

Are You Missing Mold Illness?

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How To Spot Moldies

ARE YOU MISSING MOLD ILLNESS IN YOUR PATIENTS?

Dr. Jill Crista

How To Spot Moldies

It's All About The History

Symptoms

Questionnaire

Look Alikes & Comorbidities

Differential Diagnoses

Physical Exam Clues

IT'S ALL ABOUT THE HISTORY

Informed by History

Exposure to WDB *at any time* in life

Gestation fwd (bioactivate in utero)

Include neonatal exposure

Ask ~ schools, college housing,
occupations, camp, vacation

Will forget, take them through space
by space

No minimum duration required

Ask about water events, musty smell,
not only mold

Toxic mold is commonly not visible

Building test results

Onset of Symptoms

Onset timing varies

Start vague and nondescript

Tolerable and excusable

Mold canaries earlier

Women earlier

Assuming daily exp ~ 3-6 months

Symptoms

Recognized Human Impacts

Allergic (IgE-mediated) ~

Allergic rhinitis

Hypersensitivity Pneumonitis

Asthma

Non-allergic (non IgE-mediated) ~

Non-IgE mediated asthma

exacerbation

Infection ~

Aspergillosis

PMID: 24368325

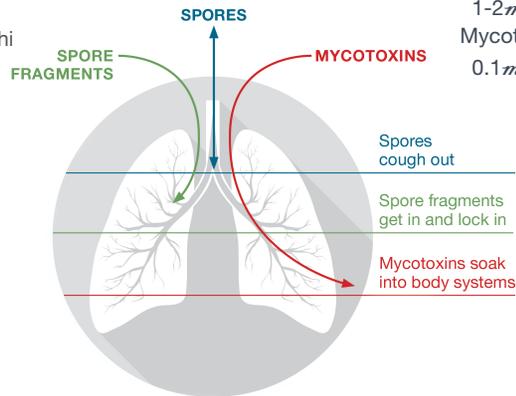
Respiratory System vs Mold

RESPIRATORY SYSTEM

>7m Nasal
 5-7m Pharynx
 3-5m Trachea
 3-5m 1° Bronchi
 2-3m 2° Bronchi
 1-2m Terminal bronchi
 <1m Alveoli

MOLD

Spores-
 Cladosporium 3-5m
 Aspergillus 2-5m
 Penicillium 1-5m
 Fragments-
 1-2m
 Mycotoxins-
 0.1m



Totality of Symptoms

Many systems
 Many symptoms
 No single diagnostic symptom
 Genetic diversity
 Individualized reactions
 Symptoms abound
 ∴ Totality

EENT (Eyes, Ears)

Dry eyes	Pruritic ear canal
Red, irritated eyes	Sore inner ears
Ocular pruritis	Ear fullness
Floaters	Ear popping
Light sensitivity	Freq yawning to pop ears
Eye fatigue	Ear pain
Allergic shiners	Noise sensitivity
Dark, sunken eyes	Tinnitus
Blurry vision	Serous otitis media
Double vision	Hearing loss
Frequently changing vision	
Icterus	

EENT (Nose, Throat)

Sneezing	Coated tongue
Runny nose	Thrush
Blow nose often	Mouth sores
Nose bleeds	Palatal petechiae
Post-nasal drip	Dry throat
Nasal voice	Itchy throat
Sinusitis	Sore throat
Blood-streaked mucous	Back of throat feels full
Daily sinus spray/Neti	Clears throat often
Nasal polyps	Globus hystericus
Allergies (esp not > tx)	Cervical lymphadenopathy
Hayfever	

STORY | Student Athlete

College athlete
 URI ↑ frequency & duration
 →bacterial more often ~ sinuses or lungs
 Require antibiotics
 Affecting his ability to compete
 Other sx's "tolerated" -insomnia, itchy ears, "blow his throat" every am
 Rarely had to blow his nose, even though nasal voice
 PND at school, cleared up when home
 Discovered living moldy building at school
 Genetics not extreme sensitive
 CMQ score only slightly probable for mold
 Exercise routine helped him clear mycotoxins
 Treated but refused move - grad soon
 I/S strengthened - ↓ frequency of URIs + improved PND, pruritis, sleep
 Competitive again at his sport
 When he left the moldy place to take a new job, he thrived

Respiratory System

Dyspnea <exertion	Burning lungs
Frequent yawn/sigh	Hemoptysis
Chronic dry cough	Heaviness in chest
Episodic cough	Non-obstructive sleep apnea
Recurrent respiratory infxns	Lungs sensitive to inhaled particulates, exhaust, fragrances, musty spaces
Colds go to lungs	Chronic respiratory illnesses
Delayed recovery	Fungal lung infection
Wheezing	Respiratory distress
Blood streaked sputum	Sarcoidosis of lungs
Asthma	
Incr need for inhaler meds	

STORY | Hay Fever

Man in 30s, healthy guy, gym rat
 DIY finished basement for home office
 Dev allergy to grass pollen - allergist said prob age
 Allergy medication as recommended
 Soon after, S/T, PND, dry irritated eyes, tinnitus
 Followed by IBS not related to what he ate
 Lack of focus worse when working
 Desired nap rather than exercise
 Hay fever progressed from grass season to any season when it wasn't frozen outdoors
 Allergy medication starting to fail
 Dev a faint wheeze when exercising
 Doc rec asthma Rx - came to see me for alt's
 Errors in basement buildout, mold behind outside walls
 After remediation and tx, all sx's improved, but took longer than he had hoped
 Suspect still being exposed to mycotoxins in belongings

Cardiovascular System

Lightheaded	Arrythmia
Low or reactive bp	Paroxysmal tachycardia
Increased vascular fragility	Postural tachycardia syndrome (PoTS)
Easy bruising	Chest pain
Spider veins/cherry angioma	Myocarditis
Small vessel vasculitis	Hemorrhage into body tissue
Vessel atonia	Iron-deficiency anemia
Varicose veins	Clotting issues
Lower extremity edema	Atriovenous malformation
Heart palpitations	Coagulation abnormalities
Irregular heartbeat	

STORY | Myocarditis

Woman, mid-40s

Palpitations

Insomnia

Fatigue

DOE

Angina on exertion

“no pain no gain”

Self tx - CoQ10 + incr exercise

Angina became unbearable

Event of MI sxs → ER/referral for CV workup

Dx myocarditis

Mold discovered in basement below slow leaking refrigerator

After remediation & mold tx, all sxs remitted w occ palpitations after alcohol ingestion

* * *

Digestive System

Appetite changes/anorexia

Crave sweets/alcohol

Food sensitivities

Peanut allergy

Abdominal pain

Gas/bloating

Constipation/Diarrhea

Consti-rrhea/IBS

Nausea

Reflux

Ulcer

SIBO

Vomiting

Cyclical vomiting syndrome

Histamine intolerance

Intestinal epithelial blunting

Hematochezia

Intestinal hemorrhage

Chemical sensitivity

Liver pain or congestion

Hepatocellular carcinoma

STORY | Cook's Dilemma

30yo vegetarian cook & foodie

Nausea, generalized abd pn, IBS, urgent diarrhea alt w gas/constipation

Wine - h/a, heartburn

ROS - neuropathy, poor circ, wt gain, sens skin, rash from fav lotions

Celiac, B12 tests N

Upper endoscopy - esophagitis

Colonoscopy - intestinal lining inflam/degradation w ulceration

Suppressive med offered

Social life involved food and drink, socially isolated

Elimination-challenge - grains, wine, mushrooms, potatoes

Reintro only had a problem with nonorganic grains, and organic (yes, organic) wine

Presentation at wine club about ochratoxin in org wine cracked the code

Timing of wt gain and dig problems when took a new job

Leaky ceiling; trash cans to catch water during heavy storms

No mold seen, but was in ceiling tiles

* * *

Nervous System

Anxiousness*

Easily overwhelmed

Low mood

Depression

Headache

Migraine

Drunken feeling

Dizziness/vertigo

Balance issues

Difficulty walking

Incoordination

Delayed reflexes

Internal vibrations

Parasthesias

Nerve pains

Tremors

Ataxia

Dementia

Atonia - central

Dysautonomia

Seizures

STORY | Mold On The Mind

Woman mid-50s

Muscle twitches - sometimes so severe, wake her from sleep

Past 5 years - brain fog, insomnia, weak/easily fatigued muscles

Feared brain tumor but scan neg

PE revealed UMN lesion

Built their dream home, a log home in the country

Sxs started right after moving keepsakes from her mother's basement

Brought to her home for sorting bc her mother's house smelled terribly musty and made her feel strange

Unwittingly infected her pristine home

Removed from home, remediated and she started treatment

Despite a comprehensive plan, she couldn't move home for a very long time.

At that time, I wasn't aware of sinus colonies or mycotoxins, .. no sinus tx

Required extra time for her brain to rebuild the injured areas to stop the twitching

* * *

Dermatological

Sensitive skin

Bothered by tags/seams

Frequent static shocks

Flushing

Hives

Dermatographism

Eczema/Rashes

Desquamation

Burning sensation

Pruritic skin

Photosensitivity

Recurrent fungal infections (jock itch, vaginal, athlete's foot, toenail, intertrigo)

Delayed wound healing

Skin reaction to antibiotics

Hair loss/thinning/slow growth

Raynaud's

Psoriatic lesions

Erythema nodosum (coccidioimycosis)

STORY | Infant With Eczema

Infant covered with eczema from head to toe

So agitated, he couldn't sleep. Agitating autistic sibling

Cracking > topical steroids with antifungal

If missed one dose, break out to the point of cracking and bleeding

Feeling helpless, mom turned to the Internet. She read that other nursing moms noticed improvement with diet changes. She was a very proactive and educated mom. Her devotion to him was unending. She worked for three years to get pregnant. As a parent of another child, a four year old with autism, she understood sacrifice for a child.

She watched her baby son's reactions carefully and omitted foods that seemed to make things worse. She was down to lamb, rice, homemade organic bone broth, blueberries, and microgreens.

Other than the antifungal steroid cream, she put nothing on his skin. His clothes were washed in vinegar with an extra rinse, and diapers were organic cotton. There was little I could suggest to improve on this. We added a bath soak of calendula and chamomile tea, which soothed him enough to sleep. I recommended we test his stool for intestinal flora and conduct a full environmental assessment. These proactive parents hired a certified building biologist to check out their lakeside cottage home.

The indoor air inspector called aghast. There was black mold all over this cottage. It was behind the drywall of almost every wall in the house. The humidity was out of control because the house was essentially built on a bog by a lake. The inspector said the builder should never have been granted a building permit on that land.

Stool test - excessive yeast overgrowth.

He had fungus inside and out. With an autistic sibling, he likely had an inherited genetic susceptibility to environmental toxins. It turns out that everyone in the family was sick in their own way. They went to a hotel while remediation occurred and the little boy's skin cleared up.

Unfortunately in this case, the remediation had to be redone two more times to completely eradicate the mold. Each time they tried to come home, the baby would break out. Thankfully, the parents paid attention.

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Reproductive System

Unexplained menstrual cycle changes

Immune deficiency in surviving children

Recurrent fungal vaginal infxns

Bacterial vaginosis

Chronic pelvic pain

Infertility - both genders

Low sperm counts

Immunotoxicity of fetus

STORY | Infertility

This story is about the mother of the infant boy with eczema mentioned earlier. She and her husband wanted very badly to get pregnant again. Because I didn't specialize in fertility, I referred her to colleagues. She apparently had a hard time getting pregnant with the little boy with eczema, her second child. Her first son was a four-year old with autism.

A year since finding the mold in their home, she and her husband still didn't have any luck getting pregnant. They remediated, but the mold didn't seem to want to go away. Their home required a total of three remediations. Each time they moved back, the baby boy, my patient, broke out in a rash. Mold toxins also interfered with the couple's fertility.

In this case, no one in the family felt well until they moved from the cottage with a moldy history. Even though they did the extra work of clearing mycotoxins and disposing of most of their belongings, they still couldn't get pregnant until they moved. Some people are simply too genetically sensitive to mold. There are times when the best action is to get out.

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Urinary System

Increased thirst
Frequent urination
Nocturnal polyuria
ADH resistance*
Burning in bladder
Pressure in bladder
UTI sxs with no infection
Hematuria
Interstitial cystitis
Electrolyte imbalance

Kidney or low back pain
Kidney swelling
Nephrotic syndrome
Nephritis

STORY | Nephrotic Syndrome

This young man of 21 was living at home with his parents and one sibling. He came to see me for deep-seated fatigue, low-back pain, blood in his urine, and some libido challenges. I hadn't seen him in more than five years. I was struck by his appearance. He looked washed out with very dark circles under his eyes. He wasn't just pale, he was vampire pale.

Dark circles were a clue that he was depleting his health by not getting enough rest, exercise, hydration, or healthy food. He admitted that he wasn't treating his body well. His job and a new relationship consumed his schedule. He was definitely staying up too late zoning out to TV. At that appointment, I recommended lifestyle changes and ordered some labs.

At his follow-up, he had done a marvelous job adjusting lifestyle factors. He cleaned up his diet, drank water rather than soda, started walking to work, and dedicated himself to a sleep routine—whether he could fall asleep or not. He was motivated to improve his libido. But after a few months, he didn't feel much better and was still pale with dark circles under his eyes. There was an issue on his labs that I was concerned about.

A more in-depth test showed that his kidneys were in trouble. He was developing something called nephrotic syndrome—at 21! He followed adjustments to his treatment plan and we watched his labs carefully. He was very compliant and had improvements on both his tests and symptoms, but they were only mild. Normally in practice, I would've expected near complete recovery in someone so young, motivated, and otherwise healthy.

Then his mother came to see me for help with asthma attacks and fatigue. His sibling came in with fatigue, chronic sinusitis, and new food sensitivities. The whole family struggled with insomnia. There were other symptoms that led me to ask about their home environment. It turns out that they had mold in their home.

This young man chose to move out of the house in order to restore his kidney function. Within a few months, his kidneys recovered, back pain eased up, and energy improved. He no longer needed such a substantial treatment plan. At a follow-up visit, about five years after his move, he looked healthy. Libido issues were gone, and his relationship was going strong. He had no issues with fatigue unless he stayed up too late or worked too many hours—normal stuff.

Granted, initially he wasn't treating his body very well. But when someone makes positive lifestyle changes and doesn't see the benefits, more investigation is warranted. In his case, it was mold.

...

Cognitive

Brain fog
Brain fatiguability
Difficulty word finding
Delayed cognition
Memory loss
Confusion
Difficulty thinking clearly
Disorientation
Cognitive impairment

STORY | Tremor

A woman in her early 40s came to see me with her husband. She had a recent diagnosis of essential tremor, a condition similar to Parkinson's Disease. Prospects of recovery were not good. Her tremor was constant, affecting her balance and ability to sleep. She had heart palpitations that made her catch her breath. She also constantly felt like she had a bladder infection, even though no infection was found. The urinary frequency was so bad, she had to leave the appointment to urinate. Family said she'd become more weepy, which everyone understood considering her health issues.

Her husband seemed overly anxious about her health. While she was visiting the bathroom, he confided that he felt like he was getting more and more impatient and short with her. His sleep was interrupted with worry. This level of irritability didn't fit the kind and empathetic man in front of me.

On review, she had a tick bite about a year prior to the beginning of her first tremor. The tick was found, removed intact, and sent for testing. It was a Lyme-carrying tick. Even though many people who contract Lyme don't get a rash, she developed a growing red rash where the tick was. It was clear that she needed treatment for Lyme disease. She was given the standard of care at the time, which was later found to be insufficient at eradicating the bacteria.

It was evident to me that the Lyme bacteria might be persisting and affecting her nervous system. The tremor began in her hand on the same side as the tick bite. We started her on a chronic Lyme protocol. She only had minimal improvement. We tried a few tweaks, and still there wasn't much improvement with her tremor. I consulted with Lyme-literate colleagues to check my protocol or to spur ideas, and one mentioned checking into mold.

When I brought this idea up to the couple, the expressions on their faces looked as if I had just found them guilty of a crime. They had water damage in their home and with all that was going on with the wife's Lyme disease, they hadn't addressed it. They closed the door to the wet, musty basement to deal with it later. As mold expert Dr. Sandeep Gupta says, "If there's any part of you that you aren't addressing, eventually it will address you."

...

Immune System

Fungal overgrowth/infections Spleen / thymus underactivity
 Frequent viral infections Previous or current cancer dx
 Tendency toward bacterial
 sequelae
 Delayed healing infxns
 Increased susceptibility to
 infxn
 Herpes outbreaks
 Chronic EBV
 Mast cell activation syndrome
 Immune suppression

STORY | Church Secretary

Widowed woman, mid-60's

Dx BV

Vaginal itching, burning, odor

Tx'd for yeast infxn but sxs persisted

Tx'd with 2 rounds of antibiotics, but s/e diarrhea

Wt gain, indigestion, gas/bloating, overwhelm,
 "snippy"

Sxs onset not long after "stressful roofing project" at
 church

Mold growing behind the paneling that lined her
 office from construction error during roofing project

No resp sxs bc spores were trapped behind paneling

Mycotoxin-induced dysbiosis & I/S def

Remediation and mold tx

BV improved, also wt gain, digestion, bloating, sense
 of overwhelm, mood

Musculoskeletal

Decreased muscle mass
 Decreased muscle tone
 Exercise intolerant ~ EMFs,
 low oxygenation
 Myositis
 Soft-tissue prolapse
 Soft-tissue injury
 Delayed repair

Constitutional

Chronic fatigue syndrome
Insomnia ~ maint > onset
Wake w anxious thoughts
Narcoleptic symptoms
Sxs worse temp extremes

Typical Picture? 🤔

Many systems
Many symptoms
Genetic diversity
Individualized reactions
How to know it's mold?
Clues ~
New since water event
New onset since move/new job
Predispositions worsening
Not responding as expected
Inner unsettled feeling



Crista Mold Questionnaire

Questionnaire

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CATEGORY 1

- | | | |
|--|---|--|
| <input type="checkbox"/> Brain fog | <input type="checkbox"/> Feeling overwhelmed | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Feel tired all the time | <input type="checkbox"/> Episodic/chronic dry cough | <input type="checkbox"/> Frequent colds |
| <input type="checkbox"/> Frequent runny nose | <input type="checkbox"/> Irritated lungs | <input type="checkbox"/> Delayed recovery from colds |
| <input type="checkbox"/> Blow your nose often | <input type="checkbox"/> Blood-streaked mucous | <input type="checkbox"/> Exhausted from exercise |
| <input type="checkbox"/> Sneezing | <input type="checkbox"/> Nasal polyps | <input type="checkbox"/> Frequent static shocks |
| <input type="checkbox"/> Sinusitis | <input type="checkbox"/> Coated tongue | <input type="checkbox"/> Increased thirst |
| <input type="checkbox"/> Post-nasal drip | <input type="checkbox"/> Sores in the mouth | <input type="checkbox"/> Trouble sleeping |
| <input type="checkbox"/> Nose bleeds | <input type="checkbox"/> Bumps on back of throat | <input type="checkbox"/> Feeling of internal vibration |
| <input type="checkbox"/> Swollen glands | <input type="checkbox"/> Thrush | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Sore or itchy ear canals | <input type="checkbox"/> Vertigo |
| <input type="checkbox"/> Frequent yawning or sighing | <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Drunken feeling |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Bothered by loud noises | <input type="checkbox"/> Frequent urination |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Skin rash | <input type="checkbox"/> Yeast infection |
| <input type="checkbox"/> Hay fever | <input type="checkbox"/> Burning or itchy skin | <input type="checkbox"/> Change in appetite |
| <input type="checkbox"/> Eye irritation | <input type="checkbox"/> Easy bruising | <input type="checkbox"/> Intestinal gas |
| <input type="checkbox"/> Blurry vision | <input type="checkbox"/> Spider veins | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Frequent change in vision | <input type="checkbox"/> Bothered by tags and seams on clothing | <input type="checkbox"/> Feeling bloated |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Anemia | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Dark circles under eyes | <input type="checkbox"/> Protruding veins on limbs | <input type="checkbox"/> Crave sweets |
| <input type="checkbox"/> Sensitivity to sunlight | <input type="checkbox"/> Lower extremity edema | <input type="checkbox"/> Crave alcohol |
| <input type="checkbox"/> Nervousness/can't settle | <input type="checkbox"/> Clear your throat often | |
| <input type="checkbox"/> Low mood or depressed | | |

TOTAL CATEGORY 1 BOXES MARKED: _____

- 0-4 boxes marked = Score 0
- 5-9 boxes marked = Score 1
- 10-15 boxes marked = Score 2
- 16+ boxes marked = Score 3

CATEGORY 1 SCORE _____

Questionnaire

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CATEGORY 2

- | | | |
|---|---|--|
| <input type="checkbox"/> Wheezing | <input type="checkbox"/> Food sensitivities | <input type="checkbox"/> Non-obstructive sleep apnea |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Chemical sensitivities | <input type="checkbox"/> Difficulty thinking clearly |
| <input type="checkbox"/> Burning lungs | <input type="checkbox"/> Abnormal reaction to antibiotics | <input type="checkbox"/> Disorientation |
| <input type="checkbox"/> Recurrent respiratory infections | <input type="checkbox"/> Epstein-Barr virus | <input type="checkbox"/> Balance Issues |
| <input type="checkbox"/> Migraine | <input type="checkbox"/> Recurrent yeast infections | <input type="checkbox"/> Slow reflexes |
| <input type="checkbox"/> Allergies aren't well controlled by medication | <input type="checkbox"/> Bacterial vaginosis | <input type="checkbox"/> Incoordination |
| <input type="checkbox"/> Voice sounds nasally | <input type="checkbox"/> Recurrent athlete's foot, jock itch, or toenail fungus | <input type="checkbox"/> Numbness or tingling |
| <input type="checkbox"/> Plugged or clogged ears | <input type="checkbox"/> Peeling/sloughing skin | <input type="checkbox"/> Nerve pains |
| <input type="checkbox"/> Chronic sinusitis | <input type="checkbox"/> Episodes of fast heart rate | <input type="checkbox"/> Unexplained menstrual changes |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Chest pain | <input type="checkbox"/> Overactive bladder |
| <input type="checkbox"/> Alternating constipation/diarrhea | <input type="checkbox"/> Raynaud's syndrome | <input type="checkbox"/> Bladder infection |
| <input type="checkbox"/> Diarrhea | | <input type="checkbox"/> React to musty spaces |
| <input type="checkbox"/> Irritable bowel | | |

TOTAL CATEGORY 2 BOXES MARKED: _____

- 0-2 boxes marked = Score 0
- 3-5 boxes marked = Score 1
- 6-9 boxes marked = Score 2
- 10+ boxes marked = Score 3

CATEGORY 2 SCORE _____

Questionnaire

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CATEGORY 3

- | | | |
|--|---|---|
| <input type="checkbox"/> Daily use of sinus spray, sinus prescription, or Neti pot | <input type="checkbox"/> Asthma that's difficult to control with medication | <input type="checkbox"/> Liver pain or swelling |
| <input type="checkbox"/> Sinus surgery at any time in your life | <input type="checkbox"/> Idiopathic pneumonitis | <input type="checkbox"/> Fatty liver |
| <input type="checkbox"/> Chronic inflammatory response syndrome (CIRS) | <input type="checkbox"/> Lung scarring or nodules | <input type="checkbox"/> Non-alcoholic steatohepatitis (NASH) |
| <input type="checkbox"/> MARCoNS | <input type="checkbox"/> Respiratory distress | <input type="checkbox"/> Interstitial cystitis |
| <input type="checkbox"/> Peanut allergy | <input type="checkbox"/> Aspergillosis | <input type="checkbox"/> Kidney pain or swelling |
| <input type="checkbox"/> Chronic fatigue syndrome | <input type="checkbox"/> Arrhythmia | <input type="checkbox"/> Kidney disease |
| <input type="checkbox"/> Difficulty walking | <input type="checkbox"/> Coagulation abnormalities | <input type="checkbox"/> Nephritis |
| <input type="checkbox"/> Dysautonomia | <input type="checkbox"/> Atriovenous abnormalities | <input type="checkbox"/> Chronic pelvic pain |
| <input type="checkbox"/> Postural Tachycardia Syndrome (PoTS) | <input type="checkbox"/> Churg Strauss Syndrome | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Hearing loss | <input type="checkbox"/> Histamine intolerance | <input type="checkbox"/> Hepatocellular carcinoma |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Erythema nodosum | <input type="checkbox"/> Previous or current cancer diagnosis |
| <input type="checkbox"/> Dementia | <input type="checkbox"/> Eosinophilic esophagitis | <input type="checkbox"/> Mast cell activation syndrome (MCAS) |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> Ulcer | <input type="checkbox"/> Exposure to water-damaged building any time in your life |
| <input type="checkbox"/> Tremors | <input type="checkbox"/> Non-celiac intestinal disease | <input type="checkbox"/> Exposure to mold |
| <input type="checkbox"/> Sarcoidosis | <input type="checkbox"/> Blood in stool | <input type="checkbox"/> Positive Shoemaker tests |
| | <input type="checkbox"/> Cyclical vomiting syndrome | |

TOTAL CATEGORY 3 BOXES MARKED: _____

Score 1 for each box marked
Boxes marked and score will be the same for this category

CATEGORY 3 SCORE _____

Questionnaire

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TOTAL MOLD RISK RESULTS

Gather your Category scores from the 3 previous pages

CATEGORY 1 SCORE: _____ +
 CATEGORY 2 SCORE: _____ +
 CATEGORY 3 SCORE: _____ = **TOTAL MOLD RISK** _____

TOTAL MOLD RISK RESULTS

- 0-4 = Not Likely Mold Sickness**
- 5-9 = Possible Mold Sickness**
- 10+ = Probable Mold or Biotoxin Sickness**

Take A Moment

What's your score?

Of your most stuck patient?

Look-Alikes, Comorbidities, Differentials

Look-Alikes & Comorbidities

Tick-borne diseases ~
Persists dt immune deficiency
Distinguishing characteristic ~ migrating

SIBO ~
Myenteric plexus neurotoxicity interrupts
peristalsis
Intestinal epithelium blunting
Biofilm promoter

MCAS ~
Dysfunctioning mast cells, differently
differentiated dep on tissue → many diff
sx pictures
Inflammation in multiple systems
Wax/wane pattern

Differential Diagnoses

Differential Diagnoses

Clue ~ CMQ Category III
B12 deficiency
Lyme & co-infections
Lung CA/Mesothelioma
GI ~ UC/Crohn's
Liver/kidney CA
Other autoimmune dzs
 Celiac
 SLE
 Scleroderma
 Sjogren's
MCAS
Alzheimer's, Parkinson's
Glaucoma
Alcoholism

Physical Exam Clues

Physical Exam Clues

Gross ~
hypotonia (rounded shoulders,
pronation, pronounced veins),
sunken eyes, pale or reddish
complexion, "puffy", diffuse
lymphadenopathy, sighs through
interview, pretzeling, adventitious
movements

Skin ~
rashes, eczema, flushing,
dermatographism, ecchymoses,
desquamation

Physical Exam Clues

Vitals ~
shallow breathing, usu low bp but reactive,
usu temp low-N but mb incr temp (infxn),
reactive HR (POTS)

Orthostatic Intolerance: NASA Lean Test
Lie quietly x5 min beforehand, no talking, no
phone. Take baseline HR.
Stand w feet 6-8 in from wall, and lean back
against the wall w shoulders touching.
Test at 1, 5, 10 mins.
HR
>30 bpm from supine to standing (10 min)
If under 18yo >40 bpm from supine
to standing (10 mins)

Physical Exam Clues

Neuro ~

+Rhombberg, +heel-toe, can't toe-stand eyes closed, altered DTRs - usu delayed, but if hyperreflexive screen for UMN lesion (+Rhombberg, +Babinski, clonus, m. weakness w incr tone, rigidity flexors arms, extensors legs), +CN I (anosmia)/III (convergence)/VII (Bell's palsy)/XIV+XII (palate/tongue), parasthesias (h/c, vibration, sharp/dull), twitches, tremors

Physical Exam Clues

Eyes ~

sunken eyes, infraorbital darkness medial half, Dennies lines, edema at base of eyelashes, injected conjunctiva, icterus, sensitive to light challenge, convergence insufficiency (eyes drift outward at near vision/while reading), report floaters/white ceiling test, edema around optic nerve, retina-cotton wool spots, VCS fail

Ears ~

external canal flaking/sloughing/excoriations, poss tragus sign, TM orange-peel consistency &/or retracted, hearing loss, usu (-)Weber (no lateralization, but dulled/req lower tone tuning fork) with (-)Rinne, +Schwabach (b/l sensorineural loss), vestibular eval (caution Dix-Hallpike, alt side-lying head up 45°)

Physical Exam Clues

Nose ~ salute sign, clear or blood-streaked coryza, boggy nasal mucosa, enlarged turbinates, polyps (teardrop/grape), sinuses TTP

Mouth/Throat ~ dental occlusions w high arched palate (children/allergic facies), palatal petechiae, coated tongue, mouth sores, post pharynx l/a "cobblestoning", hypertrophic/injected tonsils/**adenoids**, w poss tonsillids/stones, uvula enlarged

Cervical/tonsillar + cervical chain lymphadenopathy

Physical Exam Clues

LU ~

ausc-harsh bronchial breath sounds, b/l fine crackles in dependent regions not cleared by cough but >leaning fwd (discontinuous high-pitched, low-amplitude, short duration, velcro-like mid-late inspir), expiratory wheeze (continuous high pitched), b/l lower lobe (+)egophany w (-) whispered pectoriloquy

CV ~

spider veins, cherry angiomas, lower limb veins collapse when elevated, delayed capillary refill, decr intensity of 1st HT sound, isolated S4 (pause bw ventricles)

Physical Exam Clues

GI ~
delayed bowel sounds, doughy abdomen TTP &/or bloated, +GB sign, liver TTP/enlarged/scarred, kidneys TTP

M/S ~
myopenia (unmatched to age), prolapse, synovitis, ganglions TTP, chiro adjustments don't hold



Review

It's All About The History

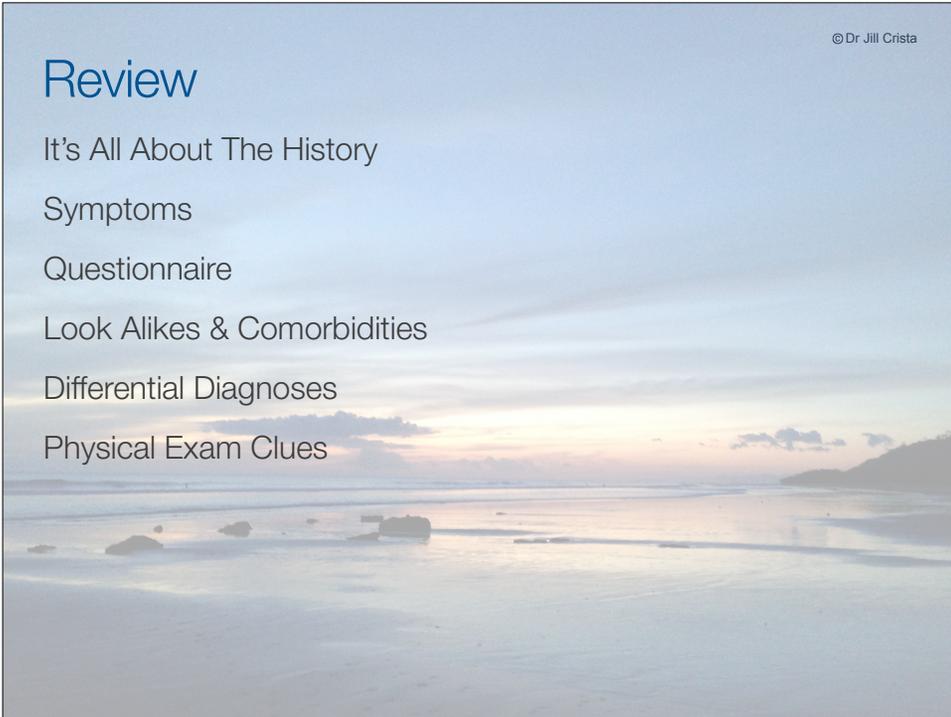
Symptoms

Questionnaire

Look Alikes & Comorbidities

Differential Diagnoses

Physical Exam Clues



Thank You

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