**Smell Test Partner Toolkit**

**Talking Points**

* Monitoring your sense of smell could give you important information on your brain health.
* Sense of smell does naturally diminish as we get older. And many people have smell loss.
* Smell loss may be one of the most important indicators of risk to brain health as we age.
* In fact, ongoing smell loss may be one of the most important signs 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 is exploring this link.
* The Michael J. Fox Foundation is asking everyone age 60 and older without Parkinson’s to take a free scratch-and-sniff test.
* This simple test could help you monitor your brain health and help scientists learn more about risk of brain disease.
* How to get started:
  + Visit mysmelltest.org/partners.
  + Answer a few brief questions to receive your smell test in the mail.
  + You’ll take the test, which takes about 15 minutes to complete.
  + You’ll enter your answers online.
  + Your results may mean you’re eligible for a brain health study.

Questions to Anticipate:

* Who is eligible to take the test?
  + People age 60 and up who do not have Parkinson’s in the U.S. are eligible.

* Do my results mean that I will get PD?
  + No — not everyone who has smell loss will develop PD. It is one of many factors linked to higher risk of Parkinson’s.
* Does the test diagnose Parkinson’s?
  + No, the test does not diagnose Parkinson’s. The test is being done for research — to help scientists understand the role of smell loss in brain disease, including Parkinson’s. Understanding how Parkinson’s starts will get us closer to one day preventing it. If you’re concerned about smell loss, please talk to your doctor.
* Will I get my results back from the study?
  + You will not receive the results from your smell test. This is being done for research, not for diagnostic or clinical purposes. The act of taking the test, though, may show you a deficit in your smell ability. If you are concerned about smell loss and brain disease risk, please talk to your doctor.
* Why am I not eligible to take the test?
  + Most likely: Age. Only people age 60 and up in the U.S. are eligible to take this smell test.
  + Otherwise: If you have Parkinson’s, or live outside the U.S., you will not be eligible to take the smell test at this time.