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Press announcement

Title : From Perfumer to Doctors and going through the researchers : the interdisciplinary approach to supporting post COVID 19 olfactive disorders.

Chapô :

What if clinicians , industrialists and academics could meet to see what they could achieve together ? Far from being a crazy idea, this inspired this working group created more than 5 years ago and gathering together industry, medical and university experts. One belief united them : that odoriferous materials would permit evaluation and support of different pathologies whether they be LRO, neurological, neurodegenerative or psychiatric.

And one question was bothering them : how their united forces could help them in the COVID pandemic ? By their multifaceted olfactive expertise !

In fact olfactive troubles are central in the virus SARS-COV2 (responsible for the Covid 19 outbreak). According to different authors [1, 2], there are olfaction and taste disturbances within 15 to 85% of affected patients. Also if a spontaneous olfactive recovery is observed for about 44 to 74% of cases [1, 3] (73% of patients recover within 8 days), recent data show that anosmia could last as much as 12 months.

Often forgotten, olfaction is nevertheless far from being an insignificant sense. In fact it is an essential sense allowing one to maintain a good quality of life. An olfactive trouble could therefore not only alter the quality of life [1, 3], but also increase the risk of nutritional deficiencies, the development of adjustment disorders, and depression or anxious states [4].

The requirement to act is fundamental and pushed this multidisciplinary research group to set up a study to check the efficiency of an olfactive re education on the recovery of the ability to smell in post Covid patients.

Participants in this project include neuroscience experts (Laboratoire CoBTek – Université Côte d'Azur, Magali Payne, doctorante and Dr. Auriane Gros, Maître de Conférences) odoriferous materials experts (Institut de Chimie de Nice (Université Côte d'Azur, CNRS)/Master FOQUAL, Pr. Xavier Fernandez), Grasse perfumery professionals (Payan Bertrand, Dr. Laure Saint-Lary and Aude Galouye, Parfumeur and Bougie & Senteur, Philippe Berodias, Directeur Général) and doctors (le Dr Clair Vandersteen, ORL and Dr Louise-Emilie Dumas et Dr Emmanuelle Dor-Nedonsel child psychiatrists)

The study carried out in Nice involves a group of twenty patients with a history of Covid infection detected by RT-PCR or by a strong graphically-scanned suspicion showing an hyposmia or anosmia condition appearing along with the infection and lasting at least 1 month after the end of the COVID-19 symptoms

The main goal will be to verify if the olfactive re education allows the recovery of the olfaction system and if it has an effect on the improvement of the quality of life of the patients. In a second approach, two re education techniques will be compared : an autonomous re education of each patient and also a therapeutic group re education method .

In such a major public health issue, scientific collaboration between neuroscience and olfaction experts, doctors, and odor composers, is necessary in order to offer as quickly as possible a re-education protocol adapted to meet an evolving critical epidemic and health environment.

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Odoriferous kits developed by Payan Bertrand and Bougie et Senteur for the olfactory management study.

Evaluation of olfactive difficulties before being treated at the *Institut Universitaire de la Face et du Cou* (Dr Vandersteen).