



AviationHealth ASSOCIATION

AVIATION MEDICAL

BULLETIN™

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AGGRESSIVE PROSTATE CANCER – ANOTHER REASON TO AVOID SATURATED FATS

Limiting consumption of saturated fats, which are found primarily in animal foods, is important for overall health and cardiovascular disease prevention. A 2017 study suggests that saturated fat may also be associated with more aggressive prostate cancer.

This population study, published in *Prostate Cancer and Prostatic Diseases*, included men, ages 40 to 79, who were newly diagnosed with the disease. After adjusting for total fat, the researchers, found that men with the highest saturated fat intake were 50 percent more likely, overall, to have more advanced disease, compared to those with the lowest intake. No significant effects were seen with other types of fat, including polyunsaturated fats and trans fats.

Saturated fat, as commonly found in animal foods, increases blood cholesterol levels—and elevated cholesterol has previously been linked to more aggressive prostate cancer; though in this study, the use of cholesterol-lowering statins did not significantly lessen the effect of saturated fat on disease aggressiveness.

On the other hand, an earlier study in *The Prostate* found that among 1,000 men diagnosed with prostate cancer, those on statins were 80 percent less likely to die from the cancer over a 10-year period compared to nonusers.

How can you limit your intake of saturated fat? Choose lean meats, skinless poultry, and nonfat or low-fat dairy products (which also saves calories).

80%

80% of people have an undiagnosed sleep disorder.

OBESITY: LEADING CAUSE OF DEATH?

Obesity may soon be the leading cause of death in the U.S. A recent report from the CDC indicates that tobacco kills in excess of 430,000 (18%) Americans each year. Obesity from poor diet and physical inactivity account for over 400,000 (17%). That's up 100,000 from a decade ago, and the number is expected to rise. By comparison, car crashes account for 43,000 (2%).

LIGHT SMOKING

The percentage of Americans who smoke (23%) hasn't changed in recent years. However, there is a dramatic increase in occasional



LIGHT SMOKING

The percentage of Americans who smoke (23%) hasn't changed in recent years. However, there is a dramatic increase in occasional smokers.

While the health risks of occasional smoking are less than those of regular smokers, they are still high. A recent study reported in the *Journal of The National Cancer Institute* found that the amount of carcinogens inhaled and absorbed into the body do not drop in proportion to cutbacks in smoking.

Also, women who tend more to be light smokers don't reduce their risk of lung cancer from only smoking occasionally.

MEAT HEAVY DIET LINKED TO EARLY DEATH

People who eat large amounts of red meat and processed meats face a greater risk of premature death from heart disease and cancer, National Cancer Institute research shows.

The large study of American men and women, ages 50 to 71, bolsters evidence of the health risks of diets loaded with red meat such as hamburger and processed meats such as hot dogs, bacon and cold cuts.

Over 10 years, eating the equivalent of a quarter-pound hamburger a day gave men in the study a 22% higher risk of dying of cancer and a 27% higher risk of dying of heart disease. That's compared with those who ate the least red meat, just 5 ounces a week. Women who ate large amounts of red meat had a 20% higher risk of dying of cancer and a 50% higher risk of dying of heart disease, says the study in the Archives of Internal Medicine.

ASK A NURSE

Patricia Carroll, RN, says that you can trust a nurse to give you a straight

answer to your medical questions. Carroll, who has had 25 years experience in nursing, has written a book entitled: *What Nurses Know-And Doctors Don't Have Time to Tell You* is full of her on-the-job wisdom. Here are a couple of her tips:

Never starve a fever. Eat small meals throughout the day. Your elevated temperature increases metabolism, and you need the additional calories.

Don't let a scab form on a scrape. A scab slows down the healing process. Clean the wound with soap and water (not hydrogen peroxide, which can damage the skin), apply an antibiotic ointment, and cover with a bandage.

If you have allergies, wash your hair at night. Dust and pollen from the day that clings to your hair can make you stuffy while you sleep.

WHAT CARDIO BURNS THE MOST CALORIES?

The Mayo Clinic recommends 30 to 60 minutes of cardiovascular exercise a day. This can help control and lose weight, prevent heart disease, build strength and increase fitness. With so many choices, many people wonder which exercises burn the most calories. Below is a listing of the top exercises and the amount of calories burned in 1 hour by an average 160-lb. person (people who weigh less will

burn fewer calories and those who weigh more will burn more).

Running

Running is the best exercise you can do to burn the most calories. If you are running at an 8 mph pace (7 1/2-minute miles), you can burn 986 calories in 1 hour. If you add hills or sprints, you can burn even more calories.

Rollerblading

While rollerblading became popular in the 1980s, it still ranks among the highest calorie burners. A 1-hour session can burn 913 calories.

Tae Kwon Do

This is a total body workout, building cardiovascular fitness, flexibility, movement, coordination and muscular strength. A 1-hour session burns 730 calories.

Jump Rope

Many people jumped rope as a kid, but incorporating it into your regular fitness routine can burn 730 calories in 1 hour. One hour may be too much jumping, so you can break this down to 10 minutes and still burn 122 calories.

Stair Climber

If you have enough resistance on the machine, using a stair climber can burn 657 calories in 1 hour, as well as build your lower-body strength.



FOOD FIGURES

11 pounds: Average annual consumption, per person, of seafood in the U.S. (including shellfish)

65 pounds: Average annual consumption, per person, of beef in the U.S.: (of which 33 pounds are hamburger)

3,400 milligrams: Average amount of salt Americans consume each day (Recommended amount: 1,500 milligrams per day for high-risk groups, 2,300 for others.)

36%: Percentage of added sugar in diet that comes from soda and other sugary drinks.

Jogging

While running fast burns more calories, a slower jog at a 5 mph pace (12-minute miles) can still burn 584 calories in an hour. Long, slow runs are great for burning fat, too.

Basketball and Football

A friendly game with friends can burn up to 584 calories an hour. Exercising with friends tends to make the time go by faster and motivate you to work harder, too.

Swimming

Swimming is a great total body workout because it uses nearly all muscles in the body. Virtually all strokes will increase your cardio and muscular fitness, while burning up to 511 calories an hour. It's also non-impact, so it's safe and effective for your joints.

TO DO OR NOT TO DO

What's important, and what's not? Here's a compendium from Men's Health:

See your dentist twice a year? Not! James Bader, DDS, MPH, a research professor at the University of North Carolina School of Dentistry, says if your teeth and gums are healthy, a once a year visit to the dentist's office is sufficient.

Wash your hands after peeing? Do! In your groin area, bacteria can migrate from the rectal area, says Mark S. Litwin,

MD, a professor of urology and public health at the UCLA School of Medicine.

Get 8 hours of sleep? Do! You may think you can get by on less, but you really can't.

Eat after 8 pm? Do! Calories can't tell time, so it makes no difference when calories are consumed.

Feed a cold? Not! There's no science behind this old adage, says Jack Gwaltney, Jr., MD, head of the division of epidemiology and virology at the University of Virginia. Drink lots of fluids, but eat whatever you like, he says.

Starve a fever? Not! Ben Ansell, MD, director of the Comprehensive Healthcare Program at UCLA, says, a high temperature boosts metabolism, so you'll need to eat to keep up your energy level. It's even more important to maintain regular fluid intake, as your body's demands may be at least twice what they are in other circumstances, he adds.

Scratch mosquito bites? Not! Scratching actually releases more histamine from the bite, which causes even more itching. Use a 1% hydrocortisone cream or an antihistamine like Benadryl to suppress the sensation.

ANTIPERSPIRANTS VS. DEODORANT

What's the difference between an antiperspirant and a deodorant?

Deodorants mask odor with long-lasting perfume and reduce the bacteria that cause odor. Antiperspirants do all that plus stop you from sweating, which also effectively makes it more difficult for bacteria that cause odor to grow, according to scientists at Procter & Gamble.

OSTEOPOROSIS BY THE NUMBERS

- By age 20, the average woman has reached about 98% of her bone mass.
- Women can lose up to 20% of their bone mass in the first five to seven years after menopause.
- The one-year mortality rate following a hip fracture is nearly twice as high for men as for women.
- White women over age 65 have twice the incidence of fractures as African-American women.

WAIST NOT

People who eat primarily refined flour gain a half inch more in their middle each year than whole grain eaters do, a study from Tufts University in Boston finds.

SLEEP YOURSELF THIN

Increasing the number of hours you sleep per night from six to the recommended seven to nine may reduce your risk of obesity, according to a new study at Columbia University.

Researchers believe that chronic sleep deprivation affects hormone levels, which may stimulate appetite and cause overeating. The less shut-eye you get, the greater your chances of packing on pounds: people who

average five hours a night have a 50 percent greater risk.

OLIVE OIL & BLOOD PRESSURE

People with high blood pressure who ate a grain-and vegetable-rich diet that included three to four tablespoons of extra virgin olive oil a day were able to decrease their blood pressure medications by 48%. Some were able to stop their medication altogether. Those on the same diet but using sunflower oil instead were able to decrease blood pressure medications by only 4%.

Researchers say that extra virgin olive oil contains antioxidant polyphenols which promote the relaxation of blood vessels. They also prevent oxidation of LDL 'bad' cholesterol that can lead to artery-narrowing plaque deposits.

IS IT CARDIAC ARREST?

It's both frightening and confusing when someone suddenly collapses, especially if it's a loved one. Don't assume it is cardiac arrest. More people lose consciousness from fainting (syncope) and seizures than from cardiac arrest. Here are some ways to distinguish between the causes of sudden collapse

Cardiac arrest

People lose consciousness and have no pulse or a very weak one (although current guidelines say laypeople should not check for a pulse). Although breathing generally stops, it may continue for several minutes after the heart stops. There may be a few seizure-like movements as the brain becomes short on oxygen. Note that a heart attack rarely causes loss of consciousness unless it leads to cardiac arrest. Heart attack symptoms include heavy pressure in the chest, shortness of breath, and lightheadedness.

First aid tips: Call 911 before you do anything else. Shocks from an AED may restart the heart. But, if you go to find the defibrillator, and it's not nearby, you could lose precious minutes.

Fainting

People lose consciousness and may turn ashen, but they keep on breathing. The cause is a sudden drop in blood pressure that temporarily leaves the brain short of blood, so the pulse may be very weak.

First aid tips: Don't support the person in a chair or in an upright position. Think of fainting as a protective measure: Nature makes us go to the ground to spare the heart from fighting gravity as it works to restore blood flow to the brain. Lay the person down and elevate the feet. If there is vomiting, roll the person on his or her side to prevent choking.

Seizures

Seizures are caused by sudden or irregular electrical activity in the brain. Conditions like epilepsy cause seizures, but they can also be triggered in otherwise healthy people by a fever, sleep deprivation, an infection, or dehydration. In most cases, the sudden jerking motions last only a couple of minutes. Afterward, people often become groggy and may fall asleep. They usually wake up in 3–5 minutes.

First aid tips: Seizures often look much more dangerous than they actually are, so stay calm. A person who is having a seizure should not be restrained, and nothing should be put in his or her mouth. If possible, it's important to protect the person's head. If there is vomiting, roll the person on his or her side to prevent choking.

THE REAL HAPPY MEAL

Dinner-table chats can help your daughter develop healthy eating habits. The family dinner can strengthen bonds and protect your daughter from eating disorders, a new study suggests.

When University of Minnesota researchers examined the habits of middle and high school students, they discovered that girls whose families rarely ate together were 75 percent more likely to use extreme dieting techniques, compared with girls from families who often sat down together.

Of girls who dined with their parents less than three times a week, 1 in 5 turned to vomiting or popping diet pills to stay slim; only 1 in 12 of the girls who ate five or more family meals a week practiced these unhealthy habits. This builds on previous studies demonstrating that the family dinner can boost your teens' report cards and self-esteem, and prevent them from abusing drugs and alcohol

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Stroke

The classic symptoms include numbness on one side of the body or face, slurred speech, loss of vision in one or both eyes, and dizziness. When a stroke is caused by a hemorrhage in the brain rather than the more common kind caused by a blood clot, the symptoms can be rapidly followed by a loss of consciousness, but the symptoms almost always come first.

First aid tips: Call 911 immediately, and get treatment as quickly as possible. Chances of recovery improve tremendously with early intervention. You can't offer much in the way of first aid; just stay with the person and keep him or her comfortable

GOOD AND BAD PAIN

What kind of pain are you experiencing? There are two kinds. Peter Francis, PhD, associate professor of physical education at San Diego State University, says there is "good" pain and "bad" pain.

"Good" pain, is the kind that comes from exercise. During exercise, it can be sensed as a mild burning sensation. After exercise, it's an overall soreness... a signal that you've been "working hard." This pain is usually associated with the body's muscles. Muscles, he says, have a good blood supply which hastens the removal of waste products and promotes healing. This pain usually goes away in a day or so.

"Bad" pain, on the other hand, is sensed as localized tenderness to the touch. It is often associated with a joint, meaning the tissue involved is bone, tendons or cartilage. The blood supply to these tissues is quite limited, and healing is slow. If you have this kind of pain, Dr. Francis advises stopping exercise and seeing a doctor.

50%

According to a 10 year study at the University of Western Ontario, that's how much you can cut your risk for diabetes and heart disease with exercise – even if you don't start until you're 55. All it takes is 30 to 45 minutes of walking, 3 days a week.

DID YOU KNOW

Brushing your teeth, even for 4 minutes, only removes 60% of the harmful bacteria in your mouth. Flossing and mouthwash are needed to take care of the rest.

LA LANNE'S HEALTH TIPS

Fitness guru Jack La Lanne passed away in 2011 at the age of 96. Not bad for a man born in 1914 - when the average American male was expected to live to about 52.

Here are his nine tips on how he reached 90.

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1. Exercise vigorously - at least twice a week with weights, plus water exercises. "What helps you get out of a chair or go up and down stairs? It's muscles, right? These old people - they quit doing things. They sit on their big fat butts, thinking about what they used to do, and pretty soon their muscles atrophy, they lose everything and they have problems getting out of bed or getting out of a chair."
2. Exercise during commercials, if you have to. "People say 'I don't have time.' What a lousy excuse! You can do all this stuff while you're in your chair during the commercials while you're watching television."
3. Change your exercise routine every 30 days. "You've got 640 muscles. They all need their share of work."
4. Avoid indulging in bad habits. "When you get your dog up, do you give him a cup of coffee, a doughnut and a cigarette? People think nothing of giving themselves that for breakfast, and they wonder why they don't feel good."
5. Always have goals and challenges. "Never be satisfied - ever. You know, I've won all these physique contests, and I've broken all kinds of world records and been very successful financially, but I've never been satisfied. The minute you get satisfied, you get complacent. . . . I can't do the things I did when I was 25, but I'm doing a helluva good job for the age I am."
6. If man makes it, don't eat it. "If you go into McDonald's to get a hamburger, some of these hamburgers are 1,200-1,300 calories. That's all the calories you need for the day. And, how many people eat that, plus milkshakes and all the rest of the junk they eat, and they wonder why they're fat?"
7. Eat vegetables and fruits. "You've got to get at least five or six raw vegetables every day of your life. You've got to get at least four or five pieces of fresh fruit every day of your life. And you've got to eat whole grains."
8. Don't eat in between meals. "Ten seconds to the lips, a lifetime to the hips."
9. Keep up on current events. "Keep your mind active. I read everything from the Bible to the *Enquirer*."

WEEKEND EATING

According to Obesity Research, Americans between the ages of 19 and 50 consume 115 calories more each day on Saturday and Sunday than they consume on weekdays. Most of these calories come from fat and alcohol researchers say.

HEART HEALTH SHOPPING LIST

A heart healthy diet can help reduce coronary risk factors, maintain a healthy weight and prevent heart disease. This diet requires healthy eating patterns that include reducing saturated fat and cholesterol intake, consuming low-fat protein sources, increasing fruits, vegetables and healthy fats and limiting sugar, refined food, sodium and alcohol.

Grains There are two types of grains found in the grocery store, whole and refined. **Refined grains** have been processed and most of the healthy components removed. Some nutrients are added back in, such as vitamins and minerals, but removing the fiber increases the glycemic index of the grain. High glycemic index foods contribute to risk of heart disease, obesity and diabetes.

Whole grains are unprocessed and retain healthful properties. When purchasing grains, review ingredient listings. Terms such as whole wheat flour, brown rice, buckwheat and oatmeal should be listed first.

Fruits and Vegetables A heart healthy diet includes antioxidants and phytonutrients. Researchers report that beets, broccoli and red pepper had the highest antioxidant activity and that blueberries and cranberries contain a variety of phytonutrients which help prevent heart disease. Add a variety of fruits and vegetables to your list and plan for five servings per day. Fresh is best, but frozen and canned can be substituted. Choose those packaged without added sugar and with low sodium.

Protein Reduce saturated fat consumption by choosing low-fat protein sources. The American Heart Association recommends that less than 7 percent of daily caloric intake comes from saturated fats. Red meats are high in saturated fat, so choose lean varieties such as round and loin. Substituting fish, nuts, low-fat dairy and poultry for red meat significantly reduces the risk of heart disease. According to the American Heart Association, you should consume two, 3.5 oz. servings of fish per week.

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Nuts, Legumes and Seeds Nuts, legumes and seeds are effective in the fight against cardiovascular disease. The American Heart Association recommends four, 1/2-cup servings of nuts and legumes per week. Choose from walnuts, peanuts, pecans, lentils, black beans, kidney beans, pinto beans, peas, tofu, sunflower seeds and pumpkin seeds. Nuts and seeds should be dry roasted or raw and beans cooked without too much added saturated fat.

WHEN IS THE BEST TIME TO EXERCISE?

If you're following a healthy lifestyle, you know that regular exercise (and interval exercise in particular) will help you lose weight and avoid weight-loss plateaus by revving up your metabolism. But, does the time of day you choose to exercise make a difference in how much fat you burn?

The answer is not as black-and-white as you might think. Current research suggests that slightly more fat is burned when a person exercises directly following the overnight fast. However, exercise can usually be performed at a higher intensity in the late afternoon when the body's temperature and hormone levels peak and muscles are more flexible.

What may be more important factors to consider are how consistent you are and what kind of exercise you do. Fitness experts recommend alternating days of cardio and core exercises, since if you try to do both on the same day, you may suffer muscle fatigue.

Bottom line -- exercise when — and where — you will most enjoy it, which will help you remain faithful to your commitment to regular exercise.

What if you miss a workout? Don't sweat it. Just as you shouldn't feel that you've blown it if you have a bad day on the eating plan, you shouldn't feel as if all is lost when you must skip a day or even a few days of exercise.

CHOICES

The leading causes of preventable deaths in the U.S. are:

1. Smoking.
2. Poor exercise and eating habits.
3. Excess alcohol use. (More than an average of two drinks per day or more than four drinks per occasion for men; one drink per day or more than three drinks per occasion for women.)

The good news is that you can lower your risk by making healthier lifestyle choices.

THE TRUTH ABOUT BOTTLED & TAP WATER

There are a few things you should know about the source of your H₂O. First of all, just because it's in a bottle does not necessarily mean that the water comes directly from a natural spring or well; it may actually originate from a public water source — that's right, some bottled waters are just tap water in disguise. There are also a number of different kinds of bottled waters. Here are six of the most common types.

6 Types of Bottled Water

- ✓ **Purified water** is essentially tap water that has been purified through a distillation, deionization, or reverse-osmosis process. Purified water may also be referred to as de-mineralized water. Purified water is typically taken from metropolitan water sources, and then put through commercial filters to remove any chlorines, detritus, or other trace elements that should not be in the drinking water.
- ✓ **Well water** comes from a well that penetrates through the water table. Well water that is bottled for public consumption is regulated by the Environmental Protection Agency (EPA); however, private drinking water wells are not subject to EPA standards.
- ✓ **Spring water** is sourced from a natural spring where water flows directly from the earth's surface.
- ✓ **Mineral water** is natural water that comes from a well or spring. It contains dissolved minerals and other trace elements (at least 250 parts per million). While some people believe that mineral water has more health benefits than other types of bottled water, the FDA does not allow a producer to add additional minerals to the water or claim that it provides health benefits.
- ✓ **Sparkling water** is spring or well water that contains dissolved carbon dioxide, which makes the water naturally carbonated. Producers can replace the carbon dioxide that was lost during processing but cannot add more carbonation to what was naturally in the water.
- ✓ **Artesian water** is a type of well water that is derived from an aquifer — a water-bearing underground layer of rock or sand.

Bottled Versus Tap

In general, safety standards for bottled water and tap water are the same with a few exceptions. For example, because tap water may become contaminated with lead as it travels through pipes, the government limits the amount of lead in tap water to 15 parts per billion, whereas the limit is set below 5 parts per billion for bottled water. Another major difference is that tap water is often fluoridated, but most bottled waters do not contain fluoride or chlorine.



CAN'T STOP EATING?

Nearly 40% of Americans could be obese in five years, if we keep gaining weight at the current rate, say experts. The solution: Eat less and exercise more.

Percentage of the population who are 30 pounds or more over a healthy weight:

1960 – 1962	13%
1976 – 1980	15%
1988 – 1994	23%
1998 – 2000	31%
2018 (projected)	44%

(Continued)

On the other hand, recent studies have suggested that certain plastics used to bottled water may contain potentially harmful chemicals known as phthalates, including Bisphenol A (BPA). If you're concerned, you may consider purchasing water that has been bottled in glass or in BPA-free plastic.

The Bottom Line

Most people can safely (and inexpensively!) drink water straight from the tap. If you want to improve the taste of tap water, you can purchase a water-filtration pitcher, which reduces the amount of fluoride and chlorine in the tap water. And if you're looking for a convenient way to stay hydrated and protect the earth, give up the disposable plastic containers entirely and treat yourself to a reusable water bottle made of BPA-free polycarbonate or aluminum, which are both environmentally friendly.

BURSTS OF ACTIVITY REALLY CAN TRIGGER HEART ATTACKS

There may be something to those anecdotes about people suffering a heart attack during a bout of uncharacteristic physical activity - including sex.

Tufts researchers who analyzed 14 studies of the cardiac effects of "episodic physical activity" found that it was associated with a more than threefold increase in heart-attack risk and five-fold increase in the risk of sudden cardiac death. Episodic sexual activity was linked to nearly triple the risk of heart attack. But, such risks declined with regular physical activity, emphasizing the importance of staying in shape rather than being active only occasionally.

For each additional time per week a person was "habitually active" - such as a regular workout session - the relative risk of a heart attack triggered by episodic activity dropped by about 45%. Risk of sudden cardiac death similarly fell by 30% for each weekly workout. Researchers cautioned that the results should not be interpreted "as indicating a net harm of physical or sexual activity."

WHAT'S IN A NUMBER?

2 Hours. Surveys show that 93 percent of American adults spend two hours or more per day in front of some sort of screen, from televisions to computers to smartphones to e-readers. Prolonged sitting behind a screen is associated with several chronic health conditions like obesity, diabetes and heart disease.

2.5 Hours. To reap health benefits, it's recommend that adults get about 150 minutes (2.5 hours) of moderate aerobic activity (i.e., brisk walking) a week. Yet only 51 percent of adults meet this requirement.



You won't face this alone



FAA Medical Certification Assistance

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Our AeroMedical physicians work with you to carefully review detailed information about your medical problems as they potentially relate to health, continued employment, disability, and FAA medical certification. When necessary and with the pilot's permission, our AeroMedical staff will communicate directly with the FAA, serving as your advocate to address specific concerns. However, the advice our flight physicians provide to our members is just that. It is ultimately your decision whether to follow our AeroMedical recommendations.

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By contacting Harvey Watt, our trained AeroMedical consultants and physicians can advise you about the best way to prepare a case to present to the FAA and the most expeditious way to successfully resolve the situation. During this process, our doctor may recommend separate diagnostic evaluations by an outside physician. When the pilot is referred to an outside physician, AeroMedical members typically recommend a specialist who is well acquainted with aviation medicine principles. In addition, the office carefully analyzes all available data to ensure that appeal cases are properly and completely documented.

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