

# 5<sup>th</sup> International Conference on Geriatric Medicine & Gerontological Nursing

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## DYSGEUSIA IN THE ELDERLY

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In older adults, disorders of taste and/or smell can affect appetite and oral intake and therefore affect the patient's ability to maintain optimal nutrition. This can affect the individual's strength, muscle mass, function, and quality of life. The National Health and Nutrition Examination Survey (NHANES) 2011-2012 reported that more than 5% of the over 142 million US respondents experienced taste disorders and more than 10% experienced smell disorder in the past 12 months. Additionally, older adults are challenged by polypharmacy and multiple comorbid conditions, which can affect their ability to differentiate between various intensities or concentrations of a tastant, leading to an increased intake of salt, sugar and exacerbation of chronic diseases such as heart failure and diabetes.

Learning objectives: At the end of this session, attendees by be able to:

1. Describe the prevalence and etiology of taste disorders.
2. Describe the association between taste and smell disorders and how disorders of smell can affect perception of taste.
3. Initiate work up and develop a treatment plan for patients presenting with taste disorders.

## Biography

Quratulain Syed is a board certified internist and a geriatrician at Grady Memorial Hospital, Atlanta and Assistant Professor of Medicine at Emory University School of Medicine. She completed her residency in internal medicine at Mt. Sinai School of Medicine, NY and a fellowship in geriatric medicine at Loyola University Hospital, Chicago, IL. She is a member of the public education committee of the American Geriatric Society and the disparities task force at the Society of General Internal Medicine. Her clinical and research interests include care transitions in older adults, driving and firearms safety in older adults, elder abuse, polypharmacy and cognitive disorders. She has presented topics related to Geriatrics at the Society of General Internal Medicine annual and regional meetings, and the American Geriatric Society annual meetings during the past few years.

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