



You might  
not have  
Parkinson's.  
But you can  
help us end it.

When we started The Michael J. Fox Foundation in 2000, we didn't know how much we had to learn about brain disease and the research enterprise itself. Back then, there was no way to predict who would get a disease like Parkinson's. The life-changing diagnosis came to most people — myself included — like a bolt from the blue.

Today, so much has changed. And after allocating more than \$1.5 billion to research, the Foundation has uncovered tremendous new insights about brain health, disease and who's at risk. In fact, today we are closer than ever to being able not only to predict Parkinson's, but even to prevent it altogether.

Preliminary results in a major neurological research study sponsored by the Foundation indicate that smell loss may be one of the most important indicators of risk to brain health as we age. Unlike the temporary smell loss associated with COVID-19, ongoing and progressive smell loss can be an early signal of cell damage associated with certain brain diseases.

We are excited to announce Forefront Living is a founding senior living community partner supporting an exciting groundbreaking study linking smell loss to brain health including Parkinson's disease. Monitoring your sense of smell could give you important information on your brain health as you age — and empower you to act early if you might be at risk.

A simple scratch-and-sniff test can provide important information about the health of your brain. And help us change everything about how brain diseases like Parkinson's are prevented.

**Keep reading to learn how you can participate.**



**THE OUTLOOK  
AT WINDHAVEN**  
FOREFRONT LIVING



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*The Michael J. Fox Foundation is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today.*



THE MICHAEL J. FOX FOUNDATION  
FOR PARKINSON'S RESEARCH

# Sniffing out brain health

Research funded by The Michael J. Fox Foundation for Parkinson's Research indicates smell loss is an important indicator of risk to brain health as we age.

So, it's possible to take an active role in improving brain health by monitoring sense of smell you age. And it can be done using scratch-and-sniff tests. Yes, that's right — it's simple and easy.

A simple scratch-and-sniff test could give you important information about your brain health — and empower you to act early if you might be at risk.

## Here's how to get started:

- Visit [mysmelltest.org/forefront](https://mysmelltest.org/forefront) or scan the QR code with your phone to request a simple and free scratch-and-sniff test.
- We'll mail you the test, which takes about 15 minutes to complete.
- Upload your results to scientific experts working with The Michael J. Fox Foundation.
- You'll be contacted if you might be a candidate to join a brain health study.



**Go to [mysmelltest.org/forefront](https://mysmelltest.org/forefront) or scan the QR Code to receive your free scratch-and-sniff test today.**

The scratch-and-sniff test you'll receive is a validated and reliable tool trusted by doctors and scientists. It is considered the "gold standard" to check your sense of smell.

Both The Michael J. Fox Foundation and Forefront Living want to help you protect your magnificent brain. Thank you for participating and furthering our mission to end Parkinson's.

Take  
the

SNIFF  
TEST

Test  
Challenge