

# Association of olfactory impairment and short telomere length

*the smell of biological aging?*



Olfactory dysfunction



Frailty



?



Short telomere length (TL)  
= Biological aging



Prospective observational study

138 patients aged 65+

From a preoperative anesthesia clinic

Sniffin' Sticks extended test

Measure of TL in leukocytes using the Flow-FISH technique



- Significant association between short TL (<10<sup>th</sup> percentile) and lower olfactory scores (TDI, identification)



23.2% with short TL

46.2% with short TL

x 2

- Adjusting for frailty hindered the relationship between short TL and olfactory dysfunction



Exploring the relationship between **TELOMERE LENGTH** and **OLFACTION** in older adults



- #1 **Olfactory dysfunction** and **short telomere** are significantly linked
- #2 Frailty may play a central role in the complex relationship between olfactory function, telomere length, and biological aging