

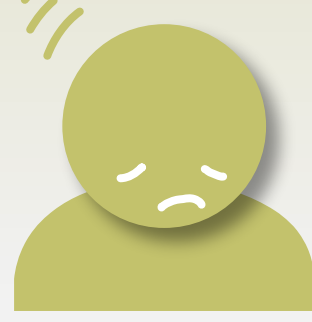



The 4 item Concise Aging adults Smell Test (4CAST) to screen for olfactory-related comorbidities

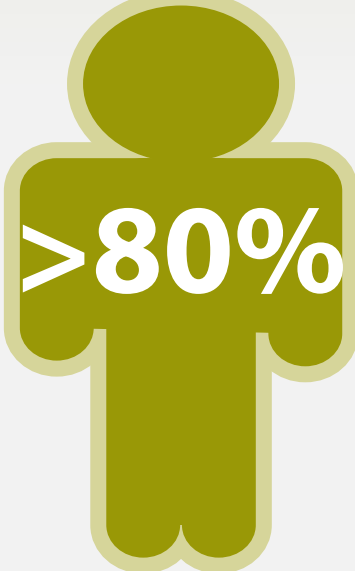
**Olfactory dysfunction (OD) comorbidities:**

**Cognitive decline**


+

**Depression**


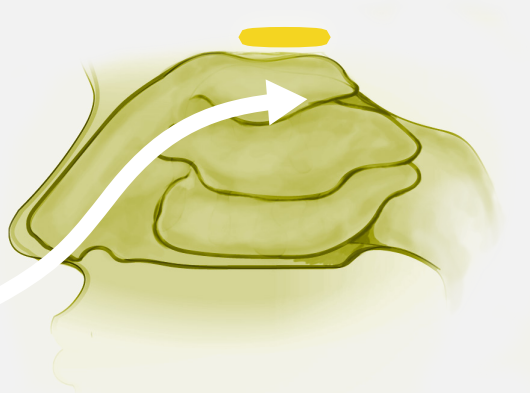
**4CAST accurately predicted psychophysical olfactory function**

**>80%**


of older adults

**Age-related OD among most common smell loss causes, but is often underrecognised**

Community-based cohort



**>50 years of age** → **Completed 4CAST**


Association with comorbidities assessed:





- NIH Toolbox -Cognition Battery
- QOD-NS
- PHQ9

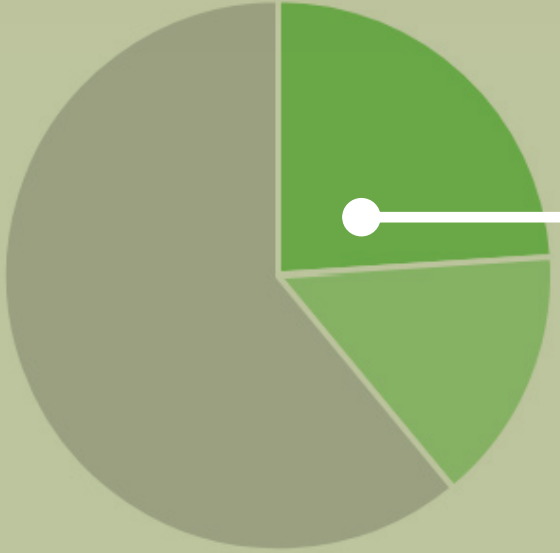
Participants that failed 4CAST:



**Fluid cognition scores**

**QOD-NS**

**PHQ-9**

**24-39%**

Had cognition scores indicating possible cognitive impairment

4CAST

- Quick screening instrument
- May indicate psychophysical OD in older people
- May identify comorbidities that could merit further in-depth assessment