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# Mold Toxicity Self-Assessment: Evaluate Your Risk at Home

*Developed by Dr. Julia Ward, MD  
Functional & Integrative Medicine | Expert in Mold & Biotxin Illness*

## Do You Have Mold Toxicity? Take This Self-Assessment to Find Out!

Mold-related illness is often overlooked, yet it affects millions of people. If you experience **persistent fatigue, brain fog, sinus issues, skin problems, or unexplained health concerns**, mold exposure could be the hidden cause. **Dr. Julia Ward** specializes in **mold illness, biotoxin-related conditions, and the Cell Danger Response (CDR) theory**.

This self-assessment is designed to help you identify symptoms commonly associated with **mold toxicity and mycotoxin illness**. If your score suggests a possible mold-related issue, we encourage you to schedule a **mold illness consultation** with Dr. Ward.



## How to Use This Self-Assessment

- Read each section carefully and **check all symptoms that apply** to you.
- If you're unsure, mark the symptom if it occurs **at least once a week** or has been persistent for more than a month.
- Answer honestly—there are no right or wrong responses, and this is simply an **informational tool** to help identify patterns.

*Dr. Julia Ward*

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## SECTION 1: COMMON SYMPTOMS OF MOLD ILLNESS

Check all symptoms that apply:

### General Health:

- Unexplained fatigue, no matter how much you rest
- Trouble falling asleep or staying asleep
- Symptoms worsen after eating
- Symptoms worsen after exercise
- Unusual increase in thirst
- Persistent weight gain that doesn't respond to diet/exercise
- History of anemia or iron deficiency

### Sensory & Sensitivities:

- Bothered by clothing tags, seams, or textures
- Strong reactions to chemicals, fragrances, or cleaning products
- Sensitivity to bright lights, loud sounds, or strong smells

### Cognitive & Neurological Issues:

- Frequent brain fog or slowed thinking
- Feeling easily overwhelmed or restless
- Frequent headaches or migraines
- Dizziness, vertigo, or feeling "off-balance"
- Mood swings, anxiety, or depression with no clear cause

### ENT (Ears, Nose, Throat) & Sinus Symptoms:

- Chronic allergies or year-round hay fever
- Watery, itchy, or irritated eyes
- Dark circles under the eyes
- Vision changes, frequent blurriness, or trouble focusing
- Recurring sneezing, congestion, or post-nasal drip
- Persistent sinus infections or sinus pressure
- Ringing in the ears (tinnitus) or a sensation of clogged ears
- Sore throat that doesn't go away
- White coating on the tongue (oral thrush)

### Respiratory & Lung Issues:

- Easily irritated lungs or frequent shortness of breath
- Dry or persistent cough with no obvious cause
- Feeling like you need to yawn, sigh, or take deep breaths often

## Cardiovascular & Circulatory Issues:

- Easy bruising with no known injury
- Irregular heartbeats or palpitations
- Swollen legs or feet
- Visible veins appearing on arms or legs

## Digestive & Gut Symptoms:

- Persistent nausea
- Frequent bloating, gas, or stomach discomfort
- Changes in digestion or bowel habits (constipation, diarrhea)
- Unexplained cravings for carbs, sugar, or alcohol

## Skin & Immune Issues:

- Rashes, redness, or flushing
- Frequent infections or slow healing from illnesses

### Scoring for Section 1:

- **0-4 Symptoms = Score 0**
- **5-7 Symptoms = Score 1**
- **8-10 Symptoms = Score 2**
- **11+ Symptoms = Score 3**

Enter Section 1 Score: \_\_\_\_\_

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## SECTION 2: MORE SEVERE OR CHRONIC SYMPTOMS

Check all symptoms that apply:

## General & Sensory Issues:

- Nasal-sounding voice or congestion
- Frequent static shocks
- Histamine intolerance (itching, swelling after certain foods)
- Reacting poorly to musty spaces or basements
- Sensitivity to Wi-Fi, electronics, or EMFs

## Neurological & Cognitive Symptoms:

- Memory loss, confusion, or frequent disorientation
- Severe migraines

## ENT & Respiratory Issues:

- Chronic or recurring sinus infections
- Nosebleeds

- Ringing in ears or worsening ear pain
- Asthma or wheezing that worsens over time
- Burning sensation in the lungs

### Cardiovascular & Circulatory Issues:

- Rapid heart rate (tachycardia)
- Chest pain
- Low platelet count

### Digestive & Liver Issues:

- Increased food intolerances or sensitivities
- Frequent vomiting
- Cyclical bowel issues (constipation/diarrhea)
- Liver discomfort, swelling, or fatty liver diagnosis

### Skin & Immune Issues:

- Peeling, burning, or irritated skin
- Eczema, psoriasis, or Raynaud's syndrome
- Reactivation of Epstein-Barr virus (EBV)

#### Scoring for Section 2:

- **0-2 Symptoms = Score 0**
- **3-5 Symptoms = Score 1**
- **6-8 Symptoms = Score 2**
- **9+ Symptoms = Score 3**

**Enter Section 2 Score: \_\_\_\_\_**

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## SECTION 3: ENVIRONMENTAL & LONG-TERM HEALTH FACTORS

Check all that apply:

- Living in a moldy or water-damaged home/workplace
- Chronic fatigue syndrome (CFS) diagnosis
- Positive test for Chronic Inflammatory Response Syndrome (CIRS)
- Autoimmune disease or Mast Cell Activation Syndrome (MCAS)
- Frequent yeast, fungal, or sinus infections
- History of kidney or liver disease

#### Scoring for Section 3:

- **1 point per symptom checked**

**Enter Section 3 Score: \_\_\_\_\_**

## TOTAL SCORE & NEXT STEPS

Add your scores from **Section 1, 2, and 3:**

**TOTAL SCORE:** \_\_\_\_\_

- **0-4 = Unlikely Mold-Related Illness**
- **5-9 = Possible Mold-Related Illness**
- **10+ = Probable Mold or Biotoxin-Related Illness**

**Need Help?** If your score suggests mold toxicity, book a consultation with Dr. Julia Ward today.




Thank you for taking the time to complete this self-assessment.


Understanding your symptoms is the first step toward feeling better. Mold-related illness can be overwhelming, but you're not alone. Dr. Julia Ward and our caring team are here to guide you every step of the way, offering personalized care to help you reclaim your health and well-being.

### Ready to take the next step?

Reach out today and schedule your consultation with Dr. Ward.

 Call us: 281-710-3380

 Website: [drjuliaward.com](http://drjuliaward.com)

 Email: [hello@drjuliaward.com](mailto:hello@drjuliaward.com)

**We look forward to helping you feel your best again!**



Scan this QR code to  
learn more about  
Mold Toxicity

This self-assessment is intended as an informational tool and is not a substitute for professional medical advice, diagnosis, or treatment. While the symptoms listed have been reported in individuals with mold-related illness, not all have been conclusively proven in clinical studies. If you suspect mold toxicity or any other health condition, please consult a qualified healthcare provider for evaluation and personalized treatment.