CRISTA MOLD SCORE

Patient name, date of birth _____

Current date:_____

CHECK ALL SYMPTOMS EXPERIENCED IN THE PAST 3-6 MONTHS

CATEGORY I:

- ☐ Brain fog
- ☐ Feel tired all the time
- ☐ Frequent runny nose or blow your nose often
- ☐ Sneezing
- ☐ Sinusitis
- ☐ Shortness of breath
- ☐ Frequent yawning or sighing
- ☐ Heart palpitations
- ☐ Headaches
- ☐ Hay fever
- ☐ Eye irritation
- ☐ Blurry vision
- ☐ Changeable vision
- ☐ Dark circles under eyes
- ☐ Sensitive to sunlight
- ☐ Nervousness/can't settle
- ☐ Depression
- ☐ Episodic/chronic dry cough
- ☐ Irritated lungs
- ☐ Blood-streaked mucous
- ☐ Nasal polyps
- ☐ Red areas on upper palette in the mouth
- ☐ Bumps on back of throat
- ☐ Thrush
- ☐ Sore or itchy ear canals
- ☐ Ringing in the ears
- ☐ Bothered by loud noises
- ☐ Skin rash
- ☐ Burning skin
- ☐ Easy bruising
- ☐ Anemia
- ☐ Protruding veins
- ☐ Clear your throat often
- ☐ Sore throat
- ☐ Frequent colds
- ☐ Long recovery from colds
- ☐ Exhausted from exercise
- ☐ Trouble sleeping
- ☐ Dizziness
- ☐ Vertigo
- ☐ Drunken feeling
- ☐ Frequent urination
- ☐ Yeast infection
- ☐ Change in appetite
- ☐ Gas or bloating
- ☐ Nausea
- ☐ Constipation
- ☐ Increased thirst
- ☐ Crave sweets

TOTAL CATEGORY I 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

MY CATEGORY I SCORE:_____

CATEGORY II:

- ☐ Wheezing
- ☐ Asthma
- ☐ Burning lungs
- ☐ Chest pain
- ☐ Recurrent respiratory infections
- ☐ Migraine
- ☐ Allergies that aren't well controlled by medication
- ☐ Voice sounds nasally
- ☐ Plugged or clogged ears
- ☐ Chronic sinusitis
- ☐ Vomiting
- ☐ Diarrhea
- ☐ Irritable bowel
- ☐ Alternating constipation/ diarrhea
- ☐ Food sensitivities
- ☐ Chemical sensitivities
- ☐ Abnormal reaction to antibiotics
- ☐ Recurrent yeast infections
- ☐ Recurrent athlete's foot, jock itch, or toenail fungus
- ☐ Peeling or sloughing skin
- ☐ Episodes of fast heart rate
- ☐ Non-obstructive sleep apnea
- ☐ Small vessel vasculitis
- ☐ Noticeable difficulty thinking clearly
- ☐ Disorientation
- ☐ Balance Issues
- ☐ Slow reflexes
- ☐ Incoordination
- ☐ Numbness or tingling
- ☐ Nerve pains
- ☐ Unexplained menstrual changes
- ☐ Irritable bladder
- ☐ Bladder infection
- ☐ Reaction from musty spaces
- ☐ Electrical sensation in the body

TOTAL CATEGORY II 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

MY CATEGORY II SCORE:_____

CATEGORY III:

- ☐ Chronic fatigue syndrome
- ☐ Difficulty walking
- ☐ Dysautonomia
- ☐ Hearing loss
- ☐ Confusion
- ☐ Dementia
- ☐ Memory loss
- ☐ Tremors
- ☐ Asthma that's difficult to control with medication
- ☐ Idiopathic pneumonitis
- ☐ Lung scarring or nodules
- ☐ Respiratory distress
- ☐ Aspergillosis
- ☐ Arrhythmia
- ☐ Coagulation abnormalities
- ☐ Atriovenous abnormalities
- ☐ Histamine intolerance
- ☐ Erythema nodosum
- ☐ Sarcoidosis
- ☐ Eosinophilic esophagitis
- ☐ Ulcer
- ☐ Non-celiac intestinal wall blunting
- ☐ Intestinal hemorrhage
- ☐ Cyclical vomiting syndrome
- ☐ Liver pain or swelling
- ☐ Interstitial cystitis
- ☐ Kidney pain or swelling
- ☐ Nephritis
- ☐ Chronic pelvic pain
- ☐ Infertility
- ☐ Hepatocellular carcinoma
- ☐ Previous or current cancer diagnosis
- ☐ Mast cell activation syndrome
- ☐ Exposure to water-damaged building any time in your life

TOTAL CATEGORY III BOXES MARKED:_____

Score 1 for each box marked

MY CATEGORY III SCORE:_____

ADD ALL CATEGORY SCORES

MY MOLD RISK SCORE:_____

RESULTS

TOTAL SCORE OF 0-3 = NOT LIKELY MOLD SICKNESS
TOTAL SCORE OF 4-7 = POSSIBLE MOLD SICKNESS
TOTAL SCORE OF 8+ = PROBABLE MOLD OR BIOTOXIN SICKNESS

OTHER THINGS TO CONSIDER:

LYME DISEASE, MSIDS, TICK-BORNE COINFECTIONS (USE HORROWITZ MSIDS-LYME QUESTIONNAIRE)
OTHER ENVIRONMENTAL TOXINS (IE: MERCURY, LEAD, PM2.5, GLYPHOSATE, PESTICIDES, VOCs)
INTESTINAL PARASITES OR OTHER STEALTH INFECTIONS
CVIDS OR IMMUNODEFICIENCY SYNDROMES

This scoring tool is intended as a clinical information aid, and is not intended to diagnose or treat disease. Symptoms listed have been reported in mold illness patients; not all symptoms have been proven in studies.

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