



Disorder of Smell 嗅覺異常(英文)

Introduction

Disorder of smell is difficult to diagnose and treat.

An earlier study found that 66% of people reported they had smell disorder in some periods of their life. Deficiencies in smell can cause anxiety, depression, and even nutritional deficiencies due to decreased enjoyment of eating.

Etiology

1. Conductive disorder:

Varies types of rhinosinusitis , nasal polyps, and patients with laryngectomy or tracheostomy

2. Central/Sensorineural disorders:

Endocrine disturbance, head trauma, poor nutrition, chemicals exposure, and degenerative process of CNS.

Symptoms

People who have smell disorders may either present loss of smell ability or change in the way they perceive odors. Disorder of smell includes hyposmia, anosmia, and dysosmia.

Diagnosis tools

Tests are designed to measure the minimal level of odor patients can detect. Some are to detect the accuracy in identifying different smells. For example, an easily administered "Scratch and Sniff" test allows patient to scratch a test paper which will release a specific odor; sniff them, and try to identify the

odor from a list of choices. In this way, doctors can easily determine whether patients have hyposmia, anosmia, or another kind of smell disorder.

Treatment

Treatment of olfactory disorders is based on the cause of abnormality. Disease history, physical examination and laboratory tests are important in making a diagnosis. In general, conductive olfactory disorders have more chances to get treatment response.

Prevention

People who find changes in smell ability should visit E.N.T. doctors for professional evaluation as quickly as possible. Early treatment of conductive olfactory disorder may prevent subsequent worsening of smell. Besides, avoiding exposure to chemicals and drugs overuse are also important!

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