TASTE AND SMELL CENTER

Thank you for your interest in the Taste and Smell Center at UConn Health. You are one of about 2 million adult Americans affected by taste or smell disorders (Please see the “Facts about Taste and Smell”). Unfortunately, most physicians outside of specialized taste and smell centers are not well acquainted with problems such as yours. Our Taste and Smell Center (the Connecticut Chemosensory Clinical Research Center), established in 1981 with funds from the National Institutes of Health, is one of about five such taste and smell research centers in the country.

Our Taste and Smell Center uses a multidisciplinary approach to determine the etiology of a patient’s taste and smell disorder. The team includes Dr. Brad Formaker (Chemosensory Technician), Dr. William Thramann (Internist), and Dr. Denis Lafreniere (Otolaryngologist). A complete evaluation for a typical patient may include: smell testing, taste testing, general medical evaluation, ear, nose, and throat evaluation including flexible nasopharyngoscopy. Evaluations may also include, as necessary: full laboratory diagnostic services, tests of oral sensitivity, stimulated salivary flow testing, allergy evaluation, oral diagnostic evaluation, CT and/or MRI scans, salivary gland biopsy, occupational medicine evaluation, and neuropsychological evaluation. Treatment is offered when appropriate.

If you wish to become a patient at the Taste and Smell Center, filling out and returning the Registration Questionnaire is the first step. There are a number of personal questions that are important in helping us understand your taste and smell problem and your answers to these questions will remain strictly confidential. Please mail completed form to: UConn Health, Taste and Smell, 263 Farmington Avenue, MC 8060, Farmington, CT 06032-8212. Once we have received your completed questionnaire, we will contact you to arrange an appointment. If you have any questions, please call the Taste and Smell Center at 860-679-2804, and we will be happy to help you.
FACTS ABOUT TASTE AND SMELL

What Are the Chemical Senses?

The chemical senses include taste and smell. The perception of a smell occurs when substances in the air pass through the nose and stimulate the olfactory (smell) nerve. The experience of taste, or gustation, occurs when the taste buds in your mouth respond to substances dissolved in saliva. The four basic tastes are salty, sweet, sour and bitter.

What Are Some of the Disorders of Taste and Smell?

Anosmia - total loss of smell
Hyposmia - partial loss of smell
Parosmia - perceiving a smell when no odor is present or perceiving familiar odors as smelling strange
Hypogeusia - a diminished sense of taste
Dysgeusia - a persistent taste, usually unpleasant

What Are the Causes of Taste and Smell Disorders?

Losses or distortions of taste and smell have many causes such as nasal disease, upper respiratory infections, head injury, neurological disorders, or dental problems. There are some people who have had no sense of smell since birth.

Are Taste and Smell Related?

Taste and smell are two separate senses. However, both contribute to the experience of flavor.

What Is Flavor?

Flavor is what people commonly call the "taste" of food. It is actually a combination of smell, taste, temperature and texture. Much of the flavor of food comes from smell, so that when you are unable to smell you have lost much of your ability to experience flavor.

What Can Be Done to Improve the Flavor of Food?

Eating can be more enjoyable when the other aspects of flavor, such as texture, temperature, and spiciness are emphasized. Texture can be enhanced by adding crunchy foods (nuts, croutons, water chestnuts) to your meals. Combining cold and hot temperatures in the same dish (sour cream on a baked potato), as well as trying hot and spicy foods may help to make food less bland. Keep in mind that a pleasant atmosphere and attractively prepared meals can also help to make food less bland.

What Other Suggestions Are There for People with a Taste/Smell Loss?

We would strongly recommend that you equip your home with smoke detectors. Those individuals potentially exposed to gas leaks should consider purchasing a gas detector. Your gas company should be able to supply you with information regarding gas detectors. If not, the Taste and Smell Center can be contacted for this information. In order to guard against eating food you suspect may be spoiled, ask someone else to smell it. If that is impossible, pay particular attention to the dates stamped on most perishable foods and do not consume them after that date.
Clinic Information

Before you make a decision to be scheduled for an appointment, we would like you to know a little bit about the operation and cost of the Taste and Smell Center's Clinic.

A Taste and Smell Clinic evaluation consists of a two-day visit. Testing is done on a Wednesday. This will take a total of two hours time and establish the severity and type of smell and/or taste complaint. Another exam and consultation is performed on a Friday morning and will take approximately 3 to 4 hours. This clinic visit consists of an internal medicine examination and may involve some blood work, an allergy evaluation and an ENT (ear, nose and throat) examination. The ENT portion of your evaluation is performed by a team of physicians under the direction of Dr. Denis Lafreniere. At the end of all of your scheduled examinations, you will meet with the internal medicine specialist who will discuss the preliminary findings of your clinic visit. Your clinic visit is usually concluded by 12 p.m. After your clinic visit, your case will be evaluated and summarized by the internist who saw you. You will receive a summary letter, and possible treatment options.

After you have been scheduled for the Taste and Smell testing and clinic, please call Patient Access at 1-800-553-0954 to register with UConn Health. Please call the Taste and Smell Center directly if you have any questions concerning your appointment times.

A billing procedure and CPT coding schedule which contains information on the CPT coding for each examination and UConn Health’s billing procedures has been enclosed. I strongly urge you to contact your health insurance company to find out what exams/services they will cover. You also need to call your primary care physician and obtain referrals for each of the two physicians as needed per your insurance requirements. Your referring physician may have to do a prior authorization or pre-determination for these procedure codes. It is your responsibility to make sure that your referring provider does this. If this is not done before your appointment, we may have to reschedule. At your first appointment you will receive a wavier to sign assuming responsibility to pay any outstanding fees your insurance plan may not cover.

If this is litigation, you will be required to set up payment prior to services rendered. If payment is not set up for the litigation, you will be required to pay in full at the time of service. Without payment, you will not be seen. We do not accept letters of protection. If this is a workman’s compensation case, you will have to provide your workman’s compensation letter at the time of service. If you cannot provide the workman’s compensation letter, you will be required to pay in full at the time of service. Without payment, you will not be seen.

UConn Health
Taste and Smell Center
BILLING PROCEDURE AND CPT CODING SCHEDULE

There are two separate billing departments at UConn Health. The first is University Physicians Billing. This department is responsible for handling all the charges from the examinations and procedures performed by physicians within the University Physicians Group. All Taste and Smell Center physicians are part of the University Physicians Group. The second billing department is John Dempsey Hospital Billing. This billing department handles any hospital charges (blood work, radiological procedures, pathological studies, etc.) incurred as part of your evaluation.

1. Services billed through University Physicians:

Following is a list of all of the services performed by the Taste and Smell Center physicians. You should check with your insurance company prior to arranging a clinic appointment to determine which of the following services are covered and the amount your insurance company will pay for each service. A representative from University Physicians Billing is available to answer any specific questions regarding University Physicians’ billing policies and can be reached at 860-679-2689.

<table>
<thead>
<tr>
<th>Exam / Procedure</th>
<th>Physician / Provider</th>
<th>CPT Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive History &amp; Physical</td>
<td>Dr. William Thramann</td>
<td>99205</td>
</tr>
<tr>
<td>Ear, Nose &amp; Throat Exam</td>
<td>Dr. Denis Lafreniere</td>
<td>99243</td>
</tr>
<tr>
<td>- Fiberoptic Nasopharyngoscopy</td>
<td></td>
<td>31231</td>
</tr>
<tr>
<td>Taste and Smell Testing*</td>
<td></td>
<td>92700</td>
</tr>
<tr>
<td>- Initial Visit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Review and Summary</td>
<td>Dr. William Thramann</td>
<td>99358</td>
</tr>
</tbody>
</table>

Typically performed on all patients. Other charges may apply but are based on individual.

Additional charges may apply for litigation cases.

<table>
<thead>
<tr>
<th>Litigation</th>
<th>Provider</th>
<th>CPT Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Testimony</td>
<td>Dr. William Thramann</td>
<td>99075</td>
</tr>
<tr>
<td>Special Report</td>
<td>Dr. William Thramann</td>
<td>99080</td>
</tr>
</tbody>
</table>

2. Services billed through John Dempsey Hospital:

As mentioned earlier all lab and radiographic procedures are billed through John Dempsey Hospital. We may request supplemental radiographic procedures to aid in the diagnosis of your problem. These are not done for each patient, but may include sinus or brain CT scans, sinus or brain MRI's. If you have had any of these tests done, please bring the films with you. If you have insurance coverage, you should consult with your insurance company to determine what tests/procedures will be covered. A representative from John Dempsey Billing is available to answer any questions regarding their billing policies at 860-679-2795.

Insurance agreements made with Taste and Smell do not necessarily apply to referrals outside the Taste and Smell Center.
Registration Questionnaire

Name: ____________________________________________________________

Mr.  Ms.  Mrs.  Dr.   Last   First        Middle

Home Address: ________________________________________________________________

_____________________________________________ E-Mail: _________________________

(_____)________________(_____)________________(_____)___________________
HOME PHONE NUMBER WITH AREA CODE   WORK PHONE NUMBER WITH AREA CODE  CELLULAR PHONE NUMBER WITH AREA CODE

Insurance:☐ Medicaid  ☐ Medicare  ☐ Other__________________   Occupation: _____________

Race: ☐ American Indian  ☐ Asian  ☐ Black  ☐ Hawaiian  ☐ White  ☐ Other (specify) _________

Ethnicity: ☐ Hispanic  ☐ Not Hispanic    Sex: ☐ male ☐ female    Date of Birth:___________

Please respond to the following statements or questions. Where indicated, please check all answers that apply to you.

1. Describe your sense of smell: ☐ normal, ☐ decreased, ☐ absent, ☐ increased, ☐ distorted

If you have a smell problem, when did it begin? _______________________________

Does your sense of smell ever return? ☐ No      ☐ Yes

If yes, can you relate the improvement to anything? ☐ No      ☐ Yes

If yes, please explain: __________________________________________

2. Have you ever been bothered by a persistent odor? ☐ never, ☐ sometimes, ☐ often

If you have a persistent odor, when did begin?________________________________

Please describe the odor: ______________________________________

3. Do you relate your smell problem to any of the following?

☐ nasal disease/sinus problems ☐ toxic exposure
☐ allergies ☐ head injury
☐ dental problems ☐ a cold or flu
☐ other (please specify)________________________________________

4. Describe your sense of taste: ☐ normal, ☐ decreased, ☐ absent, ☐ increased, ☐ distorted

If you have a taste problem, when did it begin? ________________________________

Compared to before your taste problem began, describe the following:

Salt tastes are: ☐ normal, ☐ decreased, ☐ absent, ☐ increased, ☐ distorted

Sweet tastes are: ☐ normal, ☐ decreased, ☐ absent, ☐ increased, ☐ distorted

Sour tastes are: ☐ normal, ☐ decreased, ☐ absent, ☐ increased, ☐ distorted

Bitter tastes are: ☐ normal, ☐ decreased, ☐ absent, ☐ increased, ☐ distorted

5. Do you have a persistent taste when not eating or drinking?☐ never, ☐ sometimes, ☐ often

If you have a persistent taste, when did it begin?_______________________________

Please describe the taste: _____________________________________________
Registration Questionnaire

6. Do you relate your taste problem to any of the following?
   - [ ] nasal disease/sinus problems
   - [ ] allergies
   - [ ] dental problems
   - [ ] other (please specify) _______________________________________________
   - [ ] toxic exposure
   - [ ] head injury
   - [ ] a cold or flu

7. Do you have any burning of your tongue or mouth? □ No  □ Yes
   If yes, when did this start?_________________________________________________
   Can you relate it to anything?______________________________________________

8. Please list all the medications you were taking when your taste or smell problem began, plus any medications taken and discontinued during the year before your problem began.
_________________________________________________________________________
Please list your current medications, prescription and non-prescription.

_________________________________________________________________________

9. Please indicate if you have ever had any of the following:
   - [ ] frequent headaches
   - [ ] hearing loss
   - [ ] multiple sclerosis
   - [ ] brain surgery
   - [ ] head or facial surgery
   - [ ] stroke
   - [ ] Bell's palsy
   - [ ] diabetes
   - [ ] ear surgery
   - [ ] seizures
   - [ ] Parkinson's disease
   - [ ] thyroid disease
   - [ ] oral surgery
   - [ ] other neurological problems
   (please specify)

10. Have you ever smoked? □ No  □ Yes  Do you currently smoke? □ No, □ Yes
    How many years?__________  How many packs per day? ________________

11. Please list the FULL names, phone numbers and addresses of your doctors:
    Referring Physician (Name of physician requesting you to attend clinic, or if there is none, please write “Self”.)
________________________________________________________________________
    Primary Care Physician: _________________________________________________

________________________________________________________________________
    Ear, Nose, Throat Physician: _____________________________________________

________________________________________________________________________
    Dentist: ______________________________________________________________

________________________________________________________________________
    Neurologist: ___________________________________________________________

________________________________________________________________________
    Other: ________________________________________________________________

________________________________________________________________________

(Signature of person completing form)  (Date)

Mail completed form to: UConn Health, Taste and Smell, 263 Farmington Avenue MC 8060, Farmington, CT 06032-8212