

Yeast Questionnaire for Children

Question	Yes	No
1. During the 2 years before your child was born, were you bothered by recurrent vaginitis, menstrual irregularities, premenstrual tension, fatigue, headache, depression, digestive disorders or 'feeling sick all over'?	30	0
2. Did thrush bother your child? (Score: 10=mild, 20=severe)	20 10	0
3. Did frequent diaper rashes infancy bother your child? (Score 10 if mild, 20 if severe or persistent.)	20 10	0
4. Did colic & irritability lasting >3 months bother your child during infancy? (Score: 10=mild, 20=moderate to severe)	20 10	0
5. Will damp says or damp/moldy places worsen your child's symptoms?	20	0
6. Has recurrent or persistent 'athlete's foot' or chronic fungus infections of your child's skin or nails bothered him/her?	30	0
7. Has recurrent hives, eczema or other skin problems bothered your child?	10	0
8A. Has your child received: 4 or more courses of antibiotic drugs during the past year? Or has he/she received continuous 'prophylactic' courses of antibiotic drugs?	60	0
8B. 8 or more courses of 'broad-spectrum' antibiotics (such as amoxicillin, Keflex, Septra, Bactrim or Ceclor) during the past three years?	40	0
9. Has your child experienced recurrent ear problems?	20	0
10. Has your child had tubes inserted in his ears?	10	0
11. Has your child been labeled 'hyperactive'? (Score: 10=mild, 20=moderate to severe.)	20 10	0
12. Does learning problems bother your child (despite the normal early development history)?	10	0
13. Does your child have a short attention span?	10	0
14. Is your child persistently irritable, unhappy & hard to please?	10	0
15. Has your kid been bothered by persistent or recurrent digestive problems (constipation, diarrhea, bloating or excessive gas)? (Score: 10=mild, 20=moderate, 30=severe)	30 20 10	0
16. Has your child been bothered by persistent nasal congestion, cough and/or wheezing?	10	0
17. Is your child unusually tired or unhappy or depressed? (Score: 10=mild, 20=severe)	20 10	0
18. Has your kid been bothered by recurrent headaches, abdominal pain, or muscle aches? (Score: 10=mild, 20=severe)	20 10	0
19. Does your child crave sweets?	10	0
20. Does exposure to perfume, insecticides, gas or other chemicals provoke moderate to severe symptoms in your child?	30	0
21. Does tobacco smoke really bother your child?	20	0
22. Do you feel that your child isn't well, yet diagnostic tests and studies haven't revealed the cause?	10	0
Total Score		

Please turn over for the implication of your kid's total score.

Is Candida Making You Sick?



ELISA Candida Screening (IgG / IgA / IgM / Candida Antigen)



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Candida

Candida (Candida Albicans) is a type of yeast, in turn a type of fungi. It is a microorganism virtually live in our body since we are born and usually colonizes in the digestive system, vagina and skin. There is no difference if you are man, woman or child. Luckily, Candida is normally kept under control by good health and probiotics.



Risk Factors of Candida Overgrowth

"What causes the illness is not exactly the Candida organism itself, but what allows it to grow out of control."

- Chronic illness and stress
- A diet high in sugar and low in protein
- Nutritional deficiencies
- A damp living environment
- Poor immunity
- Immunosuppressive drugs
- Oral contraceptive
- Antibiotics (Eg. Acnes Treatment)
- Diabetes Mellitus
- Endocrine Imbalances



Problems Associated with Chronic Candida Overgrowth

The manifestations of a chronic Candida yeast condition are often hard to detect. Some people simply have recurring and worsening symptoms of more identifiable infections, e.g. oral or vaginal thrush. Problems occur when Candida overgrowth has had a great deal of time to impact the body. Symptoms could be similar to other conditions. These include but aren't limited to:

Skin	Acnes; Skin rashes; Fungal growth on nails
Digestive System	Irritable Bowel Syndrome (IBS); Diarrhea; Constipation; Bloating
Cognitive & Psychological	Chronic Fatigue; Anxiety; Depression, Attention deficit; Poor memory; Irritability; Premenstrual tension
Head & Neck	Oral thrush; Headaches; Recurrent sore throats, nasal congestion or ear infection
Others	Vaginitis; Athlete's foot; Urinary tract infections; Heart palpitation; Sweet craving; Food sensitivities, Sexual dysfunction

Candida overgrowth affects us in two ways:

Candida toxin secretion: Chemicals, like acetaldehyde and ethanol, poisons our system. These toxins destroy cell membranes and enzymes. When red blood cell is affected, blood flow in capillaries and oxygen carrying ability impede; when it is white blood cell, our body's ability to fight against infection is reduced.



Leaky gut: Gut is a major place for Candida to inhabit. Candida weakens intestinal mucosa, making it more permeable. Wrong molecules like large protein molecules, toxins and food allergens are absorbed into bloodstream, GI discomfort or food allergies could easily occur. This weakens our immune system in the long run, make us more prone to other infections.

Why Does A Blood Test For Candida?

The standard test is a blood test to check the level of Candida-specific antibodies and Candida antigens in the body. The most comprehensive one tests on IgG, IgA, IgM and Candida antigen.



During a specific phase of Candida yeast infection, our body produces specific type of antibodies as part of its defense mechanism. A blood test can pick these specific antibodies when they circulate freely in the blood, giving you more hints of your condition.

HK BioTek Candida Screening Information

HK BioTek Candida Screening employs the proprietary gauze strip which requires only pin-prick sample of blood, an easy and convenient way of blood sampling. The results indicate whether the infection is past, ongoing or current.

IgM antibodies	A recent infection
IgG antibodies	A current or past infection
IgA antibodies	An infection of the mucous membrane
Candida antigens	The presence of Candida infection

Samples will be sent to US BioTek Labs for analysis. Each sample will be test in duplicate as quality assurance.

US BioTek Labs has been accredited by COLA. Its latest technology with the highest sensitivity and it is the only lab giving reproducible results.



* According to the results of a study done by the Swedish health and lifestyle website, Kostkoll, evaluating the blood test results of five laboratories in Europe.

Good bacteria in your intestines help keeping the intestinal bad bacteria and the Candida yeast organism under control. If you were on antibiotics, both good and bad bacteria were destroyed while Candida usually remains as it is yeast which is not the target of antibiotics. Probiotics supplements can help speeding up the re-cultivation of the good bacteria in your intestines, helping you to keep your Candida problem under control.



FAQ

1. Aren't Candida yeast infections only a female problem?

That's a common misconception. While the vaginal Candida yeast infection is very common in women. Other very common forms of Candida yeast infections include athlete's foot, ringworm, oral thrush, jock itch, and other fungal skin irritations. It can possibly be the cause of feeling sick all over in men, women and children.



2. What is the difference between a vaginal swab test & a blood test?

Women are often used to their doctor taking a vaginal swab to determine the presence of a yeast infection. It is important to remember, however, that a swab does not differentiate between a candida infection and a colony of normally occurring vaginal Candida, because the cotton swab is sampling the surface of the vaginal wall. It has no indication if the immune system actually is or has been producing antibodies against Candida itself. A vaginal swab test will only indicate what is going on locally, but not systemically.

Another problem is that if the patient have used a vaginal pessary or a douche and the area is sanitized to a degree, a swab will return a false negative reading - simply on account of numbers that register too low for detection.



Question	Yes	No
1. Have you taken antibiotics repeatedly or in a prolonged period of time?	40	0
2. Have you suffered from recurrent vaginal, prostate or urinary infections?	30	0
3. Do you feel sick all over your body without any reason found?	20	0
4. Do you suffered from hormone disturbances (eg. PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue)?	20	0
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odors?	20	0
6. Are memory or concentration problems bothering you?	20	0
7. Have you taken prednisone or other steroids in a prolonged period of time, or contraceptives for more than 3 years?	20	0
8. Do you have food allergy / hypersensitivity?	10	0
9. Are you bothered by constipation, diarrhea, bloating or abdominal pain?	10	0
10. Do you have unusually dry skin, skin rashes and itchy/ tingling skin?	10	0
Total Score		

If your answer is "yes" to any question, circle the number in the left hand column. Add up the points you have circled. Your score will help you determining the likelihood that your children's and your health problems are yeast related.

SCORING

- Woman: > 90 = Probably yeast connected; > 120= Almost certainly yeast connected
- Man: > 70 = Probably yeast connected; > 100= Almost certainly yeast connected
- Children:> 60 = Possibly yeast connected; > 100= Probably yeast connected; > 140= Almost certainly yeast connected.

(Please turn over for Yeast Questionnaire for Children)

* Reference: William G. Crook, M.D. The Yeast Connection Handbook. New York: Square One Publishers, 2000. Print.

** This questionnaire only serves as educational purpose. It does not intend to diagnose, treat or cure any disease and cannot replace any doctor's diagnosis. If you have any health concern, you are advised to consult your family doctor.