



Mould Sensitivity & Environmentally Acquired Illness

Fungus is a healthy part of our bodies and microbiome. However, some environmental moulds generate toxic chemicals (mycotoxins and volatile organic compounds) that trigger allergic reactions, toxic responses, and immune system dysfunction. Symptoms can mimic many other illnesses and inhibit healing from complex, chronic illness. This questionnaire will help us decide whether further testing is warranted.

Exposure History:

- Do any of your living spaces smell musty (includes old books) or is there visible mould?
 - Do you live or work in a building with past water damage (e.g. flooding, toilet or laundry machine leaks, roof leak, clogged gutters, damaged flashing)? This can include construction material of new buildings.
 - Do you have a flat roof, crawl space, or regular condensation (e.g. on exterior wall, windowsill)?
 - Does your home seem to collect more dust than other homes? (Dust mites like mould.)
 - Did symptoms start after any change in your work or living space, such as bathroom or kitchen renovation?
 - Do you keep your indoor humidity level at less than 50%?
 - Are your air conditioning unit(s) and humidifiers or dehumidifiers, inspected regularly for mould?
 - Do your chronic symptoms improve significantly when you travel or spend days away from your home?
 - Are your symptoms worse only when you're in your *car*?
 - Do you garden regularly and use home-made compost?
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Cluster Analysis of Mold Illness:

Check the box next to the line of symptoms if you have at least one symptom in the line:

- Fatigue
- Weakness, difficulty assimilating new information, muscle aches, headache, light sensitivity
- Memory problems, word finding difficulties
- Problems with concentration
- Joint pains, morning stiffness, muscle cramps
- Unusual skin sensations, tingling
- Shortness of breath, sinus congestion or nasal drainage
- Cough, increased thirst, confusion
- Appetite swings, body temperature regulation, urinary frequency/urgency
- Red eyes, blurred vision, night sweats, mood swings, unusual pains especially "icepick" pains
- Abdominal pain, diarrhea or loose stools, numbness
- Eye tearing, disorientation, metallic taste
- Static shocks, vertigo

_____ Total number of checks

A positive cluster analysis for biotoxin illness is presence of 8 or more of 13 clusters. (Dr. R. Shoemaker)



Comprehensive Mold Illness Symptom Checklist

Neurological symptoms

- | | |
|---|--|
| <input type="checkbox"/> Vertigo or frequently feeling off-balance | <input type="checkbox"/> Numbness or tingling that follows no pattern |
| <input type="checkbox"/> Memory impairment or “brain-fog” | <input type="checkbox"/> Unexplained, foreign-feeling and often sudden-onset anxiety or unexplained personality changes |
| <input type="checkbox"/> Headaches or migraines | <input type="checkbox"/> Unusual tics, spasms, or seizure-like activity |
| <input type="checkbox"/> Sensation of internal vibrations or buzzing | <input type="checkbox"/> Severe insomnia |
| <input type="checkbox"/> Parkinson’s, MS, ALS or other neurological illness | |

Digestive Symptoms

- | | |
|---|---|
| <input type="checkbox"/> Gluten sensitivity | <input type="checkbox"/> Abdominal bloating or pain |
| <input type="checkbox"/> Frequent unexplained diarrhea, nausea, or vomiting | <input type="checkbox"/> Irritable Bowel Syndrome |

Quality of pain symptoms

- | | |
|---|--|
| <input type="checkbox"/> Ice-pick type pain sensations | <input type="checkbox"/> Electric shock-like pain |
|---|--|

Eyes, Ears, Nose, Mouth, Skin

- | | |
|--|--|
| <input type="checkbox"/> Nasal polyps | <input type="checkbox"/> Red sclera (the white part of the eye) |
| <input type="checkbox"/> Frequent nose bleeds | <input type="checkbox"/> Chronic sinusitis or otitis (ear infections) |
| <input type="checkbox"/> Vision changes (e.g. colour vision, peripheral vision, blurry vision) | <input type="checkbox"/> Metallic taste in mouth |
| | <input type="checkbox"/> Recurrent hives, itchy skin, or histamine disorder |

Musculoskeletal

- Loose ligaments such as in a *clinical* diagnosis of Ehler’s Danlos syndrome
- Unexplained muscle *weakness* or soreness
- Morning muscle stiffness with joint pain**

Other organ systems

- | | |
|--|---|
| <input type="checkbox"/> Chronic cough or frequent shortness of breath | <input type="checkbox"/> Frequent bladder infections or Interstitial Cystitis |
| <input type="checkbox"/> Bedwetting in children | <input type="checkbox"/> Endometriosis pain |

Generalized Symptoms

- | | |
|---|--|
| <input type="checkbox"/> Persistent, unexplainable fatigue | <input type="checkbox"/> Sensitive to static shocks |
| <input type="checkbox"/> Persistent, swollen lymph nodes (adenopathy) | <input type="checkbox"/> Intolerance to steroids |
| <input type="checkbox"/> Light sensitivity (eyes or skin) | <input type="checkbox"/> Intolerance to sugar and refined carbohydrates |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> Diagnosis of histamine intolerance (IgE normal) |
| <input type="checkbox"/> Excessive thirst and/or frequent urination | <input type="checkbox"/> Bleeding disorder |
| | <input type="checkbox"/> Chronic vitamin D deficiency |

Medical history

- | | |
|---|---|
| <input type="checkbox"/> Multiple Chemical Sensitivity | <input type="checkbox"/> 2 or more significant food allergies / intolerances |
| <input type="checkbox"/> Fibromyalgia or Chronic Fatigue Syndrome | <input type="checkbox"/> Dental implant |
| <input type="checkbox"/> Mast Cell Activation Syndrome (MCAS) | <input type="checkbox"/> Breast implants (saline/silicone) |

Additional Resources

- The [MycoTox profile](#) for urinary mycotoxins by Great Plains Laboratories.
- DIY home assessment agar plates and information at [Immunolytics](#) laboratory. Test sleeping areas, your car, and anywhere you spend more than 1 hour a day.
- Website information (American) from [Dr. Margaret Christensen](#), [Dr Jill Carnahan](#), the [Building Biology Institute](#), and [International Society for Environmentally-Acquired Illness](#).