INDEX

1.0 AVIATION PHYSICAL STANDARDS
1.1 Introduction
1.2 General Requirements
1.3 Purpose of this Guide
1.4 Classes of Aviation Personnel
1.5 Class I Standards
1.6 Student Naval Aviator Applicant (SNA) Standards
1.7 Designated Naval Flight Officer (NFO) Standards
1.8 Applicant Student Naval Flight Officer Standards
1.9 Designated Standards for:
   - Naval Flight Surgeon
   - Naval Aeromedical Physician Assistant
   - Naval Aerospace Physiologist
   - Naval Aerospace Experimental Psychologist
   - Naval Aerospace Optometrist
1.10 Applicant Standards for:
   - Naval Flight Surgeon
   - Naval Aeromedical Physician Assistant
   - Naval Aerospace Physiologist
   - Naval Aerospace Experimental Psychologist
   - Naval Aerospace Optometrist
1.11 Designated and Applicant Naval Aircrew (Fixed-Wing) Standards
1.12 Designated and Applicant Naval Aircrew (Rotary-Wing) Standards
1.13 Designated and Applicant Aerospace Physiology Technician Standards
1.14 Class III Personnel Non-disqualifying Conditions
1.15 Designated and Applicant Air Traffic Controller Standards
   - Military and Department of the Navy Civilians
1.16 Critical Flight Deck Operators Standards
   - Director, Spotter, Checker
   - Non-Pilot Landing Safety Operator
   - Helicopter Control Officer
   - Other Personnel Designated by the Unit Commander
1.17 Non-Critical Flight Deck Personnel Standards
1.18 Personnel who Maintain Aviator Night Vision Systems Standards
1.19 Selected Passengers, Project Specialists, Other Personnel
1.20 Naval Aviation Water Survival Training Instructors (NAWSTI) and Rescue Swimmer School Training Programs Standards
1.21 Class IV Personnel: Applicant Active Duty and DON/DOD-GS Unmanned Aircraft Systems (UAS) Operator Standards [Air Vehicle Operators (AVO), Sensor Operators (SO), Mission Payload Operators (MPO) and Unmanned Aircraft Systems Commanders (UAC)]
1.22 Applicant Checklist
1.23 Designated Checklist

2.0 WAIVERS FOR PHYSICAL STANDARDS
2.1 Introduction
2.2 General Requirements
2.3 Granting Authority
2.4 Requesting Authority
2.5 Routing of Waiver Requests
2.6 Waiver Submission Requirements
2.7 Waiver Continuation
2.8 Aeromedical Clearance
3.0 CARDIOLOGY
3.1 Aortic Insufficiency
3.2 Aortic Stenosis
3.3 Mitral Regurgitation
3.4 Mitral Stenosis
3.5 Mitral Valve Prolapse
3.6 Valvular Conditions (Other)
3.7 Arrhythmias (PAC/PVC/Other)
3.8 Atrial Fibrillation (AFIB)
3.9 Atrial Flutter (AF)
3.10 Atrial Septal Defects (ASD)/Patent Foramen Ovale
3.11 Atrioventricular Conduction Disturbances
3.12 Coronary Artery Disease (CAD)
3.13 Hyperlipidemia
3.14 Hypertension
3.15 Hypertrophic Cardiomyopathy
3.16 Intraventricular Conduction Abnormalities
3.17 Left Ventricular Hypertrophy
3.18 Pericarditis
3.19 Pre-Excitation Syndromes
3.20 Sinus Bradycardia
3.21 Sinus Tachycardia
3.22 Supraventricular Tachycardia
3.23 Thrombophilia/Venous Thrombosis/Pulmonary Embolism
3.24 Ventricular Tachycardia
3.25 Raynaud’s Phenomenon
3.26 Prolonged QT Interval and Long QT Syndrome

4.0 DERMATOLOGY
4.1 Acne
4.2 Dermatitis
4.3 Dermatophytosis of the Nail
4.4 Psoriasis

5.0 ENDOCRINOLOGY
5.1 Diabetes Mellitus
5.1.1 Dysglycemia
5.2 Gout
5.3 Hyperthyroidism
5.4 Hypothyroidism
5.5 Male Hypogonadism
5.6 Pituitary Tumors

6.0 EAR NOSE AND THROAT
6.1 Allergic/Vasomotor Rhinitis
   Allergic Rhinitis Worksheet
6.2 Chronic Sinusitis, Sinus Surgery
6.3 Nasal/Sinus Polyps
6.4 Disorders of the Salivary Glands
6.5 Hearing Loss/Stapedectomy (or Stapedotomy)
6.6 Meniere’s Disease/Vertigo
6.7 Cholesteatoma
6.8 Vestibular Schwannoma/Acoustic Neuroma
6.9 Oval/Round Window Fistula
6.10 Surgical Procedures that do not require a Waiver

7.0 GASTROENTEROLOGY
7.1 Eosinophilic Esophagitis (EoE)/PPI-Responsive Esophageal Eosinophilia (PPI- Ree)
7.2 Crohn’s Disease
7.3 Diverticular Disease (Diverticulitis)
7.4 Cholelithiasis and Cholecystitis
7.5 Gastritis, Duodenitis
7.6 Gilbert’s Syndrome
7.7 Viral Hepatitis
7.8 Irritable Bowel Syndrome
7.9 Peptic Ulcer Disease
7.10 Gastroesophageal Reflux Disease (GERD) & Hiatal Hernia
7.11 Ulcerative Colitis

8.0 HEMATOLOGY
8.1 Anemia
8.2 Hemochromatosis
8.3 Sickle Cell Disease/Trait
8.4 Splenectomy
8.5 Thalassemias

9.0 MALIGNANCIES
9.1 General Information
9.2 Bladder Cancer
9.3 Breast Cancer
9.4 Cervical Cancer
9.5 Colorectal Carcinoma
9.6 Other Gastrointestinal Tumors
9.7 Hodgkin’s Disease
9.8 Kidney Tumors
9.9 Laryngeal Cancer
9.10 Leukemia
9.11 Lung Cancer
9.12 Malignant Melanoma
9.13 Neurological Tumors
9.14 Non-Hodgkins Lymphoma
9.15 Oral Cavity Cancer
9.16 Ovarian Tumors
9.17 Pituitary Tumors
9.18 Plasma Cell Dyscrasias
9.19 Prostate Cancer
9.20 Skin Cancer (Non-Melanoma)
9.21 Testicular Tumors
9.22 Thyroid Carcinoma
9.23 Uterine Cancer

10.0 NEUROLOGY
10.1 Cranial Neuralgia
10.2 Decompression Sickness
10.3 Epilepsy/Seizure
10.4 Guillain-Barre Syndrome (Acute Inflammatory Demyelinating Polyneuropathy – AIDP)
10.5 Headaches and Migraine (including Headache Algorithm)
10.6 Multiple Sclerosis
10.7 Peripheral Neuropathy
10.8 Subarachnoid Hemorrhage (SAH)
10.9 Syncope
10.10 Sleep Disorders
10.11 Obstructive Sleep Apnea
10.12 Transient Ischemic Attack (TIA)
10.13 Traumatic Brain Injury – Minor
10.14 Traumatic Brain Injury – Mild
10.15 Traumatic Brain Injury – Moderate
10.16 Traumatic Brain Injury – Severe
10.17 Traumatic Brain Injury – Permanently Disqualified
10.18 Summary: Aeromedical Disposition of Traumatic Brain Injuries

11.0 OBSTETRICS AND GYNECOLOGY
11.1 Chronic Pelvic Pain
11.2 Dysplasia (Revised June 2014)
11.3 Endometriosis
11.4 Hormonal Replacement Therapy and Contraception
11.5 Pelvic Inflammatory Disease
11.6 Pregnancy

12.0 OPHTHALMOLOGY
12.1 Cataract
12.2 Color Vision Abnormalities
12.3 Decreased Visual Acuity
12.4 Defective Depth Perception
12.5 History of Strabismus Surgery
12.6 Excessive Phorias
12.7 Retinal Detachment
12.8 Glaucoma and Ocular Hypertension
12.9 Keratoconus
12.10 Optic Disc Drusen
12.11 Retinal Vascular Occlusion
12.12 Uveitis
12.13 Pterygium
12.14 Ocular Motility Worksheet
12.15 Corneal Refractive Surgery (PRK/LASIK)
12.15A LASIK in Designated Aviators Study
12.15B LASIK in Student Aviators Study
12.16 Naval Aviation Contact Lens Policy
12.17 Allergic Conjunctivitis
12.18 Central Serous Retinopathy
12.19 Pigment Dispersion Syndrome
12.20 Peripheral Retinal Degeneration and Retinal Hole

13.0 ORTHOPEDICS
13.1 Abnormal Spinal Curvature
13.2 Ankylosing Spondylitis
13.3 Chronic Backache
13.4 Intervertebral Disc Disease
13.5.1 Knees: Ligament
13.5.2 Knees: Meniscal Injuries
13.6 Orthopedic Hardware, Retained
13.7 Shoulder Dislocation
13.8 Spinal Fractures
13.9 Spondylolysis
13.10 Spondyloisthesis

14.0 PSYCHIATRY
14.1 Neurodevelopmental Disorders (e.g., Specific Learning Disorder, Attention Deficit/Hyperactivity Disorder)
14.2 Schizophrenia Spectrum and Other Psychotic Disorders
14.3 Bipolar and Related Disorders
14.4 Depressive Disorders
14.5 Anxiety Disorders
14.6 Obsessive-Compulsive Disorder and Related Disorders
14.7 Trauma- and Stressor-Related Disorders
14.8 Somatic Symptom and Related Disorders
14.9 Feeding and Eating Disorders
14.10 Sleep/Wake Disorders
14.11 Sexual Dysfunctions and Paraphilias
14.12 Disruptive, Impulse-Control, and Conduct Disorders
14.13 Substance-Related and Addictive Disorders
14.14 Personality Disorders
14.15 Other Conditions That May Be a Focus of Clinical Attention

15.0 RESPIRATORY
15.1 Asthma
15.2 Chronic Obstructive Pulmonary Disease
15.3 Pneumothorax
15.4 Sarcoidosis

16.0 UROLOGY
16.1 Congenital Abnormalities of the Kidneys
16.2 Hematuria
16.3 Prostatitis
16.4 Benign Prostatic Hypertrophy
16.5 Reiter’s Disease
16.6 Renal Stones
16.7 Proteinuria

17.0 MISCELLANEOUS CONDITIONS
17.1 Allergic Reactions to Insects
17.2 Breast Implants and Surgery
17.3 Heat Exhaustion/Stroke
17.3A Rhabdomyolysis
17.4 Human Immunodeficiency Virus (HIV) Infection
17.4.1 Truvada® Pre-exposure Prophylaxis (PREP) to Prevent HIV Infection
17.5 Lyme Disease
17.6 Motion Sickness/Air Sickness
17.7 Bone Marrow Donation
17.8 Malaria
17.9 Urticaria, Angioedema & Anaphylaxis
17.10 Reactive Arthritis, Conjunctivitis, Urethritis
18.0 MEDICATIONS
18.1 NATOPS on Medication
18.2 Anti-Microbial
   Anti-Bacitracins
   Anti-malarials
   Fluoroquinolones
   Macrolides
   Penicillins
   Sulfonamides
   Tetracyclines
   Anti Fungal medications
   Grisofulvin
   Itraconazole (Sporanox)
   Terbinafine (Lamisil)
18.3 Anti-Viral Medications
   Acyclovir, Valacyclovir
   Oseltamivir (Tamiflu),
   Zanamivir (Relenza)
18.4 Anti-Hyperlipidemics
   Ezetemibia (zetia)
   Fibric Acids
     Fenofibrate (tricor); Gemfibrozil (lupid)
   Niacin
   Resins
     Cholestyramine
   Statins
     Pravastatin
     Simvastatin
     Lovastatin
     Atorvastatin
18.5 Immunizations
   Vaccine Adverse Event Reporting System (VAERS)
   Anthrax, Cholera, Diphtheria-tetanus, Hepatitis A/B
   Influenza (injectable, Flumist)
   Japanese Encephalitis, Measles/Mumps/Rubella (MMR)
   Meningococcal, Plague, Pneumovax (PPV23)
   Polio, Small Pox, Typhoid/Oral Typhoid
   Yellow Fever
18.6 Miscellaneous Medications
   Allopurinol
   Antihistamine (Sedating, Non-Sedating)
   Clomiphene
<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Contraceptives</td>
</tr>
<tr>
<td></td>
<td>Decongestants</td>
</tr>
<tr>
<td></td>
<td>Finesteride</td>
</tr>
<tr>
<td></td>
<td>H2 Blockers</td>
</tr>
<tr>
<td></td>
<td>Inhaled Steroids</td>
</tr>
<tr>
<td></td>
<td>Isoretinoin</td>
</tr>
<tr>
<td></td>
<td>Levothyroxine</td>
</tr>
<tr>
<td></td>
<td>Lindane</td>
</tr>
<tr>
<td></td>
<td>Mesalamine</td>
</tr>
<tr>
<td></td>
<td>Minoxidil</td>
</tr>
<tr>
<td></td>
<td>Nedocromil</td>
</tr>
<tr>
<td></td>
<td>Nasal Steroids</td>
</tr>
<tr>
<td></td>
<td>Nicorette Gum, Nicotine Transdermal System</td>
</tr>
<tr>
<td></td>
<td>Non-Steroidal Anti-Inflammatory Drugs</td>
</tr>
<tr>
<td></td>
<td>Phosphodiesterase Inhibitors</td>
</tr>
<tr>
<td></td>
<td>Probenicid</td>
</tr>
<tr>
<td></td>
<td>Proton Pump Inhibitors</td>
</tr>
<tr>
<td></td>
<td>Sucralfate</td>
</tr>
<tr>
<td></td>
<td>Sulfasalazine</td>
</tr>
<tr>
<td></td>
<td>Tamoxifen</td>
</tr>
<tr>
<td></td>
<td>Topical Compounds</td>
</tr>
</tbody>
</table>

19.0 NUTRITIONAL AND ERGOGENIC SUPPLEMENTS

19.1 Aircrew Guidance and Policy
19.2 General Dietary Supplementation Guidelines
19.3 Flight Surgeon, Aviation Medical Examiner and Aeromedical Physician Assistant Responsibilities
19.4 Dietary Supplement Policy
19.5 Class C Supplement List by Effect
19.6 General Guidance for newly Developed Dietary Substances
19.7 Additional Resources
19.8 Printed Resources