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Health for Pilots: A Complete Guide to FAA Medical Certification and Self-Care

Paul M. Gahlinger MD PhD

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For each of the 650,000 pilots and air traffic controllers in the United States who must pass regular FAA medical exams, this reference explains every detail of the examination-how to prepare for it, why it is required, and how to attain certification in spite of disability or illness. Far more than merely a guide to passing the test, this resource includes chapters providing advice on subjects ranging from altitude hypoxia to avoiding jet lag, from airline drug screening programs to flying after scuba diving. Interspersed throughout the text are pertinent historical and contemporary examples-from the Red Baron to the September 11 terrorists-to highlight a broad scope of problems. With humor and insight, this book deftly blends care for the pilot with care for the aircraft.

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