



## Biofilm Questionnaire

CREATED IN COLLABORATION WITH DR. PAUL ANDERSON

A positive response to the following may indicate the presence of a biofilm.

Please share the results with your practitioner for guidance.

Place a checkmark next to any condition or situation below that you have experienced.

### General/Infectious:

- Chronic or recurring symptoms
- Chronic inflammation
- Redness, swelling, pain
- Fever
- Fatigue

### Chronic infections:

- Lyme or co-infections (e.g., *Babesia*, *Bartonella*, *Anaplasma*)
- Bacterial (*Pseudomonas*, *Mycoplasmas*, *Klebsiella*, *Streptococcus*, *Staphylococcus*)
- Fungal (e.g. Mold, *Aspergillus*, *Candida*)
- Viral (e.g., EBV, CMV, HHV-6, etc.)

### Antibiotics/antifungal medications:

- Extended use
- A recurrence of symptoms after treatment
- Poor reaction to antibiotics or antimicrobial therapies

### Medical or dental implants:

- Pacemaker
- Artificial heart valve
- Catheter
- Pins/rods from surgery
- Dentures
- Tooth implants
- Root canals
- Other

### Head/Eyes/Ears/Nose/Throat:

- Nasal congestion
- Sinus congestion
- Phlegm
- Need to clear your throat

### Oral:

- Gingival or periodontal disease
- Oral cavities

### Skin:

- Delayed wound healing

### Gastrointestinal:

- Frequent loose stool or diarrhea
- Frequent constipation
- Sticky stool
- Foul-smelling stool
- Frequent bloating/gas
- Reflux/heartburn
- Mucous in the stool

### Neurological:

- Neuropsychiatric conditions:
  - Anxiety/depression/mood disorders
  - Migraine headaches
- Neuroinflammatory conditions:
  - Cognitive impairment/Dementia/Alzheimer's disease
  - Parkinson's disease
  - Amyotrophic lateral sclerosis
  - Multiple sclerosis
- Neurocognitive conditions:
  - Insomnia
  - Brain fog

### For Women:

- Recurrent urinary tract infections
- Bacterial Vaginosis
- Yeast infections

### For Men:

- Recurrent prostatitis

### For pediatric patients:

- A history of recurrent ear infections
- Recurrent tonsillitis
- A diagnosis of a neurological disorder
- PANS/PANDAS
- ADD/ADHD

**Each checkmark is a point.**

**Total Score:** \_\_\_\_\_

**0-4:** It is unlikely that biofilms are playing a role.

**5-10:** Biofilms may be playing a role.

**11-19:** It is likely that biofilms are an obstacle to your healing.

**20+:** It is highly likely that addressing biofilms will be an important part of your journey to health.