusively to men.)

- If your point score is over 180 in women (140 in men), candida almost certainly plays a role in causing your health problems.
- If your point score is over 120 in women (90 in men), candida probably plays a role in causing your health problems.
- If your point score is 60 to 120 for women (40 to 90 in men), candida possibly plays a role in causing your health problems.
- If your point score is less than 60 for women (and 40 for men), candida is less apt to be playing a significant role in causing your health problems.