

FAA Medical Exam Advice
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Before you fly solo, you will need to have a medical exam by an FAA certified doctor. These doctors are called AME's (Aviation Medical Examiners). You will want to develop a good relationship with this doctor. Many pilots have thousands of dollars and years of education and training invested in their flying career. You want a doctor that will look out for you and help you to remain current. Some pilots fly to distant cities just to see the same doctor they have been using.

Please follow these steps in securing your first FAA medical certificate.

1. Take the online color blindness test at <http://colorvisiontesting.com/ishihara.htm#plate%20with%207> or do a Google search for colorblindness test. Approximately 1/3 of males have some degree of color blindness without being aware of it. If you flunk this test, talk to me and I'll give you some more detailed instructions. There are alternate tests available.
2. Take the online medical survey at <http://www.aopa.org/members/pic/medical/turbomedical/> This is especially important if you have Coronary Artery Disease, Hypertension (High Blood Pressure) or Insulin-Treated Diabetes Mellitus. You will need to join the AOPA to get access. It is well worth the small expense. If the web page says something like "this condition is typically disqualifying", **TALK TO ME BEFORE YOU GO TO THE DOCTOR**. Another option would be to make an appointment for a **CONSULTATION** before applying for your medical. That way the doctor can hear your story and give you his advice before starting the official application process. Choose a doctor and make an appointment. The following are a few of the doctors in our area. If you are not sure you will pass, make an appointment for a consultation first instead of a medical exam.

Dale Michels MD Lincoln, NE (402) 488-7400	Carroll Verhage MD Geneva, NE (402) 759-4431
Stephen Haudrich MD Lincoln, NE (402) 465-0010	Dean Thomson MD Nebraska City, NE (402) 873-4242
Gregory Woods MD York, NE (402) 362-5555	There are another 7 in the Omaha area, and many more nation-wide listed at http://www.faa.gov/pilots/amelocator/ .

4. Go on-line and create an account at the FAA's MedXPress and fill out the on-line form. Take a shower and take your completed form to the doctors' office. They start with measuring your height and weight. Next is the vision and hearing test. Vision is tested with a machine that you sit in front of while sitting. There is also a separate eye chart to read. The 1st and 2nd class medical have stricter vision standards than the 3rd class. The hearing test is done by wearing earphones and raising your hand when you hear a tone. Breathe quietly and listen carefully for the tones. Hold the earphone against the ear they are testing for a good seal. After stripping down to your shorts, the doctor will listen to your heart and lungs, check your reflexes, and check you for hernias. A urine test is done to look for protein and kidney function. They do not test for drugs so don't tell them anything voluntarily. He then reviews your application and tells you the results. Pay the bill (my last one was \$150). Some insurance companies might pay for annual exams like this so bring your insurance card. You are done!

Some applicants recently had problems with the FAA because they were receiving disability payments from the government yet did not list any medical problems on their exam form. When the FAA cross-reference the two databases, a discrepancy was found.

Other Advice:

- 1) Keep a copy of the form you submit at each medical exam so you know what you have reported.
- 2) Keep a file of submitted forms and any other medical items so it's easily accessible when it's time to renew.

Final Note:

A person can fly a Light Sport Aircraft without a medical (using only a valid drivers license). This is true only if you let your FAA medical EXPIRE. If you are DENIED an FAA medical, then you cannot even fly an LSA. Make sure you can pass the FAA medical before you apply for an FAA medical.

Here are the questions on the FAA Medical Application:

Class of Medical Certificate Applied For
Last Name; First Name; Middle Name
Social Security Number (SSN)
Address and Telephone Number
Date of Birth
Color of Hair
Color of Eyes
Sex
Type of Airman Certificate(s) You Hold
Occupation, Employer
Has Your FAA Airman Medical Certificate Ever Been Denied, Suspended, or Revoked?
Total Pilot Time
Date of Last FAA Medical Application
Do You Currently Use Any Medication (Prescription or Nonprescription)? This includes both prescription and nonprescription medication. For example, any airman who is undergoing continuous treatment with anticoagulants, antiviral agents, anxiolytics, barbiturates, chemotherapeutic agents, experimental hypoglycemic, investigational, mood-ameliorating, motion sickness, narcotic, sedating antihistaminic, sedative, steroid drugs, or tranquilizers must be deferred certification unless the treatment has previously been cleared by FAA medical authority. In such an instance, the applicant should provide the Examiner with a copy of any FAA correspondence that supports the clearance.
Do You Ever Use Near Vision Contact Lens(es) While Flying? The applicant should indicate whether near vision contact lens(es) is/are used while flying.

If the applicant answers yes, the Examiner should counsel the applicant that the use of contact lens(es) (bifocal or unifocal) specifically for the correction of near vision is/are inappropriate. The Examiner must note in Item 60 that this counseling has been given.
Have you ever had any of the following? If yes, explain. Frequent or severe headaches Dizziness or fainting spells Unconsciousness for any reason Eye or vision trouble except glasses Hay fever or allergy (continued) Asthma or lung disease Heart or vascular trouble High or low blood pressure Stomach, liver, or intestinal trouble Kidney stone or blood in urine Diabetes Neurological disorders; epilepsy, seizures, stroke, paralysis, etc. Mental disorders of any sort; depression, anxiety, etc. Substance dependence; or failed a drug test ever; or substance abuse or use of illegal substance in the last 2 years Alcohol dependence or abuse Suicide attempt Motion sickness requiring medication Military medical discharge Medical rejection by military service Rejection for life or health insurance Admission to hospital Conviction and/or Administrative Action History

History of nontraffic convictions
Other illness, disability, or surgery

Visits to Health Professional Within Last 3 Years

The applicant should list all visits in the last 3 years to a physician, physician assistant, nurse practitioner, psychologist, clinical social worker, or substance abuse specialist for treatment, examination, or medical/mental evaluation. The applicant should list visits for counseling only if related to a personal substance abuse or psychiatric condition.

The applicant should give the name, date, address, and type of health professional consulted and briefly state the reason for the consultation. Multiple visits to one health professional for the same condition may be aggregated on one line.

Routine dental, eye, and FAA periodic medical

examinations and consultations with an employer-sponsored employee assistance program (EAP) may be excluded unless the consultations were for the applicant's substance abuse or unless the consultations resulted in referral for psychiatric evaluation or treatment.

If an explanation has been given on a previous report(s) and there has been no change in the condition, the applicant may enter
PREVIOUSLY REPORTED, NO CHANGE.

Applicant's National Driver Register and Certifying Declaration

In addition to making a declaration of the completeness and truthfulness of the applicant's responses on the medical application, the applicant's declaration authorizes the National Driver Register to release the applicant's adverse driving history information, if any, to the FAA. The FAA uses such information to verify information provided in the application.