Biocidin Botanicals®

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.