

# Mold Illness Questionnaire

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## CATEGORY I:

### GENERAL:

- Fatigue that doesn't otherwise make sense
- Trouble sleeping
- Worse after eating
- Worse after exercise
- Increased thirst
- Stubborn weight gain
- Anemia

### SENSITIVITY:

- Bothered by tags and seams on clothing
- Chemical sensitivities
- Sensitive to light, sound, or touch

### HEAD/MIND:

- Slowed thinking or brain fog
- Unsettled feeling, unquieted mind, overwhelm
- Headaches
- Dizziness, vertigo, or drunken feeling
- Unexplained mood changes, anxiety, or depression

### EENT:

- Allergies/hay fever year-round
- Eye irritation
- Dark circles under eyes
- Floaters in your vision
- Vision blurry, frequently changes, or difficulty reading
- Sneezing or persistent runny nose
- Acute sense of smell for mold
- Recent sinusitis
- Ears feel plugged or clogged
- Itchy or sore ear canals
- Sores in the mouth
- Post-nasal drip or frequent throat clearing
- Chronically sore throat
- Coated tongue

### RESPIRATORY:

- Easily irritated lungs
- Episodic cough
- Shortness of breath, air hunger, or yawn/sigh often

### CARDIOVASCULAR:

- Easy bruising
- Heart palpitations
- Lower extremity edema
- Protruding veins on limbs

### DIGESTIVE:

- Nausea
- Bloating abdomen or flatulence
- Unexplained change in digestion/bowels
- Recent change in appetite
- Crave carbs, sweets, or alcohol

### GENITOURINARY:

- Overactive bladder
- Bladder infections

### SKIN:

- Skin rash, redness or flushing

### IMMUNE:

- Frequent infections or delayed recovery from colds

### MUSCULOSKELETAL:

- Increased body pain

Total CATEGORY I boxes checked : \_\_\_\_\_

0 - 4 symptoms = Score 0

5 - 7 symptoms = Score 1

8 - 10 symptoms = Score 2

11+ symptoms = Score 3

ENTER CATEGORY I SCORE : \_\_\_\_\_

## CATEGORY 2:

### GENERAL:

- Voice sounds nasally
- Frequent or strong static shocks
- Histamine intolerance
- Non-obstructive sleep apnea
- React poorly to musty spaces

### SENSITIVITY:

- Sensitivity to EMFs

### HEAD/MIND:

- Migraines
- Difficulty thinking clearly or memory loss
- Confusion or disorientation

### EENT:

- Allergies are not well-controlled by medication
- Chronic sinusitis
- Nose bleeds
- Ear ringing or ear pain that's new or worsening

### RESPIRATORY:

- Asthma or wheezing
- Chronic cough
- Burning lungs

### CARDIOVASCULAR:

- Episodes of fast heart beat
- Chest pain
- Low platelets

### DIGESTIVE:

- Increased food sensitivities
- Frequent vomiting
- Irritable bowel or alternating constipation/diarrhea
- Digestive ulcer or blood in the stool
- Celiac or non-celiac intestinal disease
- Fatty liver
- Liver pain or swelling

### GENITOURINARY:

- Unexplained menstrual changes
- Bacterial vaginosis
- Kidney pain or swelling

### SKIN:

- Itchy or burning skin
- Peeling or sloughing skin
- Raynaud's syndrome
- Eczema or psoriasis

### IMMUNE:

- Epstein-Barr virus activation

### MUSCULOSKELETAL:

- Slow reflexes
- Balance issues or incoordination
- Joints easily injured
- New or worsening nerve pain, numbness or tingling
- Muscle weakness or spasm

Total CATEGORY 2 boxes checked : \_\_\_\_\_

0 - 2 symptoms = Score 0

3 - 5 symptoms = Score 1

6 - 8 symptoms = Score 2

9+ symptoms = Score 3

ENTER CATEGORY 2 SCORE : \_\_\_\_\_

## CATEGORY 3:

### GENERAL:

- Current exposure to mold
- Previous exposure to damp, musty or water-damaged building any time in your life
- Mold allergy
- Abnormal reaction to medications or supplements
- Autism or sensory processing disorder
- Chronic fatigue syndrome
- Chronic inflammatory response syndrome (CIRS) or positive Shoemaker tests

### SENSITIVITY:

- Feeling of an internal vibration

### HEAD/MIND:

- Dysautonomia or Postural Tachycardia Syndrome (PoTS)
- Dementia

### EENT:

- Daily use of sinus spray, sinus prescription, or Neti pot
- Nasal polyps
- Sinus surgery at any time in your life
- Hearing loss
- MARCoNS
- Oral thrush

### RESPIRATORY

- Asthma that's difficult to control with medication
- Lung scarring or nodules
- Pulmonary Edema
- Idiopathic Pulmonary Fibrosis
- Respiratory distress or Idiopathic pneumonitis
- Lung cancer

### CARDIOVASCULAR:

- Arrhythmia
- Coagulation abnormalities
- Arteriovenous abnormality
- Churg Strauss Syndrome

### DIGESTIVE:

- Peanut allergy
- Cyclical vomiting syndrome
- Eosinophilic esophagitis
- Non-alcoholic steatohepatitis (NASH)
- Hepatocellular carcinoma or other liver cancer

### GENITOURINARY:

- Infertility
- Chronic pelvic pain
- Interstitial cystitis
- History of kidney stones
- Reduced GFR (glomerular filtration rate)

- IgA nephropathy, nephrotic syndrome, nephritis, or other kidney disease
- Kidney cancer

### SKIN:

- Recurrent yeast infections or fungal infections, including athlete's foot, jock itch or yeast vaginitis
- Erythema nodosum
- Toenail fungus

### IMMUNE:

- Autoimmunity
- Mast cell activation syndrome (MCAS)
- Aspergillosis, current or history of
- Previous or current cancer diagnosis, not otherwise specified
- Aplastic anemia
- Sarcoidosis

### MUSCULOSKELETAL:

- Hypermobility or Ehlers-Danlos syndrome
- Tremors or tics
- Difficulty walking

Total CATEGORY 3 boxes checked : \_\_\_\_\_

Score 1 for each box checked.

Total items checked and the Category Score will be the same for this category.

ENTER CATEGORY 3 SCORE : \_\_\_\_\_

## TOTAL MOLD RISK RESULTS

Gather your Category Scores from the 3 previous categories.

CATEGORY 1 SCORE: \_\_\_\_\_

CATEGORY 2 SCORE: \_\_\_\_\_

CATEGORY 3 SCORE: \_\_\_\_\_

Add Category Scores together to calculate your total mold risk.

**TOTAL MOLD RISK** \_\_\_\_\_

0 - 4 = Not Likely Mold-Related Illness

5 - 9 = Possible Mold-Related Illness

10+ = Probable Mold- or Biotoxin-Related Illness

### OTHER THINGS TO CONSIDER:

Lyme Disease, MSIDS, Tick-Borne Co-Infections (Use HOROWITZ MSIDS-LYME QUESTIONNAIRE)

Other environmental toxins (IE: glyphosate, mercury, lead, PM2.5, VOCs, etc.)

Intestinal parasites

Chronic viral syndromes or other stealth infections

Food sensitivities

CVIDS or immunodeficiency syndromes

*This tool is intended as a clinical information aid, and is not intended to diagnose or treat disease.  
Items listed have been reported in mold illness patients. Not all symptoms have been proven in studies.  
To request the referenced version, please email [support@drchrista.com](mailto:support@drchrista.com)*