



# Loss of Taste

## Causes for the Loss of Taste

- ✓ **Bell's Palsy**
- ✓ **Degenerative diseases of the nervous system**
- ✓ **Dental problems**
- ✓ **Diabetes**
- ✓ **Heavy smoking**
- ✓ **Infections**
- ✓ **Injuries**
- ✓ **Medications**
- ✓ **Mouth dryness**
- ✓ **Radiation therapy for cancers**
- ✓ **Sjogren's Syndrome**
- ✓ **Surgical procedures**
- ✓ **Vitamin Deficiencies**

## What You Can Do

1. **Talk to your doctor to determine the cause**
2. **Simple daily life actions: If loss of taste due to**
  - a. **Health conditions, infections:** Get medical treatment and follow instructions
  - b. **Dental problems:** See a dentist right away and practice good mouth hygiene
  - c. **Heavy Smoking:** Quit!
  - d. **Injuries:** Avoid future injuries and take preventive precautions
  - e. **Medications:** Discuss alternatives with your doctor or pharmacist
  - f. **Mouth dryness:** Check medications and drink plenty of liquids
  - g. **Vitamin Deficiencies:** Consume what you need
3. **Daily Life Choices**
  - a. Use good oral hygiene practices
  - b. See a dentist regularly
  - c. Do not smoke
  - d. Talk to your doctor about any health changes
  - e. Talk to your pharmacist about medication side effects

**Internet resources:**

<http://nihseniorhealth.gov/problemswithsmell/treatmentandresearch/05.htm>

<http://nihseniorhealth.gov/problemswithtaste/symptomsanddiagnosis/03.html>

<http://nihseniorhealth.gov/problemswithtaste/causesandprevention/01.html>

For more information on what to do if nothing tastes right, check out this site:

<http://www.mayoclinic.com/invoke.cfm?id=HQ01135>