

# OBESITY

**BMI ≥ 35**

INITIAL Applicants      For certificate holders

Issue TML 3 months      See Note 1

- Required assessment**
- Medical history & lifestyle
  - Lipid profile
  - Urine analysis
  - Spirometry (Lung function screening by AME)
  - Diabetes screening (HbA1c blood test)
  - Blood pressure
  - Resting ECG
  - Sleep apnea evaluation
    - Epworth score
    - Apnea Hypoxia Index (AHI)
  - CVD risk score

All test results normal

**Evaluate candidate according to:**

**1. AMC5 MED.C.025 METABOLIC AND ENDOCRINE SYSTEMS**  
 (a) Cabin crew members should not possess any functional or structural metabolic, nutritional or endocrine disorder which is likely to interfere with the safe exercise of their duties and responsibilities.  
 (b) Cabin crew members with metabolic, nutritional or endocrine dysfunction may be assessed as fit, subject to demonstrated stability of the condition and satisfactory aero-medical evaluation.

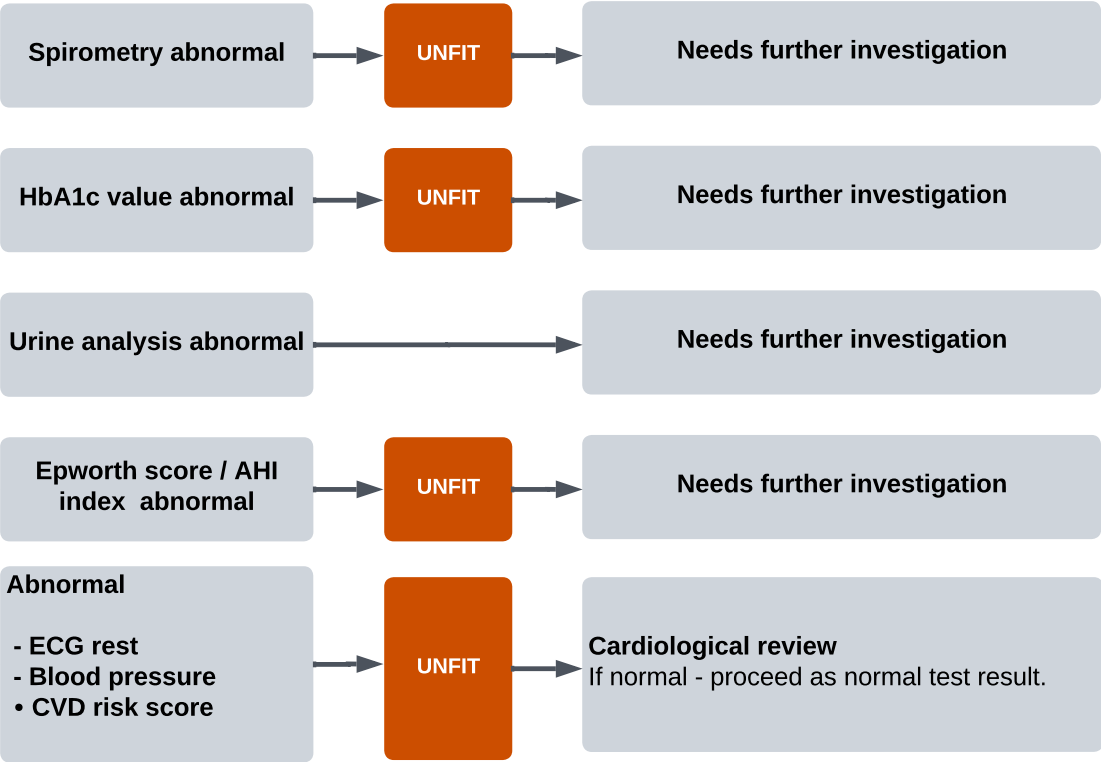
**2. AMC10 MED.C.025 MUSCULOSKELETAL SYSTEM**  
 (b) Cabin crew members should have satisfactory functional use of the musculoskeletal system. Particular attention should be paid to emergency procedures and evacuation, and related training.

Satisfactory evaluation

**FIT**

BMI assesment at all periodic examinations until BMI < 35

If BMI increase by 2.5 points repeat all tests



**NOTES**

(1) If BMI < 35 after TML period, no need for further unless clinically indicated. If BMI ≥ 35 at next revalidation/renewal applicant must complete full examination.

(2) AME to evaluate need for Medical Flight Test (MFT). Can pilot exercise safe handling and fitness to operate all aircraft controls/evacuation procedures. MFT should performed by: Class 1 by TRE, SFE or FE(A) ,FE(H) /Class 2 by FE(A) ,FE(H) **USE DEDICATED FORM fro MTF.**

(3) Only class 1/2/3

**PROVIDE DOCUMENTATION FOR ALL STEPS**