Fifth Sense Conference 2014

The UK conference on smell and taste disorders

Delivered in partnership with the University of Surrey and Royal Surrey County Hospital

Saturday 1st November
University of Surrey, Guildford

Royal Surrey County Hospital NHS

Fifth Sense Conference 2014 supported by FlavorActiV
Introduction

In its second year, the Fifth Sense conference will bring our community of smell and taste disorder sufferers even closer together. In addition to the opportunity to meet and share experiences, we have a rich, thought-provoking programme designed to inspire and educate all participants.

As interest in smell and taste disorders continues to grow, our conference also offers an excellent opportunity for academics, researchers and anyone who wishes to learn more about such conditions.

This conference is built around three themes:

**Support** – We will provide practical advice and support to people affected by a smell/taste-related disorder, to help them better understand and cope with their condition.

**Education** – Clinicians, experts on smell and taste and Fifth Sense members themselves have been involved in developing the range of workshops on offer, which will provide a wealth of information and first-hand experience to educate guests in many aspects of smell, taste and related disorders.

**Research** – The conference will be a platform for further research into smell and taste disorders, with a research output from each workshop.

Please Note:

Each workshop will last for 50 minutes to allow for changeover time between sessions.

Numbers in brackets denote the number of places available for each workshop. Please note that places are strictly limited and are allocated on a 'first-come, first-served' basis.

To book tickets, visit [www.fifthsense.org.uk/events/conference2014](http://www.fifthsense.org.uk/events/conference2014)

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<tr>
<td>9:30</td>
<td>Registration and refreshments</td>
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<td>10:00</td>
<td>Opening Lecture (140)</td>
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<td>11:00</td>
<td>Coping with the Loss of a Sense (30)</td>
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<td>Smell &amp; Taste Disorders – an Overview (40)</td>
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<td>Consultant Q&amp;A (40)</td>
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<td>Smell Training (30)</td>
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<td>Emotional Impact of Smell &amp; Taste Disorders: Relationships (30)</td>
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<td>Food, Cooking and Nutrition (40)</td>
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<td>Managing Smell &amp; Taste Disorders (40)</td>
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<td>Lunch – provided by the University of Surrey's Head Chef John Walter in partnership with experienceeating.co.uk</td>
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<td>Closing Lecture (140)</td>
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Opening Session

Welcome
Duncan Boak - Fifth Sense Founder and Chair of Board of Trustees
Prof Roberto La Ragione - University of Surrey

Introduction to the University of Surrey
Prof Roberto La Ragione

The Anatomy of Smell and Taste in Humans and Animals
Mr San Sunkaraneni, Consultant ENT Surgeon - Royal Surrey County Hospital
Dr Augusto Coppi, Teaching Fellow in Veterinary Anatomy - University of Surrey

What do the Senses of Smell and Taste Mean to You?
Duncan Boak and Mr San Sunkaraneni

Closing Session

Fifth Sense Conference 2014: A Platform for Research and Education
Duncan Boak and Mr Carl Philpott

Fifth Sense: The Future
This is your opportunity to tell us how you think Fifth Sense should develop our work going forwards.
No idea is a bad idea!
Duncan Boak and David Hunt - Fifth Sense Trustee

Workshop Details

Coping With the Loss of a Sense
Tom Laughton – Fifth Sense Education Lead
In this workshop, Tom Laughton, who lost his sense of smell as the result of a head injury, uses his years of experience of group coaching and personal development facilitation to help people better come to terms with their sensory impairment. This will be achieved through small groups of people sharing their experiences and working together to find better ways to articulate how their condition affects them. Loss of the senses of smell and/or taste can have a major impact on the lives of those affected, with feelings of isolation and being cut off from the world being common. Putting these experiences into words and sharing with a group that understands can be an enormous help to step out of this isolation.

Food, Cooking and Nutrition with a Smell Disorder
Duncan Boak – Fifth Sense Founder
Dr Michelle Gibbs – Lecturer in Public Health Nutrition, University of Surrey
Duncan talks about his own passion for food and cooking and how he makes use of other sensory stimuli to compensate for his loss of smell when creating and cooking meals. Much of the enjoyment of food and drink can be lost with disorders of the sense of smell, which can also impact on diet and eating habits. Duncan will show how we can re-engage with the sensations of eating and he will also be drawing on the experiences of other Fifth Sense members to offer thoughts and advice. Dr Michelle Gibbs, Lecturer in Public Health Nutrition at the University of Surrey, will provide information and advice from a nutritional perspective.
Taste Vs Flavour
Victoria Moore – Wine Editor, Daily Telegraph
Dr Boris Gadzov – Director of Global Sensory, FlavorActiV

Just what is the difference between taste and flavour? Many people who suffer olfactory loss also report loss of taste, when in actual fact the gustatory system – which allows us to detect basic tastes such as sweet, sour and bitter – remains functional. Developing a better understanding and awareness of basic taste and nuances in it can potentially be of benefit to people who have suffered olfactory loss. Victoria Moore is well-known for her Daily Telegraph wine column, but it was her passion for the sense of smell and fragrance that started her writing about food and wine. FlavorActiV produce flavour standards that are used to train professional tasting panels within the beverage industry on a global scale and Dr Gadzov is one of their most experienced expert tasters. Victoria and Boris will be providing a unique experience designed to make you look at the sense of taste in a new way.

Smell Training
Chrissi Kelly - Fifth Sense Smell Training Lead

Studies have shown that a 'smell training' regime can potentially be of benefit to people who have suffered olfactory loss. Fifth Sense's Chrissi Kelly will provide a brief overview of existing research before looking at how different types of smells and even sniffing techniques can be utilised. Chrissi is a strong advocate of smell training and is leading the way for Fifth Sense in developing the process for the benefit of our members. This will very much be a 'noses-on' session, with attendees working in small groups with an array of smells to try for themselves. For more information on smell training visit www.fifthsense.org.uk/smell-training

Smell and Taste Disorders – an overview
Miss Lisha McClelland – Consultant ENT Surgeon, the Smell and Taste Clinic, Birmingham Queen Elizabeth Hospital

This session will cover the causes of smell and taste disorders, and, where these are not yet fully understood, will look at some of the theories for how and why they occur. Disorders of smell are very common and can either be quantitative (i.e. smell loss) or qualitative (i.e. distortions of the sense of smell). Disorders specifically relating to the sense of taste such as taste loss are rare. Studies have shown that anosmia affects at least 5% of the population with chronic sinus disease being the cause of about two-thirds of cases.

Management of Smell and Taste Disorders
Mr Carl Philpott – Consultant ENT Surgeon, Senior Lecturer at University of East Anglia and Director of the Smell and Taste Clinic, James Paget Hospital

Chemosensory disorders are the cinderella of medicine. Many doctors believe that nothing can be done and consequently not many have sought to provide evidence to the contrary. However, treatments do exist, although the chances of effectiveness are dependent on the cause, severity and duration. But all smell and taste disorders can be managed even if specific treatments are not possible. Mr Carl Philpott will share his experiences from the Smell & Taste Clinic at James Paget Hospital with various treatment strategies and the evidence to support them, covering both smell loss and smell distortions.
**Consultant Q&A**

**Morning Session:** Mr Carl Philpott and Mr San Sunkaraneni  
**Afternoon Session:** Miss Lisha McClelland, Mr Carl Philpott and Mr San Sunkaraneni

Fifth Sense is working with the small number of clinicians in the UK who have an interest in diagnosing and treating smell and taste related disorders, where possible. This session will take the form of an open forum in which guests can have their questions answered by some of these specialists. In the morning session we have Mr Carl Philpott of the Smell and Taste Clinic at James Paget Hospital, and Mr San Sunkaraneni who runs a sinus clinic the Royal Surrey County Hospital. In the afternoon Mr Philpott and Mr Sunkaraneni will be joined by Miss Lisha McClelland, who runs the Smell and Taste Clinic at Birmingham Queen Elizabeth Hospital. We'll be contacting people who book onto the workshop the week before the conference and asking them to submit their questions online in advance.

**The Emotional Impact of Smell Disorders: Relationships**  
*Katy Kennedy – the University of Surrey*  
*Charlotte Self – Fifth Sense Member*

The sense of smell is more closely linked to our emotions than any of our other senses and plays a very important role in connecting us not only to the world around us, but to other people. It's perhaps not surprising, therefore, that 55% of Fifth Sense members who have completed our 'Quality of Life and Smell and Taste Disorders' survey tell us that their condition has affected their relationship with their friends, family or partner. Katy Kennedy will be drawing on both the survey findings and other existing research to highlight the link between smell and emotion and how disorders of the sense of smell can impact on relationships. Charlotte Self will then provide a first-hand perspective by talking about how the anosmia she developed as the result of a head injury had a major impact on her marriage. Katy and Charlotte will then lead an interactive talk that will explore potential solutions to relationship difficulties provided by other Fifth Sense members who have had to face similar problems.

**Lunch Menu**

*Devised by University of Surrey Head Chef John Walter and Duncan Boak (who runs his multi-sensory inspired food website/blog at www.experienceeating.co.uk)*

John Walter has worked with Duncan Boak to create an exciting and flavoursome Indian-themed menu that ties in with the two food-based workshops on the conference programme. The main dishes (which include a vegetarian option) have been created to maximise flavour and also provide strong basic taste elements. They will be served with a variety of accompaniments including a special selection of dips, pickles and chutneys created by John to provide contrasting tastes, textures and temperatures.

**The Fifth Sense Conference 2014 is supported by FlavorActiV.**

FlavorActiV is dedicated to providing Sensory Taster Management, Taster Validation and Sensory Training to customers in over 200 countries with our team of multilingual Global Sensory Managers.

FlavorActiV is the world’s only provider of pharmaceutical quality produced and controlled flavour standards for use in beer, wine, cider, carbonated soft drinks, waters and many other beverages to help train professional sensory panels.