**Smell Test Partner Toolkit**

**Newsletter Blurbs**

***Long Version:***

**Your Nose Knows: Smell Loss and Brain Health**

Many may be surprised to learn that sense of smell is linked to brain health. Although one in two people over age 60 may be living with smell loss, many do not know it until they are tested. Monitoring your sense of smell could give you important information on your brain health as you age. Unlike temporary smell loss associated with COVID-19, ongoing smell loss can be a signal of cell damage associated with brain disease. In fact, smell loss may be one of the most important signals of risk for Parkinson’s disease. (Not everyone with smell loss develops Parkinson’s.)

A study from The Michael J. Fox Foundation for Parkinson’s Research (MJFF) is exploring this link. A simple scratch-and-sniff test could help scientists learn more about risk and develop new treatments. MJFF is asking everyone age 60 and older without Parkinson’s disease to take a free smell test.

Visit [mysmelltest.org/partners](https://mysmelltest.org/partners) to request a test. You’ll receive your test in the mail and it’ll take about 15 minutes to complete. Then you’ll be asked to enter your answers online. Your results may mean you’re eligible to join a brain health study.

Please help spread the word. Tell everyone you know over age 60 — family, friends, neighbors, community members — to monitor their brain health and contribute to this important research at [mysmelltest.org/partners](https://mysmelltest.org/partners).

***Short Version:***

**Your Nose Knows: Smell Loss and Brain Health**

Loss of smell is an important signal of risk for brain disease, including Parkinson’s. A landmark research study is exploring this link toward prevention. A simple scratch-and-sniff test could help scientists learn more about risk of brain disease and develop new treatments.

The Michael J. Fox Foundation for Parkinson’s Research is asking everyone age 60 and up without Parkinson’s disease to take a smell test.  
  
Request your free scratch-and-sniff test at [mysmelltest.org/partners](https://mysmelltest.org/partners).