



Think

These are the five senses. Which of them would cost you more if you lost it? Which would you not care about that much?

You are going to read the text below about **Anosmia**. Before that, look at the following words which are also found in the text.

sense **lack** **olfactory** **disorder** **distorted** **hinder**

Do you know all of them? If not, look them up.
Use a monolingual online dictionary.
Try thefreedictionary.com

How do you think they are used in the text?



Now go to page 2. Read the text.

For questions 1-9, choose the best answer (A, B or C).



Anosmia

Smell is one of the most direct and basic of the senses that most of us take for granted. Yet there are 200 medical conditions **associated with** olfactory changes and loss. Anosmia is an olfactory problem, either temporary or permanent, when people lack a sense of smell. It can result from a variety of conditions and is classified as a disability.

Researchers say that 2% of people lack the olfactory sense and that approximately 2 to 5 million adults suffer taste and smell related disorders in America alone. Anosmia which is a complete loss of the sense of smell, is the most serious, but not the only olfactory disorder. Dysosmia is anosmia for a specific odour, also known as 'specific anosmia' where certain smells cannot be detected. Parosmia is when a person has a distorted sense of smell, confusing smells with others. Phantosmia is when someone smells an odour which is not there, such as a 'phantom smell'. Presbyosmia is the decrease in the sense of smell that occurs with aging. A normal functioning olfactory sense is known as normosmia.

The causes of anosmia are varied and can be caused by nasal polyps, often associated with allergies. Other causes include: severe head injuries, including blows or concussion and damage to the olfactory nerve, which contains smell receptors. Sometimes it is genetic and is present from birth and is then known as congenital anosmia.

Anosmia can lead to a variety of **detrimental** effects. One serious result may be a loss of interest in food. There are only 6 distinctive tastes, including salty, sour, sweet, and bitter; much of which we recognise as taste is in fact flavour which is greatly diminished by the loss of the sense of smell. People with anosmia therefore cannot enjoy food as much as someone who can smell. This can easily lead to problems associated with weight loss.

There are also dangers associated with anosmia as it can hinder the detection of dangerous odours, such as gas, petrol or other harmful chemical substances. To safeguard against such threats, special precautions need to be taken including the installation of smoke and CO₂ detectors in houses and a change from natural gas appliances to electricity. Also, care must be taken with toxic chemicals such as household cleaners and extra precautions must be considered when dealing with food, as spoiled food cannot be easily detected.

Smells are also associated with emotional states and sentimental memories. The loss of these associations can lead to a loss of libido and the feeling of depression.

Although anosmia is labelled a disability, sufferers do not always get the necessary treatment because it is regarded as a trivial problem compared to the loss of the other senses. In a recent study by the Anosmia Foundation, many sufferers reported harassment of one form or another, from practical jokes to difficulties in the workplace. A majority of sufferers felt isolated and said that the problem had a significant detrimental effect and set limits on what could be enjoyed in their lives.

1. Which of the following options can best replace the phrase **associated with** in the first paragraph?
 - A. interfered with
 - B. absorbed by
 - C. connected with
2. According to the text, anosmia
 - A. is only one of many smell disorders.
 - B. is not considered a disability.
 - C. lasts only for a short time.
3. Which of the statements below is **TRUE**?
 - A. Anosmia is the least severe of the olfactory disorders.
 - B. Dysosmia is difficult to detect.
 - C. A person with Phantosmia perceives imaginary smells.
4. Which of the following cannot cause anosmia?
 - A. a blow to the head
 - B. an infectious disease
 - C. pregnancy
5. The word **detrimental** in paragraph 4 is closest in meaning to
 - A. interrupting
 - B. unfavourable
 - C. beneficial
6. People with anosmia
 - A. may be indifferent to eating.
 - B. are likely to put on weight.
 - C. have a great appetite.
7. It is advisable for a person with anosmia to
 - A. take up smoking.
 - B. cook using natural gas.
 - C. be wary of foodstuffs.
8. Which of the following statements is **FALSE**?
 - A. A specific smell may make us feel depressed.
 - B. Emotional stress can cause anosmia.
 - C. Smells can bring back memories.
9. A recent study found that anosmia sufferers
 - A. took their disorder seriously.
 - B. often found themselves bothered in their job.
 - C. preferred to isolate themselves from other people.

Are you interested in finding out more about anosmia?

<https://www.youtube.com/watch?v=mFm3yA1nsIE>



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ANSWER KEY

READING

1. C / 2. A / 3. C / 4. C / 5. B / 6. A / 7. C / 8. B / 9. B

