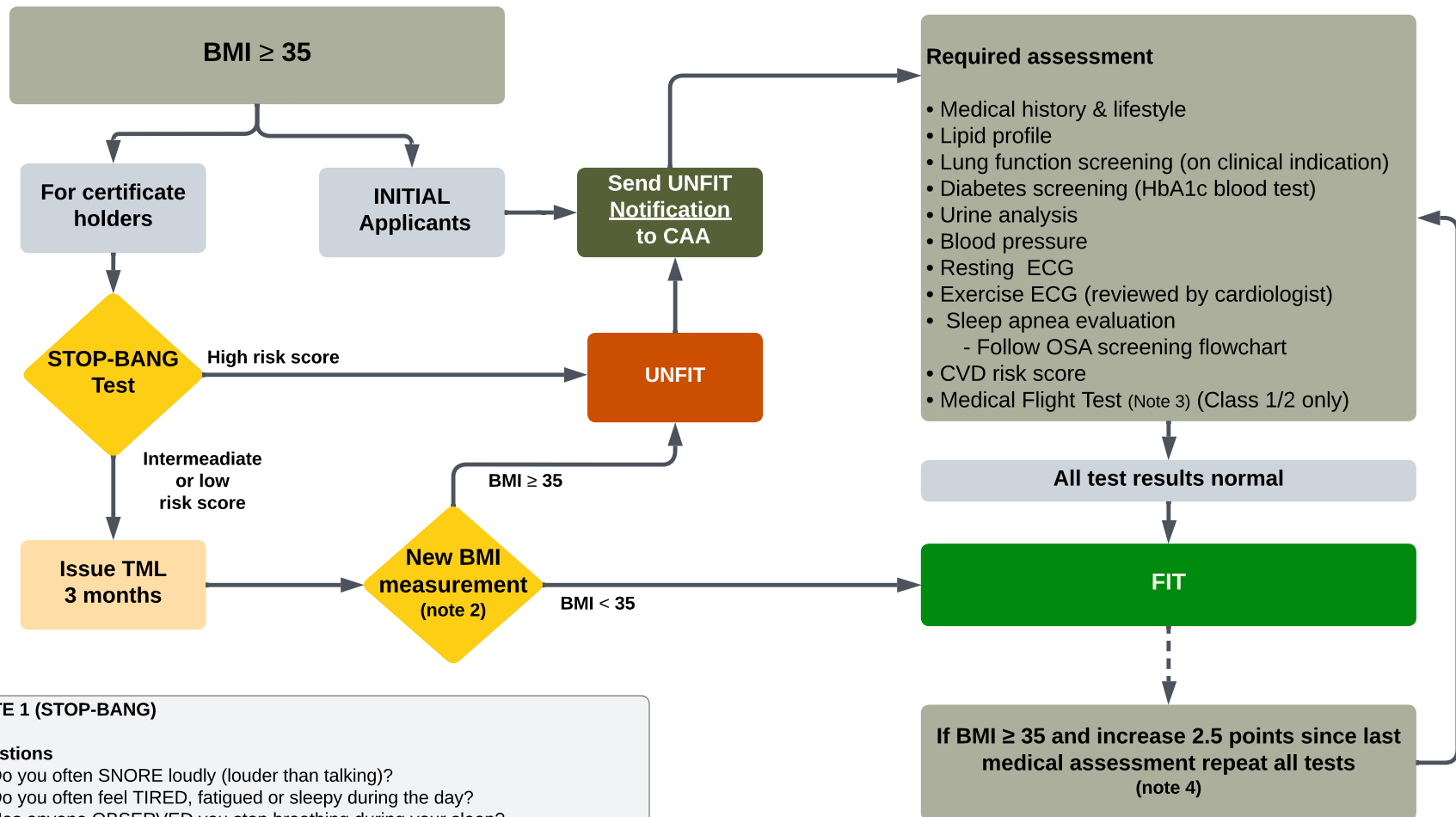


# OBESITY



## NOTE 1 (STOP-BANG)

### Questions

1. Do you often SNORE loudly (louder than talking)?
2. Do you often feel TIRED, fatigued or sleepy during the day?
3. Has anyone OBSERVED you stop breathing during your sleep?
4. Do you have high blood PRESSURE?
5. BMI more than 35 kg/m<sup>2</sup> ?
6. AGE over 50 years?
7. NECK circumference > 40 cm (> 16 inches)?
8. GENDER Male?

### Interpretation:

**OSA - Low Risk** : Yes to 0 - 2 questions

**OSA - Intermediate Risk** : Yes to 3 - 4 questions

**OSA - High Risk** : Yes to 5 - 8 questions

or Yes to 2 or more of 4 STOP questions + male gender

or Yes to 2 or more of 4 STOP questions + BMI > 35kg/m<sup>2</sup>

or Yes to 2 or more of 4 STOP questions + neck circumference 16 nches / 40cm

## NOTES

(2) 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.

(3) AME to evaluate need for Medical Flight Test (MFT). Can pilot exercise safe handling and fitness to operate all aircraft controls/evacuation procedures. **USE DEDICATED MTF FORM** .

(4) If BMI remains ≥ 35 and has risen by < 2.5 points, no repeat comprehensive examination is needed. Use the initial BMI ≥ 35 as the baseline for future comparisons.