

Mold Symptoms by Body System

EENT	Sneezing Runny nose Post-nasal drip Chronic sinusitis Nasal polyps Bumps at back of the throat Swollen lymph nodes	Allergies Hay fever Ear popping Ringing in the ears Hearing loss Dry eyes Irritated eyes
RESPIRATORY	Shortness of breath Wheezing Asthma Chronic dry cough Burning lungs Heaviness in the chest	Sensitivity to fragrances Colds go to the lungs easily Chronic respiratory illnesses Blood-stained spit or sputum Smoke & exhaust sensitivity Aspergillosis
DIGESTIVE	Appetite changes Nausea Irritable bowels Diarrhea/Constipation Vomiting Cyclical vomiting syndrome	Bloating Abdominal pain Ulcers Food sensitivities Sweet cravings
CIRCULATORY	Many spider veins Cherry angiomas Easy bruising Easy bleeding Iron-deficiency anemia	Varicose veins Raynaud's phenomenon Irregular heartbeat Low or reactive blood pressure Atriovenous malformation
SKIN	Sensitive skin Itchy skin Burning sensation Flushing	Sensitivity to sunlight Skin rash Peeling or sloughing skin Fungal infections
BRAIN	Brain fog Confusion Slowed thinking	Memory loss Trouble finding the right word Dementia
NERVOUS SYSTEM	Anxiousness Depression Incoordination Headache Dizziness/Vertigo Migraine Slow reflexes	Dysautonomia Insomnia Neuropathies Tremors Seizures Daytime sleepiness Difficulty with balance and walking
URINARY SYSTEM	Overactive bladder Irritable bladder Kidney inflammation	Blood in urine Bladder infection symptoms with no identifiable infection
IMMUNE	Increased susceptibility to infection Long-lasting colds Viral infections become bacterial	Chronic mono or Epstein-Barr virus Frequent Herpes outbreaks Increased susceptibility to cancer
REPRODUCTIVE	Changes in menstrual cycle Vaginal yeast or bacterial infections	Jock itch Infertility in both genders

Symptoms listed have been reported in mold illness patients; not all symptoms have been proven in studies.