

# Hypertension

RE: FAA MEDICAL -Class 1, 2 and 3

## **Initial report to the FAA**

1. Please provide a current status letter from the treating physician to include: an assessment of risk factors for coronary heart disease, a clinical examination that includes 3 recent BP readings, a summary of BP readings, a summary of BP medications used with dosages, a statement regarding any side effects, or end organ damage (such as renal, ophthalmological or cerebrovascular).
2. An EKG done and interpreted within the last 3 months.
3. Lab reports within the last 90 days of blood sugar, lipid profile, potassium and creatinine levels.

## **If hypertension was previously reported on a prior exam**

1. Please provide a current status letter from the treating physician dated within the last 90 days to include 3 BP readings, a list of the medications with dosages, any side effects from the medication and any evidence of end organ damage.
2. If a diuretic is used a current, within the last 90 days, Potassium.

## **Elevated Blood Pressure during F.A.A. Exam**

If your blood pressure is greater than 155/95 please have your blood pressure checked in your doctor's office on three consecutive days, morning and evening. If the blood pressure averages less than 155/95 these blood pressures can be used in place of the reading taken in the A.M.E.'s office. You should consider having elevated blood pressure treated. The F.A.A. allows most commonly prescribed blood pressure medications and treatment should lower your risk of cardiovascular and related events.

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