

OLFACTORY TRAINING!

- Exciting treatment dating back to 2009
- Research demonstrates improvement in smell function in ~30-50% of patients with smell loss who undergo Olfactory Training
- Idea is to rewire the damaged smell processing pathway by simply “smelling smells”, like physical therapy for smell!
- **How to do it:**
 - First, take a smell test to understand your baseline smell function before starting the training. This test (called the UPSIT) will be mailed to you if you are being seen over video visit (and then mailed back by you for scoring) or performed in clinic if you are seen in person.
 - Sniff the following 4 scents (**essential oils**) for 10-15 seconds twice a day for 12 weeks.
 - **Rose or Lavender (flowery)**
 - **Eucalyptus (resinous)**
 - **Lemon (fruity)**
 - **Clove (spicy)**
 - Repeat a smell test to monitor for improvement
 - Remember: stick with it! It is true that some people will not receive any benefit from this treatment, and others may take weeks or months to notice a difference. Either way, it is worth trying since there is no risk involved!
- **Where can the oils be purchased?**
 - Really anywhere essential oils are sold, but there is a local Herb Company who put together a Smell Kit for UCSF patients for \$25. If you wish to purchase the kit online and have it shipped to you, use the link below.
 - Lhasa Karnak
2506 Pablo Avenue Berkeley, CA 94702
(510) 548-0380
 - <https://lhasakarnak.com/collections/oils/products/ucsf-smell-therapy-kit?variant=7337752231989>
- **Learn more here** → <http://www.fifthsense.org.uk/smell-training/>