

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## Possible treatments for anosmia (smell dysfunction) post-Covid

Two papers offer options. The first was an RCT comparing a topical steroid (50 mcg fluticasone) with an antihistamine (azelastine base) 125 mcg one puff each nostril BD (the only NZ equivalent is Dymista® which is unfunded) versus steroid alone versus antihistamine alone versus placebo.<sup>1</sup> At three weeks, improvements in smell tests were greatest for the combination and least for the placebo. The combination was not statistically better than the steroid alone.

The second treatment option suggested is to identify a sequence of four strong-smelling scents—usually rose, eucalyptus, lemon, and clove—for 15 seconds twice a day over several months.<sup>2</sup> Using inhaled nasal steroids was recommended concurrently. It is unclear whether the study is an RCT or case series. Hopefully, better evidence will eventuate.

References:

1. [Study of Different Local Treatments of Post COVID-19 Smell Dysfunction](#). Iran J Otorhinolaryngol. (2022)
2. [Smell and taste dysfunction after covid-19](#). BMJ (2022)

[Click here](#) to view more Gems



Tweet



Share



Forward



[We're back face-to-face; and the programme, workshops, and earlybird registrations are ready for you.](#)

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here.](#)

*Copyright © 2023 Goodfellow Unit, All rights reserved.*

**Our mailing address is:**

Goodfellow Unit  
The University of Auckland | Grafton Campus  
22-30 Park Ave, Grafton  
Auckland, Auck 1023  
New Zealand