



AVIATION MEDICAL BULLETIN™

PUBLISHED BY HARVEY WATT & COMPANY BECAUSE HEALTH AND FITNESS MATTER TO AVIATORS

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WOMEN PILOTS TAKE NOTE

Heart disease is the leading cause of morbidity and mortality in the United States, accounting for 50 percent of deaths each year. This amounts to about 1.5 million heart attacks, of which over 500,000 are fatal.

Cardiovascular disease is a disease of lifestyle, and therefore largely preventable. In the past 15 years, deaths from heart attacks have been reduced 5 percent and death from strokes by 50 percent. These dramatic decreases have been attributed to exercising (the fitness movement), reduced fat in our diets, control of hypertension, and decreased smoking. Our stressful, almost-mad lifestyle, unfortunately, has not changed much.

Women pilots and pilots' wives, take note: Women have been getting short shrift from cardiovascular diagnosis and prevention programs for many years. Medical research into heart attacks has been mostly directed at men. *We all know that men are at greater risk for coronary heart disease than women, right?*

Not so. After the protective effects of estrogen drop after menopause, women are just as likely as men to have heart attacks. The American Heart Association has stressed that heart disease is an equal-opportunity killer. But, studies at emergency departments have shown that women with chest discomfort were nowhere as likely as men to get a thorough workup for heart attack.

Also, cholesterol-lowering programs are largely neglected in women, although high cholesterol is just as big a danger, maybe more, for women. They get a fraction of the bypass surgery and angioplasties compared with men.

Source: Just for the Health of Pilots, FAA

10 MINUTES

Got a craving for a snack? *Prevention* magazine says if you can wait ten minutes before giving in, the craving is likely to go away by itself.

EVERYDAY HEALTH TIP

Reducing Stress is easier said than done. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie; get a massage, a facial or a haircut.

Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible.

Thought for the day: When seeing red, think pink clouds....then float on them.

Source: Navy Wellness Newsletter

FIX YOUR WORST DIET HABITS

Bad Habit: Eating When You're Not Hungry Snacking even though you are full makes the pounds add up.

The Fix The next time you're about to pop something into your mouth, assess your hunger level. If you're not truly hungry, don't eat. If you're a little hungry, allow yourself to get a bit hungrier. When you do sit down to eat, adhere to the Japanese saying hara hachi bu, which means "eat until you are 80% full." Chances are that in 15 to 20 minutes, you'll be perfectly satisfied.

Source: Prevention

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FINE PRINT: WHAT'S REALLY IN A LOT OF 'HEALTHY' FOODS

Many Americans assume they are on a healthy diet these days. But it's easy to be fooled.

Take chicken. The average American eats about 90 pounds of it a year, more than twice as much as in the 1970s, part of the switch to lower-fat, lower-cholesterol meat proteins. But roughly one-third of the fresh chicken sold in the U.S. is "plumped" with water, salt and sometimes a seaweed extract called carrageenan that helps it retain the added water.

The U.S. Department of Agriculture says chicken processed this way can still be labeled "all natural" or "100% natural" because those are all natural ingredients, even though they aren't naturally found in chicken.

Producers must mention the added ingredients on the package -- but the lettering can be small: just one-third the size of the largest letter in the product's name. If you're trying to watch your sodium to cut your risk of high blood pressure, heart attack and stroke, it pays to check the Nutrition Facts label.

Untreated chicken has about 45 to 60 mgs of sodium per four-ounce serving. So-called enhanced or "plumped" chicken has between 200 and 400 mgs of sodium per serving, almost as much as a serving of fast-food french fries.

Adding salt water became widespread when big discount stores began selling groceries and wanted to sell chicken at uniform weights and prices. Plumping packaged chicken helps even out the weight. But that means consumers are paying for added salt water at chicken prices -- an estimated \$2 billion worth every year, according to the Truthful Labeling Coalition, a group of chicken producers that don't enhance their products.

Source: Wall Street Journal

SHOW ME YOUR MUSCLES

Little children like for older folks to say to them: "Show me your muscles." Then the older folks usually admonish them to exercise so those muscles will get even bigger.

Things are different nowadays. Now the older folks are being told: "Show me your muscles." Muscles, it turns out, are older folks' key to staying active as they get older.

By adolescence, all of us have all the muscle cells we will ever have. Exercise makes them grow larger and stronger. Lack of exercise, on the other hand, allows them to grow smaller and weaker. But now scientists say they retain forever, the capacity to respond to exercise.

According to scientists at Tufts University's USDA Human Nutrition Research Center on Aging in Boston, major declines in muscle size and strength are not a natural result of aging; they are the result of inactivity. As we age, we tend to become more sedentary, and as a

result, we grow progressively weaker. But it doesn't have to be that way.

In a recent study, men and women as old as ninety-six started working out with weights. By the end of two months, the participants had increased thigh muscle strength by an average of 74 percent, and muscle mass by 9 percent. Two persons who had previously needed canes to walk no longer needed them after the two months.

"Our muscles have the ability to grow and get stronger from birth until we die," says Tufts scientist Mim Nelson, PhD. In fact, Dr. Nelson believes that we can keep as much as 94 percent of our muscle mass well into old age.

What kind of exercise does she recommend? Weight bearing exercises, such as walking, and using light weight dumbbells for strength training.

Source: How to Protect Your Body from Time

HEART DISEASE COST

Heart disease predicted to cost \$503 billion in 2010. An American Heart Association study found that cardiovascular disease and stroke will cost the U.S. about \$503.2 billion in 2010, an increase of nearly 6 percent since 2009, which includes health care costs and lost productivity due to death and disease. Obesity, little exercise and poor diet are behind the anticipated increase.

Source: Circulation

YOU CAN LEARN TO BE OPTIMISTIC

Each morning, identify your upcoming activities and events. Anticipate the steps you'll take to make them go well.

Every night at bedtime, write down three things that happened during the day that went really well. They can be small or big things, like my kids really behaved well today, my boss praised my work, or I got a hug.

Next to each event, write down the reason why you think each thing happened. Maybe your children were better behaved because they went to bed earlier the night before. You got praise from your boss because you just completed a successful project.

Doing these exercises every morning and night will help you focus on the good things in your life. You'll end each day on a positive note, and over time your optimism will increase.

In addition to making yourself happier and benefiting the people around you, optimism can give you added health benefits. Research has shown that optimistic people have stronger immune systems, are less prone to cancer, and live longer after a heart attack.

Source: Living SMART: 5 Essential Skills to Change Your Health

READ THE MENU

Menu labeling leads to eating less. A study from the Rudd Center for Food Policy and Obesity in New Haven, Connecticut, that included 303 adults, found that calorie labels on restaurant menus (including daily calorie requirement information for adults) impacted food choices and intake. Availability of calorie labels resulted in the consumption of 250 fewer calories at a meal.

Source: American Journal of Public Health

THE REALITY ABOUT TV

Health experts recommend that parents stand their ground when it comes to keeping television out of teen's bedrooms.

Teens with a television in their bedroom watch four to five more hours a week compared to teens without. They also have poorer diet, exercise, and study habits, as well as lower grades, than those with no television in the bedroom.

Source: University of Michigan School of Public Health; Pediatrics

FOOD ALLERGIES

The top eight allergy-causing foods are: milk, eggs, peanuts, wheat, tree nuts (almonds, walnuts, pistachios, pecans, macadamias, hazelnuts), soybeans, fish, and shellfish.

Allergic reactions can range from hives and intense itching to the rare but life-threatening anaphylaxis. If you know you or your child is severely allergic to any food, ask your doctor to prescribe an epinephrine injection (EpiPen) that you can carry with you.

Source: American Academy of Allergy, Asthma and Immunology

WHAT YOU NEED TO KNOW ABOUT THE NEW ACTIVITY GUIDELINES

In addition to regular activity that gets your heart pumping, the minimum exercise recommendations for healthy adults (age 18-64) now include strength training for all major muscle groups.

Moderate to Brisk Activity: 2 ½ hours a week OR you're working hard enough to break a sweat but can still carry on a conversation.

Intense Aerobic Activity: 1 ¼ hours a week PLUS jogging, running, swimming

Strength Training: Two days a week. Do 8 to 10 different exercises, 8 to 10 repetitions of each.

To help you meet your goals:

- ◆ Aim for aerobic sessions of at least 10 minutes at a time.
- ◆ You can choose between moderate or intense cardiovascular activity or do a combination of both. Walk 30 minutes on two days of the week and then jog at a faster pace two days.
- ◆ To lose weight or maintain weight loss, 60 to 90 minutes per day of moderate activity may be necessary.

Source: U.S. Department of Health and Human Services; American College of Sports Medicine; American Heart Association

GOT MILK? AMERICANS SWITCHING TO SUGARY DRINKS

Remember when the standard beverage at mealtime was milk? That "Father Knows Best" image is as dated as black-and-white TV, according to a study of beverage consumption over more than a quarter-century.

The look at four national food-intake surveys found a steady decline in milk consumption, with only a partial shift towards reduced-fat milk. Children ages 2 to 18 are averaging 91 fewer calories daily from milk than in 1977-78.

What are Americans drinking instead? Sugar-sweetened beverages, going from 87 to 154 calories a day for kids and more than doubling for adults, from 64 to 142 daily calories. Juice consumption is also up for children, adding 21 calories a day. And adults are downing more alcohol, going from 45 to 155 boozy calories daily.

Researchers warned, that the consumer shift toward increased levels of sugar-sweetened beverages and alcohol, limited amounts of reduced-fat milk along with a continued consumption of whole milk, and increased juice intake represent issues to address from a public health perspective.

Also of potential concern is an overall decrease in beverage intake after age 60, when the body's natural ability to signal thirst and possible dehydration is weaker.

Source: Physiology and Behavior

GULP! SOME FACTS ABOUT BOTTLED WATER

Athletes and exercisers make up a large group of consumers who buy bottled water. The Georgia Tech's Sports Medicine and Performance newsletter addresses a few of the facts about bottled water and tap water:

- Any product sold as bottled water for human consumption has to meet state and federal standards and has to be sealed in a sanitary container.
- FDA rules exempt bottled waters that are packaged and sold within the same state.
- 60-70 percent of bottled water is packaged and sold

within the same state.

- Approximately 20 percent of these states do not regulate bottled water.
- Almost 25 percent of all bottled water is simply tap water that has been processed and bottled.
- In 1996, about 10 percent of community tap water systems in the United States did not meet EPA treatment or contamination standards.

In spite of those statistics, bottled water and tap water (in major communities) are both relatively safe, according to sports nutritionist Chris Rosenbloom. “About 85 percent of bottled water produced and distributed in the United States is represented by the International Bottled Water Association, which helps producers and distributors meet mandated guidelines.

“However, some of the things we do with our bottles of water may not be so safe. Run your sports bottle through the dishwasher on a regular basis. Also, most bottled water is not fluorinated, and dentists have been noticing an increase in cavities in children who drink only bottled water.”

9 WAYS TO LIVE LONGER

Making just a few changes in your lifestyle can help you live longer.

A recent study found that four bad behaviors—smoking, drinking too much alcohol, not exercising, and not eating enough fruits and veggies—can hustle you into an early grave, and, in effect, age you by as many as 12 years.

Fortunately, you can do something to correct these and other unhealthy behaviors. Adopt the following nine habits to keep your body looking and feeling young.

Don't overeat

If you want to live to 100, leaving a little bit of food on your plate may be a good idea. Author Dan Buettner, who studies longevity around the world, found that the oldest Japanese people stop eating when they are feeling only about 80% full.

Get busy

Having satisfying sex two to three times per week can add as many as three years to your life. Getting busy can burn an impressive amount of calories—sometimes as much as running for 30 minutes. (Which would you rather do?). Regular sex may also lower your blood pressure, improve your sleep, boost your immunity, and protect your heart.

Turn off the TV

Too much time in front of the boob tube can take a serious toll on your health. In fact, a recent study found that people who watched four or more hours a day were 46% more likely to die from any cause than people who watched less than two hours a day.

Even cutting back a little can help; each additional hour you watch increases your overall risk of dying by 11% and dying from heart disease by 18%.

Stay out of the sun

Avoiding too much sun can head off skin cancer, and it can also keep you looking young by preventing wrinkles, fine lines, and saggy skin.

It's never too early—or too late—to add sunscreen to your daily skin-care regimen (look for an SPF of 30 or higher). And don't focus only on your face. Sun damage spots and splotches on your chest and neck will also make you appear older.

Reach out

Research shows that you're at greater risk of heart disease without a strong network of friends and family. Loneliness can cause inflammation, and in otherwise healthy people it can be just as dangerous as having high cholesterol or even smoking.

Drink in moderation

Women who have two or more drinks a day and men who have three or more may run into detrimental effects ranging from weight gain to relationship problems. But in smaller quantities, alcohol can actually be good for you.

A 2010 study in the *Journal of the American College of Cardiology* linked light drinking (defined as one drink a day for women and two for men) to significant heart benefits.

Eat fruits and vegetables

Getting fewer than three servings of fruits and vegetables a day can eat away at your health. Nutritional powerhouses filled with fiber and vitamins, fruits and veggies can lower your risk of heart disease by 76% and may even play a role in decreasing your risk of breast cancer.

As an added bonus, the inflammation-fighting and circulation-boosting powers of the antioxidants in fruits and veggies can banish wrinkles.

Focus on fitness

Daily exercise may be the closest thing we have to a fountain of youth. One study found that regular high-intensity exercise (such as running) can add up to four years to your life, which isn't surprising given the positive effects working out has on your heart, mind, and

metabolism.

Even moderate exercise—a quick, 30-minute walk each day, for example—can lower your risk of heart problems

Don’t smoke

Quitting smoking is perhaps the single most important thing you can do for your health—and your life span. A study published in the American Journal of Public Health found that women who quit smoking by age 35 add roughly six to eight years to their lives.

It’s never too late to kick the habit. Quitting can slow disease and increase survival odds even in smokers who have already caused significant damage to their lungs.

Source: Harvard Health Letter

PREVENTABLE CANCERS

A healthy lifestyle could prevent 45% of colon cancer cases and 38% of breast cancer in the U.S.

In fact, a diet based around fruits and vegetables, increased exercise, controlling weight, and not smoking would prevent more than a third of the 12 most common cancers.

“Cancer is mostly preventable,” says Michael Marmot of the World Cancer Research Fund. “By making relatively straightforward changes we could significantly decrease the number of cancer cases from around the world.”

Percentage of cancers that could be prevented through healthy diet, regular physical activity, and healthy weight:

Endometrium	70%
Esophagus	69%
Mouth, pharynx, & larynx	63%
Stomach	47%
Colon	45%
Pancreas	39%
Breast	38%
Lung	36%
Kidney	24%
Gallbladder	21%
Liver	15%
Prostate	11%

Sources: World Cancer Research Fund; American Institute of Cancer Research

NUTRITION TRAINING TIP

Alcohol can add hundreds of calories to your daily intake, which can make the difference between weight loss, maintaining your current weight, or gaining weight. A single glass of beer or wine can contain at least 100 calories. Having a few drinks 3-4 nights a week could be adding 1,000 unforeseen calories to your diet.

Alcohol also acts as an appetite stimulant, and can lead you to eat or crave foods that are not within your weight-loss plan. If you are dieting or are simply having trouble getting rid of that last little bit of fat, keep your alcohol intake to a minimum.

Source: Yahoo.com

TAKE WITH FOOD

If a prescription says “take with food,” it’s fine to take the medication immediately before, during, or soon after eating.

The amount of food in your stomach is not critical. The most important thing is just to remember to take it as directed.

There are two reasons a medication may say “take with food.” If the medication can cause stomach upset, food will help to prevent this, and some medications must be taken with food to be absorbed by your body.

Source: U.S. Food and Drug Administration

OTHER REASON TO BUCKLE UP

Buckling up reduces the likelihood of injury during an automobile crash, but there is another reason to buckle up.

A driver who is buckled up may be able to regain some control of the automobile and even avoid the crash in the first place.

Source: UC Berkeley Wellness Letter

TIRED?

Ask that question to most Americans and you’ll get “yes” as the answer. While the recommended amount of sleep is eight hours per day, the majority of us don’t get that much.

And when asked, nearly half of us say we would forfeit sleep in order to do more.

But lack of sleep takes a toll. Quality of work suffers, concentration as well as the ability to handle stress is impaired, and folks driving while tired are a hazard on the road. Here are some tips on getting more sleep from the National Sleep Foundation:

Limit caffeine. For some people caffeine can disturb sleep for as much as 12 hours after ingestion. Try avoiding any caffeine after lunch as see if it makes a difference.

Limit alcohol. A nightcap may help you fall asleep quicker, but it can impair the quality of sleep.

Watch evening consumption. Some foods can disturb sleep, and too much liquid can interrupt sleep.

Exercise, but don’t overdo it.

Go to sleep and wake up at regular times.

Source: Harvard Men’s Health Watch

TOPSY-TURVY PRIORITIES

“We have gotten to the point in medicine where it is somehow considered radical or an ordeal to ask people to stop smoking, manage stress, walk, and eat a healthful diet.

“And it is considered conservative to saw people open and bypass their arteries or slip balloons inside their arteries and squish them, or to put them on powerful drugs for the rest of their lives.”

“I think our priorities are a little topsy-turvy.”

–Dean Ornish, MD

WHY ARE WE FAT?

It’s simple! We eat more than we have ever eaten. The average American eats 360 more calories than he or she did in the late 1980s and 500 more than in the 1950s. Most of the additional calories come from refined grains, added fats and oils, and added sugar. Also, as calorie intake rose, physical activity went down.

Source: U.C. Berkeley Wellness Letter

WINE VS. BEER DRINKERS

Wine drinkers have healthier habits than beer drinkers. According to a Danish study, wine drinkers watch what they eat and are less likely to smoke. Beer drinkers, on the other hand, are more apt to be overweight and to smoke.

Wine drinkers also tend to be more educated and more well-to-do. Wine is often consumed with meals, which may be the healthiest way to drink it. When used in moderation, wine offers protection for the heart because of healthful phytochemicals.

Source: UC Berkeley Wellness Letter

ANTIBIOTIC MYTHS

How much do you know about antibiotics? Or is what you know really misconceptions? Here are six myths about these so-called “magic pills.”

Myth 1. Antibiotics kill viruses. **THEY DO NOT!** Antibiotics are useless against the common cold and flu, both of which are upper-respiratory viral infections.

Myth 2. It’s a good idea to stockpile antibiotics. If you have them on hand, you’re more likely to use them without a doctor’s advice. Self-medication with antibiotics can cause unexpected side-effects and propagate resistant bacteria which can pass to other family members. And taking antibiotics after their expiration date can cause liver and kidney damage.

Myth 3. There’s really no harm in taking antibiotics if you don’t need them. These bacteria inevitably pass to other people, creating a pool of antibiotic-resistance

bacteria. Then when someone else needs an antibiotic, the drugs may not work.

Myth 4. It’s Ok to stop taking an antibiotic when you begin to feel better. If antibiotics have been prescribed, take all of the medicine. If you don’t, surviving bacteria can reactivate the infection.

Myth 5. Antibiotic resistance is only a theoretical problem. It is real!. In 1992, less than 10% of US patients infected with *Streptococcus pneumoniae* experienced resistance to penicillin. By 1998, the number was 25%. During that same time, the bacteria’s resistance to three other types of antibiotics increased from 9% to 14%.

Myth 6. It’s easy for researchers to develop new and stronger antibiotics. When natural antibiotics were discovered in the soil in the early 1940s, scientists presumed that the earth would continue to be a rich source of these drugs. It was, but since then these antibiotics are no longer effective. Synthetics ones are time-consuming and costly to develop, especially ones that will kill drug-resistant strains.

Source: Bottom Line Health

MUSCLES BURN CALORIES

Looking for a way to control your weight? Try lifting weights. Aerobic exercises burn calories while you are exercising, and then for an hour or so afterward while body temperature is still elevated. Muscles, however, burn calories all day and all night. Muscles are like the engine in your car. The bigger the engine, the more fuel it burns.

For every pound of lean muscle you add to your body, you’ll burn an extra 30 to 50 calories per day. And you can add three to six pounds in six months of strength training.

Source: Strong Women Stay Slim, by Miriam Nelson and Sarah Wernick

PEPPERMINT TO RUN BETTER

Got stomach cramps? Getting bitten by mosquitoes? Not very productive at work? What should you do? Try a stick of peppermint. The candy has been shown to help with all three.

Now runners take note. Peppermint may help you run faster! According to research published in the *Journal of Sport and Exercise Physiology*, runners who got a whiff of peppermint before exercising, ran faster, did more pushups, and had greater grip strength than those not exposed to peppermint.

So, what’s going on here? It appears that peppermint improves one’s mood and that translates into better athletic performance. “The effect we saw,” said Bryan Raudenbush, Ph.D., lead author of the study, “was

probably psychological, but it resulted in measurable improvement in performance.”

Want to try the peppermint twist next time you compete? You can either sniff peppermint oil; or chew peppermint gum (spit it out before your run).

Source: Runner's World

WHAT MAKES ARTERIES AGE?

Arteries of young people can have the same signs of heart disease as older persons. What causes arteries to age? Smoking, obesity, high blood pressure and high blood sugar levels.

Source: Circulation

GERM PROOFING

You don't need to be obsessive about germs, but there is one simple strategy that will keep you healthier: wash your hands.

Your hands are the route most germs use to get into your body. A virus left by someone on a door knob or a keyboard or a telephone receiver can survive for up to three hours. Get them on you hands and you're likely to get them in your mouth or nose or eyes.

So the best way to get rid of them is to wash your hands thoroughly. Scrub between and around your fingers, the backs of your hands, underneath your fingernails—for at least 20 seconds. Then rinse well. Dry them with a disposable towel.

You don't need to use antibacterial soap. Ordinary soap will do quite well.

Source: Bottom Line Health

GOOD FAT; BAD FAT

Not all fat is bad for you. So, here's the story from Liz Applegate, Ph.D., author of Eat Smart Play Hard (Rodale, Inc.):

Omega-3 fat. An “essential” (meaning the body can't make its own) fat that is good for you. Because the body can't make it, you need to get it from your diet. It protects against age-related ailments, such as heart disease, certain cancers, immune disorders, and possibly multiple sclerosis and Alzheimer's.

Best sources are cold water fish (salmon, mackerel, tuna), as well as flaxseed meal and oil (used as a salad dressing, not for cooking). Canola and soybean oils contain small amounts of omega-3 fat.

Omega-6 fat. Another essential and good fat. Most Americans get plenty since it is found in corn oil, sunflower and other vegetable oils. Crucial for healthy skin and proper brain function. Too much, however, can be bad for your heart. Twenty grams or fewer a day of fat should come from vegetable oils.

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The Aviation Health Association is an organization established to benefit employees of the aviation industry. Through the *Aviation Medical Bulletin*, we publish timely information on health and fitness for pilots and others working in the aviation profession. This newsletter is not intended to provide specific medical advice. That should be obtained from your physician.

Monounsaturated fat. Not essential since the body produces its own, but it is a good fat as it lowers risk of heart disease by lowering cholesterol levels. Olive, canola, and peanut oils are high in monounsaturated fat.

Saturated fat. The “bad” fat for a number of reasons. It increases cholesterol and therefore raises heart-disease risk. Found in butter, margarine, fatty meats, full-fat dairy products and fast foods.

Trans-fat. Formed when vegetable oils are hydrogenated (or partially hydrogenated) to make them have a longer shelf-life. It turns out that trans-fats are just as bad as saturated fats. Most prepared baked goods (cookies, crackers, cakes, doughnuts, chips, etc.) contain trans-fat. New guidelines will require that manufacturers separate trans fat from other kinds of fat.

Source: HealthNews

STEAK VS. FRIES

Which is worse: the fat in a steak or the fat in fries? The fries are worse. While both foods can raise levels of LDL “bad” cholesterol, the hydrogenated oils used in preparing fries also lowers the level of HDL “good” cholesterol.

It's the trans fatty acids found in hydrogenated and partially hydrogenated oils that plays havoc with our arteries. Trans fatty acids are found in fried fast foods and in many commercially prepared baked goods (crackers, cookies, cakes, etc.)

Source: Hope Health Letter

WE HELP KEEP you flying!

Our AeroMedical Staff can get pilots back to work faster while taking the risky guesswork out of aviation medical concerns.



Very recently, we received a call from a pilot for a large Airline Union that we provide AeroMedical Assistance. He had a cardiac issue that required his case to be seen by the bimonthly FAA Cardiac Board. This pilot used his own AME to direct him in gathering documentation and submitting his case to the Board. At the time the pilot contacted our offices, his case had already been submitted by the pilot's AME and the pilot wanted us to review his documentation to make sure that there was nothing else needed. As it turned out, he was missing a very important test that the FAA requires for pilots with these cardiac conditions. By the time Harvey Watt AeroMed Dept. was brought into the loop, it was too late for the pilot's case to be seen by the Cardiac Board with the new required documentation that the pilot's AME had not known was a requirement for FAA approval. As a result, the pilot's AME charged him over \$2,000 for services his Union was already providing to the pilot as a benefit though Harvey Watt and the pilot also missed an additional 2 months of work because the FAA Cardiac Board only meets every other month. Every day our AeroMedical Staff works with numerous similar cases and get pilots back to work faster while taking the risky guesswork out of aviation medical concerns.

Our team of Senior AME's, Flight Surgeon Nurses, and AME trained medical consultants are standing by to assist should you have a quick question or a more in-depth issue that could require us to present your case to an FAA specialty board.

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