

Talking to your doctor

Seeing your doctor is the best place to start if something has happened to your sense of smell. Because smell loss often goes unreported, some doctors aren't aware how much the condition can affect your life. This leaflet can help you think about what you want to say. We've left space for you to write some notes before, during and/or after your consultation.

This is what happened to me

How long has your sense of smell been affected? How would you describe your symptoms? Has there been any improvement or degradation? What do you think is the cause?

This is how it affects me

Your doctor may explain that the way smell loss affects you is known as 'biopsychosocial'. This means that how you're feeling physically, emotionally and socially is all connected. Giving specifics will help your doctor understand your condition better and you can also try using a scale of 1-10 to give him or her an idea of the severity of your symptoms.

Physically – how does it affect your body?

Emotionally – how does it affect your feelings? Apprehensive, Worried, Frustrated, Isolated are common feelings experienced by those with smell loss.

Socially – how does it affect your relationships with family and friends? Be specific about how it affects your interactions with friends, acquaintances, work colleagues, family and the general public.

My ideas/thoughts

What would you like to get out of this consultation? Would you like the doctor to refer you to a specialist, suggest medications, suggest a second opinion, read an article you have found?

My Plan of Action

Because smell loss often changes over time, it is useful to keep a diary so your doctor can understand your experience. Note here your next appointment(s) and things your doctor will want you to watch out for in the interim.