

**Mayo Clinic Medical Edge**  
**Taste & Smell with Age**

1:00

**Log**

**Audio**

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| <b>Intro with music</b>    | GIVING YOU THE EDGE ON<br>HEALTHY LIVING, HERE'S MAYO<br>CLINIC'S MEDICAL EDGE.  |
|                            | UNLIKE WINE AND CHEESE, WHICH<br>TYPICALLY GET BETTER WITH AGE,<br>OUR BODIES TEND TO DECLINE.<br>NOT JUST OUR BONES AND<br>MUSCLES, BUT ALSO OUR SENSES.  |
| <b>Joseph Sirven, M.D.</b> | "AGING IS A VERY COMMON CAUSE<br>OF LOSS OF TASTE AND SMELL.   |
|                            | UNLIKE YOUR VISION OR YOUR<br>HEARING WHICH CAN BE CHECKED<br>AND MEASURED, MAYO CLINIC DR.<br>JOSEPH SIRVEN SAYS THERE IS<br>NO TEST FOR SMELL AND TASTE. |
| <b>Dr. Sirven</b>          | "THERE IS NO STANDARD FOR<br>THAT. AND BECAUSE OF THAT,<br>PEOPLE DON'T EVEN KNOW HOW  |

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|                   | TO EVEN JUDGE WHAT IS ACCEPTABLE AND NOT ACCEPTABLE TASTE AND SMELL.”   |
|                   | OF COURSE, EVEN IF THERE WAS A TEST, RIGHT NOW, THERE’S NOT MUCH WE CAN DO ABOUT THE PROBLEM. WHILE THERE HAVE BEEN SOME STUDIES... |
| <b>Dr. Sirven</b> | “THE LOSS OF TASTE AND SMELL – ALTHOUGH IT ROBS YOU OF YOUR QUALITY OF LIFE – PEOPLE DON’T CONSIDER SUCH A SERIOUS HANDICAP.”       |
|                   | BUT DR. SIRVEN SAYS THAT DOESN’T MEAN YOU SHOULDN’T BRING IT UP TO YOUR HEALTHCARE PROVIDER.  |
|                   | FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.   |
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