

This questionnaire is provided by: <http://yeast-infection.akademii.com>

## Do I Have A Yeast Infection?

This simple questionnaire will help you to assess the possibility of a yeast related health issue. Given that close to 75% of all women, at some point in their lives, will have a yeast infection (Candidiasis), it is important to understand what your body is telling you.

For the first 4 questions, if you answered yes, score the points that are indicated:

Have you ever taken antibiotics for longer than 1 month, or more than once a year?	5
Have you ever, in your lifetime, had a high-sugar diet? Or, have you ever lived through a period of high level stress?	5
Have you ever had a high intake of alcohol or taken drugs?	5
Have you ever had any steroid treatment (pills, injections, creams, inhalers, contraceptive pills, hormone therapy)?	10

For the following questions:

if the symptom is **occasional/mild**, score **1 point**

if the symptom is **frequent/moderately severe**, score **2 points**

if the symptom is **really severe or disabling**, score **3 points**

Depression, anxiety, irritability, mood swings	
Poor memory, lack of concentration, feeling "spaced out"	
Fatigue, feeling "drained"	
Indigestion, heartburn, bloating, intestinal gas	
Constipation, diarrhea, IBS, stomach ache, mucus in stool	
<b>Women:</b> PMS, period irregularities, loss of sex drive, infertility, endometriosis	
<b>Men:</b> Prostate problems, infertility, impotence, loss of sex drive	
<b>Women:</b> Vaginal burning, itching, discharge	
<b>Men:</b> Irritation of the groin or genitals	
Muscle aches or weakness, joint pain or stiffness	
Eczema, psoriasis, rash, itching	
Athlete's foot, ringworm, fungal toenails	
Cravings for sweet foods, chocolate, bread, alcohol	
Sensitivity to perfume, chemical smells, exhaust, tobacco smoke	
Any symptoms made worse on damp days or in moldy places	
Dizziness, lack of balance, lack of coordination	
Insomnia, waking up tired, feeling drowsy during the day, wanting more sleep	
Body odor, bad breath	
Sores in mouth, sore throat	
Nasal congestion, post-nasal drip, sinusitis	

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Pain or tightness in chest, wheezing or shortness of breath	
Urinary frequency, urgency, burning	
Spots in front of eyes, burning or watery eyes	
Recurrent ear infections, earache, deafness	
Easily bruising, chilliness, cold hands and/or feet	
Headaches, migraines	
Numbness, burning, tingling	
Irritation around anus	
Total score	

#### Scoring

You do not have a yeast infection	0 - 25
You possibly have a yeast infection	25 - 50
You very probably have a yeast infection	50 - 75
There is little doubt you have a yeast infection	75 - 100

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