

MYCOTOXIN-ILLNESS QUESTIONNAIRE

There are many symptoms that are associated with mycotoxin-induced illness. The following are taken from a combination of resources, including the work of Dr. Jill Carnahan, Dr. Neil Nathan, Dr. Richie Shoemaker, and more. This list is intended to guide practitioners on treatment considerations, and is not intended nor does it serve to diagnose. Any diagnosis must be determined and pursued by a qualified practitioner.

Please answer the symptom question and indicate the severity:

- 0 = none/never or not applicable
- 1 = occasionally (for example, 2x per month)
- 2 = frequently (for example, > 2x per week)
- 3 = almost daily

***If you don't know understand a question, include an unusual or similar symptom next to the question and rate the prevalence of that symptom.*

Fatigue and/or increasing muscle weakness	0	1	2	3
Headaches	0	1	2	3
Poor memory or memory loss	0	1	2	3
Unusual skin sensations or rashes	0	1	2	3
Tingling/numbness	0	1	2	3
Unusual shortness of breath	0	1	2	3
Recurrent respiratory illnesses, including sinusitis, pneumonia, bronchitis	0	1	2	3
Blurred vision, changes in vision, or persistent eye irritation	0	1	2	3
Mood changes, in particular depression, anxiety, or mania	0	1	2	3
Abdominal pain	0	1	2	3
Sudden sensitivity to foods and/or chemicals	0	1	2	3
Ringing in ears or hearing loss	0	1	2	3
Static shocks	0	1	2	3
Vertigo/feeling lightheaded or dizzy	0	1	2	3
Unusual weight gain or loss	0	1	2	3
Sudden changes in sleep, particularly insomnia	0	1	2	3

Total points

SCORING:

0 to 16: Low likelihood of mycotoxin-illness

17 to 32: Moderate likelihood of mycotoxin-illness

33 to 48: High likelihood of mycotoxin-illness

Symptoms not included in the questionnaires above, that correlate with possible mycotoxin-induced illness, include but are not limited to:

- Light sensitivity
- Word finding difficulty
- Loss of balance
- Difficulty concentrating
- Morning stiffness
- Joint pain
- Sinus congestion (*also seen in mold allergies, which is a distinct entity and does not necessarily indicate mycotoxin-illness)
- Chronic cough with no apparent cause (*also seen in mold allergies, which is a distinct entity and does not necessarily indicate mycotoxin-illness)
- Appetite swings
- Body temperature regulation
- Increased urinary frequency'
- Red eyes (*also seen in mold allergies, which is a distinct entity and does not necessarily indicate mycotoxin-illness)
- Sweats
- Sharp pains
- Changes in bowel movements (diarrhea, constipation)
- Bloating
- Tearing
- Disorientation
- Metallic taste in your mouth
- Frequent flu-like symptoms

Illnesses linked to mycotoxin illness include:

- Cancer
- Heart disease
- Asthma (*also seen in mold allergies, which is a distinct entity and does not necessarily indicate mycotoxin-illness)
- Chronic sinusitis (*also seen in mold allergies, which is a distinct entity and does not necessarily indicate mycotoxin-illness)
- ADHD
- Anxiety
- Depression
- Bipolar
- Chronic fatigue
- Alzheimer's Disease
- Liver disease
- Hormonal imbalances

People with the following may be more susceptible to mycotoxin/biotoxin-illness:

- Lyme disease
- Fibromyalgia
- Chronic fatigue syndrome