

“Dedicated to keeping pilots healthy and flying safely”

Aviation Medical Services of Alaska

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FAA Specifications for Pre-Diabetes

Please Provide a Current Status Report (Clinical Summary)

This report is necessary for the FAA to determine eligibility for individuals with “Pre-diabetes” for which either NO medications are used, or metformin ONLY. Other names for this include Metabolic Syndrome, Impaired Fasting Glucose, Insulin Resistance, or Glucose Elevation/Intolerance.

This report should include information outlined below, along with any separate additional testing as you deem necessary. Copies of any referenced laboratory, EKG, or imaging reports must be provided. At minimum, this report must include:

- the condition is stable on current regimen and no changes recommended
- statement as to medication(s) used, dosage, presence or absence of side-effects
- specific mention of any hypoglycemic events (symptoms of glucose less than or equal to 70 mg/dl) within the past 12 months
- fasting blood sugar (less than 126 mg/dl within the last 90 days)
- current hemoglobin A1C (within the last 90 days and less than or equal to 6.5 mg/dl)
- Oral glucose tolerance test, if performed is less than 200mg/dl at one hour

Please do not hesitate to contact our office if you have any questions regarding this request.

Thank you.