

Pre-Diabetes Worksheet
**(Metabolic Syndrome, Impaired Fasting Glucose,
 Insulin Resistance, Glucose Elevation/Intolerance)**

The Examiner must review a current status report by the treating physician and any supporting documents to determine the applicant's eligibility for certification. If the applicant **meets ALL the acceptable certification criteria** listed below, the Examiner can issue.

AME MUST REVIEW	ACCEPTABLE CERTIFICATION CRITERIA
Treating physician finds the condition stable on current regimen and no changes recommended	<input type="checkbox"/> Yes
Symptoms associated with diabetes	<input type="checkbox"/> None
Hypoglycemic events (symptoms or glucose less than or equal to 70 mg/dl) within the past 12 months.	<input type="checkbox"/> None
Fasting blood sugar	<input type="checkbox"/> Less than 126 mg/dl
Current A1C	<input type="checkbox"/> Within last 90 days <input type="checkbox"/> Less than or equal to 6.5 mg/dL
Oral glucose tolerance test, if performed	<input type="checkbox"/> Less than 200 mg/dl at 1 hour <input type="checkbox"/> N/A
Medications for condition	<input type="checkbox"/> None <input type="checkbox"/> Metformin only (with no side effects)

AME MUST NOTE in Block 60 either of the following:

Airman meets certification criteria for pre-diabetes (Metabolic Syndrome, Impaired Fasting Glucose, Insulin Resistance, Glucose Elevation/Intolerance).

Airman had previous Special Issuance for this condition and now meets the regular issuance certification criteria for pre-diabetes (Metabolic Syndrome, Impaired Fasting Glucose, Insulin Resistance, Glucose Elevation/Intolerance).

Airman does NOT meet certification criteria for pre-diabetes (Metabolic Syndrome, Impaired Fasting Glucose, Insulin Resistance, Glucose Elevation/Intolerance). I have deferred this exam. (Mail the supporting documents to FAA identifying which criteria were not met.)