

# Losing sense of smell essay



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Losing Your Sense Of Smell One thing that would happen if you could no longer smell, is that your sense of taste would diminish greatly. You would be able to distinguish between sweet, salty, bitter and sour, but more subtle tastes depend on smell, so you would not be able to recognize any other tastes. For instance, you would not be able to tell the difference between chocolate, strawberry or vanilla ice cream, you would only know that they all taste sweet. This problem would prevent you from being able to enjoy food, which would most likely cause you to lose your appetite. Loss of appetite can result in weight loss, which might lead to fatigue. Another thing that would happen is that you would no longer be able to smell certain scents that you enjoy.

For different people, this can be a number of different things. Some people would not be able to enjoy their favorite perfumes and colognes. For other people that appreciate the scents of nature and the outdoors, the loss of smell would not allow them the pleasure of smelling things like flowers, trees, or even the smell of a sea breeze. This might affect someone who loves to garden, hike, or just relax near the sea shore. These individuals may stop these activities which bring them great joy and that could possibly lead to depression. Another very important complication from losing your sense of smell would be your inability to smell things that are harmful. You would not be able to smell smoke from a fire, gas leaks in your home, or even food that has spoiled.

You would have to rely heavily on fire alarms and pay close attention to the expiration dates on food labels. If not, you could become very sick from eating something that is spoiled or even worse, be hurt in a fire that you

were unable to detect before it was too late. Losing your sense of smell would be life altering and hard to adjust to.

Your sense of smell is just as important as any of your other senses, but usually and unfortunately not thought of as much as the others.