

The articles published in this newsletter are presented for informational purposes and topics of discussion and do not necessarily represent the opinions or recommendations of the Civil Aviation Medical Association.

Flight Physician



A publication of the Civil Aviation Medical Association

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SPECIAL NEWSLETTER EDITION: Annual Scientific Meeting Registration is OPEN!!

The 2023 CAMA Annual Scientific Meeting Registration is open!! The meeting takes place October 5-7, 2023, at the DoubleTree Downtown Hotel in Omaha, Nebraska. You may register using either the registration form included in this publication on Page 22, or you may use the online registration and payment module on the Annual Meeting page of the CAMA web site at www.civilavmed.org.

A copy of the meeting program is posted on Pages 17 and 18 for your perusal. The meeting is approved by the FAA for AME refresher/recertification and has been sent to the AAFP for a CME evaluation and rating. See Page 16 for a review of this year's annual meeting.

If you have not yet paid your 2023 CAMA dues, please take a few moments and either complete the dues form online (Members Lounge page of the CAMA web site) or one of those included in this publication to stay current on your CAMA dues or your corporate dues to remain a CAMA member in good standing. The dues amount remains unchanged in 2023 from that of 2022.

Copies of the May 2023 CAMA Sunday and CAMA Luncheon lectures with slides from CAMA programs during the May 2023 Aerospace Medical Association (AsMA) annual meeting are still available on the Podiumcast.com web site (www.podiumcast.com) for \$39.00. This includes every lecture and every slide used, including the keynote presentation on during the CAMA Luncheon. A copy of the order form and the program is included on Pages 3 and 4. If you were unable to attend this year's stellar program during the AsMA meeting, this is your opportunity to view these informative presentations at a very reasonable charge!

This year during the 2023 AsMA Annual Meeting May 21-25, 2023, CAMA sponsored the first John D. (Jack) Hastings Award! This award will be given out each year to a deserving medical professional selected by the AsMA Awards Committee from the nominees submitted each year. The criteria and nomination forms are on the AsMA.org web site (accessible by AsMA members only). We are very excited to be able to honor Past CAMA President Jack Hastings in this way!

See Page 5 for this year's winner and a photograph of the presentation!

CAMA Refund Policy

As of 01/01/2018, the cancellation/refund policy with regard to Annual Scientific Meeting registration fees and guest fees has been established as follows:

- 1) If a refund is requested due to cancellation of attendance **prior** to the catering guarantee date (*normally three weeks prior to the first day of the meeting – it varies by hotel, caterer, and location*), 10% of the total registration fee amount, or \$75.00, whichever is greater, will be withheld to cover bank and service processing fees.
- 2) If a refund is requested due to a cancellation of attendance **after** the catering guarantee date, the cost of the meals will be withheld from the refund, plus 10% of the total registration fee to cover bank and service processing fees.
- 3) **Dire** or **unusual** circumstances which require cancellation/refund (attendee and/or guest fees) after the guarantee date will be determined on a case by case basis (death in the immediate family, accidents, emergency surgery, etc.), but the 10% fee will be applicable in all cases.
- 4) The cutoff date for the guarantees are shown on the registration form for each year, so that there will be no misunderstandings. This year that date is September 15, 2023.

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2023 CAMA SUNDAY AND CAMA LUNCHEON PROGRAM AGENDAS

CAMA Sunday Lectures – Four hours comprised of four presentations, rated by the AAFP for four hours of CME credit.

Sunday, May 21, 2023, 8:00 AM to 12:15 PM
Sheraton Hotel New Orleans, New Orleans, Louisiana. Room number – Bayside BC

8:00 AM to 9:00 AM:

A One-Hour Presentation by Roger R. Hesselbrock, MD

Lecture Module Topic - Major Updates in FAA Certification of Neurological Conditions: New Conditions AME s can Issue (CACIs), AME Assisted Special Issuance (AASIs), and Aviation Medical Examiner (AME) Guidance

Objective: The physician should be able to understand and practice conditions an AME can issue and assist in special issuances concerning a variety of neurological conditions.

9:00 AM – 10:00 AM

A One-Hour Presentation by Judith A. Frazier, MD, MBA

Lecture Module Topic – FAA Policies and Updates - What's New and Different: Staying Current with Evolving Medical Knowledge and Practices

Objective: The physician will better understand new and different guidelines concerning evolving medical knowledge and practices for pilots. This presentation will cover a variety of medical issues of interest for the AME and family practitioner or other practicing physicians.

10:00 AM – 10:15 AM Break

10:15 AM – 11:15 AM

A One-Hour Presentation by Joyce A. Pastore, MD

Lecture Module Topic – Insulin-Treated Diabetes Mellitus; Current Therapies and Continuous Glucose Monitoring Technology Gets More Pilots Back in the Cockpit Safely:

Objective: Physicians will learn about current therapies and uses of continuous glucose monitoring technologies and devices. This information will help facilitate certification of pilots to function safely in the aircraft and cockpit.

11:15 AM – 12:15 AM

A One-Hour Presentation by Matthew M. Cooper, MD, MBA, FACS - Cardiology in the Aviation Environment – Cases, Concepts, and Conundrums

Objective: The audience will be presented cases to understand the concepts and the underlying conundrums concerning pilots with cardiovascular issues.

CAMA Luncheon and One-Hour Presentation

Monday, May 22, 2023, 12:00 Noon - 02:00 PM
Sheraton Hotel New Orleans, New Orleans, Louisiana
Room Number – Waterbury Ballroom

1:00 PM – 2:00 PM

One hour presentation by Penny M. Giovanetti, DO, MPH - Rated by the AAFP for one hour of CME credit.

Lecture Module Topic – History and Ongoing Efforts of Dealing with Mental Health Issues in Airmen

Objective: The physician attendees will learn about a variety of mental health problems facing pilots and will explore what treatment and dispositions may be necessary in order to keep the pilots functioning in a safe manner.

(Continued on Page 4)

CAMA President's Message



*David G. Schall, MD MPH FACS
CAMA President 2021-2023*

Summer Greetings! The time has flown by.

We had a wonderful meeting at the ASMA meeting in New Orleans, a great location and easily accessible meeting space. Dr. Ronan Murphy, Vice President of Education, arranged an excellent CAMA Sunday and Monday CAMA Luncheon. The Sunday program featured important updates on FAA Certification of Neurological Conditions by Dr. Roger Hesselbrock; Dr. Judith Frazier presented on the evolving Medical Knowledge and practices that have affected current FAA Policies. This was followed by Dr. Matthew Cooper who gave an outstanding presentation on "Cardiology in the Aviation Environment – Cases, Concepts and Conundrums." This is one that would be worth going to our Podiumcast.com web site (www.podiumcast.com) and downloading the talk to listen to. The morning concluded with an excellent update by Dr. Joyce Pastore Fiedler on current therapies and Continuous Glucose Monitoring (CGM) Technology that is allowing the FAA to put more insulin dependent pilots back into the cockpit safely.

The Monday luncheon featured the Manager of the FAA Medical Specialties Division, Dr. Penny Giovanetti, who shared on the "History and ongoing efforts for dealing with Mental Health issues in Airmen." It was a very instructive discussion on how far we have come and yet how far we need to go in dealing with these challenging issues and changes in therapies and updates in pharmacology. She also announced that an additional SSRI had recently been approved by the FAA for Airmen to use: Bupropion (Wellbutrin-SR). This was met with great approval by the audience.

The ASMA meeting hosted a number of forums on advances in Space Medicine and the challenges associated with commercial Space operations, as more and more of the non-astronaut applicants seek opportunities in Space. The meeting concluded with Honors Night, and we were thrilled to present our awards to very deserving recipients. Dr. Chris Flynn was awarded the Tamisiea Award for his outstanding contributions to Aviation Medicine in the field of Aviation Psychiatry (see Photo).



Dr. Susan Northrup ASMA President, Dr. Chris Flynn, Award Recipient, and Dr. David Schall, CAMA President

We were also privileged to honor the legacy of one of our former CAMA Presidents and a giant in the field of Aviation Neurology. The very first John D. Hastings Award given to recognize outstanding contributions to Aerospace Neurology and Cognitive Science was awarded to Dr. Roger Hesselbrock. (See Photo). Roger has been helping Airmen with Neurologic issues for decades, first with the United States Air Force and now with the FAA. We would also like to thank Dr. Gregory Pinnell and his company AirDocs, who generously donated a cash honorarium for the John D. Hastings Award



Dr. Susan Northrup ASMA President, Dr. Roger Hesselbrock, Award Recipient, and Dr. David Schall, CAMA President

Finally, we have an outstanding program lined up for our Fall meeting in Omaha, NE, I hope you will consider attending. Wishing you all the best for the summer and see you this October!

Aerospace Neurology Care Can Help Pilots Get Back In The Cockpit



By Alison Leston, MD, PhD, Section Head, General Neurology, University of Texas Southwestern Medical Center, June 5, 2023 Edition of UTSW MedBlog/Brain. Reprinted with permission. Photo credits UTSW.

Pilots are required to follow strict health guidelines per the FAA and must be cleared to fly again following injury or neurological symptoms.

For many pilots, flying is more than a career; it's part of their identity. Because of that, much of their life revolves around staying fit to be in the cockpit. So, when a pilot is faced with a health challenge that has the potential to ground them temporarily or permanently, it can be devastating.

The Federal Aviation Administration (FAA) has rigorous medical certification standards for pilots because they bear a heavy responsibility for personal and passenger safety. FAA rules prohibit pilots from taking medications that may cause drowsiness, and even some of the most common neurological conditions, such as migraines, concussions, or depression, can jeopardize a pilot's fitness to fly.

Navigating these requirements can be an arduous and sometimes frustrating process, which is why more pilots have started to seek out neurologists who are familiar with FAA medical fitness rules.

UT Southwestern's [Peter O'Donnell Jr. Brain Institute](#) and [Department of Neurology](#) are home to one of the only dedicated aerospace neurology programs in the U.S., and I am among a select few neurologists who regularly provide comprehensive neurologic evaluations and care for civilian pilots. We have cared for more than 300 commercial and private pilots, providing evaluations, general neurology care, and referrals to UT Southwestern specialists in a range of fields from neurosurgery to stroke rehabilitation.

I typically reserve a certain number of appointments each week just for pilots, streamlining tests and shortening their wait for a neurologic exam, so they can get the care they need to get back in the air and feel like themselves again sooner.



High demand in a bustling aviation city

Dallas-Fort Worth is one of the busiest aviation hubs in the world, with major airlines (American and Southwest) headquartered here and thousands of planes landing and taking off from DFW International Airport, the [second busiest airport in the world](#), and Dallas Love Field. In addition, DFW has a large military aircraft and helicopter industry. That confluence of commercial, corporate, military, and private aviation creates a need for pilot-specific health care.

I have several friends who are pilots, and after hearing about their medical frustrations I decided to focus my practice on making it easier for pilots to restore their neuropsychological health.

Staying up to date on the latest FAA requirements is critical to this mission, so I actively serve in aerospace neurology industry leadership roles, such as:

- Vice president of the International Aerospace Neuroscience Consortium, which holds quarterly meetings with the brightest minds in aerospace neurology, most of whom are from the FAA or the U.S. military or similar agencies around the world.
- Member of the Federal Air Surgeon Neurology Advisory Board, collaborating closely with the physicians who make the final determination on who is fit to fly.

(Continued on Page 7)



Alison Leston, MD, PhD, is a neurologist who serves in several leadership roles in the aerospace neurology industry

- Member of the [Civil Aviation Medical Association](#) and [Aerospace Medical Association](#).

How our Aerospace Neurology clinic works

Pilots must see an aviation medical examiner (AME) for a mental and physical fitness exam every six months, year, or five years based on their age and the type of aircraft they fly:

- First-class medical certificates are typically required for airline transport pilots.
- Second-class is for commercial pilots.
- Third-class is for private, recreational, and student pilots.
- There is also a BasicMed option for recreational pilots.

In addition to vision and hearing tests and mental and neurological standards, certification requires pilots to disclose all medical care and medications they've taken since their previous AME physical. For example, if they went to urgent care for a concussion or saw a doctor for migraines or depression.

Certain conditions may disqualify a pilot from flying, such as bipolar disorder, epilepsy, substance abuse, or transient loss of consciousness without sufficient explanation of the cause.

If there is any question whether a condition or treatment caused neurological deficits, the AME will not issue the pilot's flight fitness certification. Instead, the pilot will undergo additional exams or testing, and will typically see me for a comprehensive neurologic exam that will help them meet FAA requirements for flying.

Common conditions we treat

In collaboration with my O'Donnell Brain Institute colleagues, we provide pilots with custom

treatment plans for managing neurologic and mental health conditions, such as:

Migraines

Complex migraines can cause vision problems and debilitating sensitivity to light and sound. The FAA does not allow pilots to take standard medications that can cause drowsiness, so we can guide patients to alternatives such as beta blockers, which were designed to treat high blood pressure and have been shown to prevent migraines without cognitive side effects. MRIs may be required for certain types of migraines to confirm that they are not caused by any other neurological conditions.



Concussion

Pilots may be restricted from flying for a minimum of six months after a mild concussion or for a year or more for a moderate concussion. We connect patients with O'Donnell Brain Institute specialists in sports neurology and physical medicine and rehabilitation to get specific, FAA-required imaging and tests such as EEGs, MRIs, neuropsychological evaluations, and sleep studies to determine flight fitness. Spatial awareness is vital to pilots who may be flying through the clouds or in poor visibility, so we also refer some pilots to UTSW's neurologists in the Department of Otolaryngology to evaluate them for ear conditions that might cause dizziness.

Depression and Anxiety

While I do not treat mental health conditions myself, I can streamline referrals to psychologists and psychiatrists at the O'Donnell Brain Institute who can curate effective, FAA-approved treatments to improve patients' mental health and quality of life.

Neuropathy

Nerve damage can arise from systemic conditions such as diabetes or after a traumatic injury. We can help patients restore or manage functional limitations such as numbness, pain, or weakness

by recommending safe medications and physical and occupational therapy from our [physical medicine and rehabilitation team](#).

Seizure evaluations

There is a very low threshold to ground pilots who might have had a seizure or an unexplained loss of consciousness. For example, if they faint while donating blood, they will be grounded until an investigation confirms the event was not a seizure or was not caused by a condition that puts them at increased risk of seizures. Our program evaluates pilots after a fainting incident or head injury to determine when or if they are no longer at high risk of developing seizures. We also work with UTSW epileptologists to evaluate pilots to rule out seizures.

Stroke

As stroke awareness and treatment improves, more patients are surviving with fewer deficits. One to two years after a mild stroke or [transient ischemic attack](#) (TIA or mini-stroke), pilots must get a comprehensive neurological exam, blood tests, heart monitoring, and brain imaging to pursue recertification.

Our primary goal is to get pilots effective care and improve their health and quality of life. When they are stable, we can focus on helping them navigate FAA neurologic fitness certification.

After a pilot completes their required tests and exams, they add my neurological report to their medical records and AME flight physical. Then they submit this information with their application to be certified by the FAA, whose doctors determine whether the pilot can safely fly again.

Because of my specialization and our team approach to care, our patients have a better chance of having their application accepted on the first try. However, not every pilot will be able to return to work quickly, which can be a difficult situation. In those cases, we help pilots get the care they need from physical and occupational therapists, surgeons, and other specialists to navigate recovery and set new goals.

Related reading: [MEG technology: Improving epilepsy surgery outcomes, one weird helmet at a time](#)

The future of aerospace neurology

Though the niche is small today, aerospace neurology is a growing field. The rate of private plane use is growing, up 20% since the start of the pandemic. And as the population grows older, aging pilots will naturally face more neurologic problems, such as stroke and Parkinson's disease.

UT Southwestern has amassed a medical database of nearly 300 pilots, and we plan to analyze the data and explore trends in the types of neurologic conditions we see in pilots, identifying which treatments worked best to return them to the cockpit sooner.

The civilian spaceflight industry is also taking off, especially here in Texas. As more people participate in space travel in the years ahead, pre-flight medical screenings will become even more important because civilians may not be as fit to fly as professional pilots and astronauts.

Through my patient relationships and collaboration with international colleagues, our clinic remains on the leading edge of aerospace neurology and is well-positioned for the future. It's a victory every time we help restore a pilot's neurologic health, and we consider it our responsibility to help them on their journey.

To request an appointment in our Aviation Neurology clinic, call [214-645-8300](tel:214-645-8300) or [request an appointment online](#).

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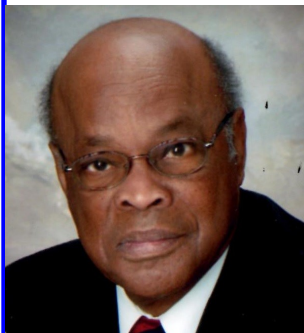
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On **Thursday, June 22**, the Canadian Medical Hall of Fame (CMHF) induct six new Laureates whose contributions have led to extraordinary improvements in human health. These trailblazers underpin Canada's role as a world-class leader in medicine and health science, and their outstanding accomplishments range from advancing standards and practices in aviation and aerospace medicine, to professionalizing midwifery throughout Canada. Please see full media release below and [here](#).

Editor's Note: Stephen V. Blizzard, MD, was the President of CAMA 1991—1993. That he has been honored by the Canadian Medical Hall of Fame is a great achievement for Dr. Blizzard and a source of great pride for CAMA.



*Dr. Stephen V. Blizzard
CAMA President 1991-1993*

**FOR IMMEDIATE RELEASE
June 22, 2023**

SIX OUTSTANDING CANADIAN LEADERS IN HEALTH JOIN CANADA'S MEDICAL HALL OF FAME

Halifax, NS – On Thursday, June 22, the Canadian Medical Hall of Fame (CMHF) will induct six new Laureates whose leadership, integrity and contributions to medicine and health leadership have led to extraordinary improvements in human health. These trailblazers underpin Canada's role as a world-class leader in medicine and health science, and their outstanding accomplishments range from advancing standards and practices in aviation and aerospace medicine, to professionalizing midwifery throughout Canada.

Heather Hiscox, Host of Morning Live on CBC News Network, will serve as the Master of Ceremonies. The 2023 Induction Ceremony is presented by the Canadian Medical Association with Medical Student Sponsor, MD Financial Management inc.

"We are pleased to recognize the countless accomplishments of these dedicated physician leaders," said Dr. Alike Lafontaine, CMA president. "The impact that they have had on their patients, their communities and the medical profession at large is considerable. Congratulations to these Laureates on their induction into the Canadian Medical Hall of Fame."

"It is a privilege to host this important ceremony here

at Dalhousie," said Dr. David Anderson, Dean, Dalhousie Faculty of Medicine. "We are proud to celebrate the inductees for their unwavering dedication to medicine and the health sciences, and for their tireless efforts to improve the lives of others. Their hard work and commitment is making the world a healthier and happier place for all."

Pioneers in their respective fields, Canadian Medical Hall of Fame Laureates are role models and an inspiration to young Canadians to pursue careers in the health sciences. The new CMHF Laureates are:

The Late Stephen Blizzard, MD | Ottawa, Ontario
Pilot, physician, decorated peacekeeper, who overcame systemic racism to become a much-honoured authority on aviation medicine.

Elaine Carty, CM OBC MSN CNM | Vancouver, British Columbia

Helped to promote legalization and professional recognition of midwifery throughout Canada.

Carol P. Herbert, CM MD CCFP FCFP FCAHS | Vancouver, British Columbia and London, Ontario

Innovative health care educator and mentor promoting equitable and accessible health care for all.

Jean-Lucien Rouleau, CM MD FRCPC FACC | Montréal, Quebec

Renown cardiologist instrumental in developing life-saving medication sacubitril/valsartan for treatment of chronic heart failure.

Nahum Sonenberg, OC PhD FRS FRSC Montréal, Quebec

Discoverer of eIF4E protein helping to establish the field of translational control and unlocking the potential of genetic research for medical advances.

Samuel Weiss, PhD FRSC FCAHS | Calgary, Alberta

Traiblazer in establishing neurogenesis research as a pathway to treatments for wasting diseases such as Parkinson's, Alzheimer's, stroke, ALS, and multiple sclerosis.

For more detailed bios and photos: <https://cdnmedhall.ca/laureate-induction-ceremony>

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ABOUT THE CANADIAN MEDICAL HALL OF FAME The Canadian Medical Hall of Fame (CMHF) celebrates Canadian heroes whose work advances health in Canada and the world and fosters future generations of health professionals through the delivery of local and national youth education programs and awards. This enduring tribute to our country's rich medical history is showcased on our virtual hall online at www.cdnmedhall.ca and in an exhibit hall in London, ON.

ABOUT DALHOUSIE UNIVERSITY FACULTY OF MEDICINE Dalhousie Medical School teaches scientific excellence and humanity in medicine, facilitates leading health research, influences social and health policy, and helps drive the regional economy. An integral part of Maritime Canada since 1868, Dalhousie Medical School's success has always been linked to our relevance to the communities we serve.

ABOUT THE CANADIAN MEDICAL ASSOCIATION The Canadian Medical Association leads a national movement with physicians who believe in a better future of health. Our ambition is a sustainable, accessible health system where patients are partners, a culture of medicine that elevates equity, diversity and wellbeing, and supportive communities where everyone has the chance to be healthy. We drive change through advocacy, giving and knowledge sharing – guided by values of collaboration and inclusion.

ABOUT MD FINANCIAL MANAGEMENT INC. With more than 50 years of experience supporting physicians, MD Financial Management (MD) is the only national financial services firm dedicated exclusively to the financial well-being of Canada's physicians and their families. MD's unparalleled understanding of physicians' financial needs together with Scotiabank's deep banking expertise allows them to provide a robust suite of comprehensive financial services tailored specifically to physicians' needs and circumstances, including the uniquely co-created Scotiabank Healthcare+ Physician Banking Program. MD had more than \$54 billion in assets under management as of January 31, 2023. MD Management Limited was the first of the MD Group of Companies to be founded, in 1969. MD Financial Management Inc. wholly owns or has a majority interest in its seven subsidiaries (the MD Group of Companies). It provides financial products and services, is the fund manager for the MD Family of Funds and offers investment counselling services. For a detailed list of the MD Group of Companies, visit www.mdm.ca.

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The extraordinary life of Dr. Stephen Blizzard



Dr. Blizzard was a trailblazer and a man dedicated to his dreams and a life of service for the greater good. His extraordinary story of grit and determination led him to a career combining his loves of medicine and aviation, standing unique amongst his peers.

In his pursuit of post-secondary education, first as a veterinarian and then as a medical doctor, Dr. Stephen Blizzard's life was characterized by his pursuit of excellence and his passion for the medical profession.

Blizzard, MD'63, who passed away in 2020, was a trailblazer, with grit and determination, who combined his love of aviation with medicine to create an exceptional career.

As a teenager, in 1947, Blizzard obtained a scholarship from the government of Trinidad, to study veterinary medicine at the University of Edinburgh, Scotland.

Upon receipt of his degree, he returned to Trinidad to work as a vet as part of this scholarship commitment. During that time on the island, he met Merle, a nurse and midwife. They would soon marry.

In 1958, the young couple immigrated to Canada, as the country had a need for nurses.

A year later, Blizzard began his medical studies at Western University and joined the Reserve Officer Training Program of the Royal Canadian Air Force (RCAF).

Summer days were spent on military bases at College Militaire in St. Jean, Quebec, Trenton and Ottawa, where he was one of the first three students to work at the National Defence Medical Centre.

"I really loved it. I enjoyed everything that was thrown at me. I liked the drill, the discipline and meeting other students from across Canada," Blizzard said in a 2011 interview with Veterans Affairs Canada.

In the late 1960s, the couple returned to their home country with their three children, where they fulfilled a personal commitment to provide medical care on the island. They ran a medical practice in Trinidad for nearly a decade.

Cadets to Jets

Dr. Blizzard's interest in the military and aviation had begun as a teenager. He'd joined the scouts and cadets and was tutored by members of the British Air Force who were stationed in Trinidad.

Later, while studying in Scotland, he'd joined the Tiger Moth Club and learned to fly the small British plane for which the club was named. He was prevented from receiving his license because of racist practices, however, he eventually obtained his small plane license in Trinidad during the early 1960s.

In 1968, on Canadian Forces Base Moose Jaw, Blizzard earned his wings. This was no easy feat.

(Continued on Page 12)

While working full-time as the Base and Flight Surgeon, he completed his jet and ground training part-time and often studied in his office until the wee hours of the morning.



At no point was it lost on him that he was treading in uncharted territory, both as a Black medical professional and as a member of the Canadian military. He encountered racist attitudes amongst those who sought to hinder his progress, however, he forged ahead. He went on to become a doctor who flew jets – a first in Canadian history.

“Getting my wings was one of the most difficult things I had ever done in my life,” he shared.

These multiple feats could not have been accomplished without the unfailing support of his wife. She championed his professional journey, as his career extended beyond a medical practice into the international sphere. While managing her own career as a nurse, she ‘held down the fort’ at home, providing her steady strength for their three children, Roberto, Gloria and Carlos.

In total, Blizzard spent 16 years as a flight surgeon and military jet pilot, as well as an advisor to the Surgeon General in Aviation Medicine and a member of the exclusive International Academy of Aviation and Space Medicine.

He served as Squadron Leader, Major and Deputy Commanding Officer with the RCAF National Defence Medical Detachment and was posted to a number of communities in northern and eastern Canada. In 1978, he was the first doctor on-site as part of the Operation Magnet mission, which airlifted Vietnamese refugees from Kuala Lumpur to Canada. Later, he would serve as a member of the forces on a United Nations Peacekeeping mission in Egypt and spend three months in Zimbabwe as a medical advisor to the Air Force.

Blizzard retired from the RCAF in 1983, but continued working with the Department of Civil Aviation, where

he served as a senior consultant in safety focused on a number of areas, including the effects of pilot fatigue, jet lag and proper inflight care. A special assignment to visit Russian aviation and space facilities, as well as a Russian space shuttle, was a highlight for Blizzard, who at the time was the only Canadian to tour these once very secret facilities.

Throughout his life, Blizzard was honoured with awards and recognition, including the prestigious Harry Jerome Award, the Trinidad Icon Award and a United Nations Peacekeeping Medal. He passed away on June 9, 2020, and is remembered by the Medicine Class of 1963 as an extraordinary man, who throughout his life remained the same warm, modest fellow they had always known and loved.

Dr. Stephen Blizzard Trailblazer Award

Dr. Blizzard was a pioneer and serves as a strong role model to today’s learners. To honour his memory and inspire other trailblazers in medicine, Schulich Medicine & Dentistry has established The Dr. Stephen Blizzard Trailblazer Award.

Nominees must be graduates of the Doctor of Medicine (MD) Program who exemplify excellence through their work as trailblazers, by having made significant contributions to advocacy work, humanitarian work, education and/or advancing uncharted fields both within and beyond medicine. Preference will be given to those from equity-deserving groups who are inspiring the next generation of leaders in medicine.

To learn more visit: schulich.uwo.ca about awards



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Head Position During Vestibular Illusions

By J.R. Brown, Physiologist, is a Training Specialist in Airmen Education, with the Civil Aerospace Medical Institute (CAMI) in Oklahoma City, OK.

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As a follow-up to an article in the previous FASMB, (Editor's Note: The previous article was reprinted in the December 2022 edition of The Flight Physician Newsletter) this article will expand on what vestibular illusions feel like based on specific head positioning. The article, attempted to assist the non-pilot AME in communicating (using pilot speak) with their airmen on a level that eliminates most confusion. This article will do the same.

Specific vestibular illusions that a pilot may feel are based on two key facts. First, angular motion (rotation) of the aircraft and second, the head position or movement of the pilot during the rotation. The classic vestibular illusions of Coriolis and graveyard spin come to mind when most pilots and docs talk about "spatial disorientation," and for good reason. This is a Type 3, or incapacitating type of disorientation.

Type 1: Unrecognized Disorientation

This is where the pilot has put the aircraft in an unusual attitude or position without even being aware. The aircraft can roll, pitch, or yaw so subtly that it goes unnoticed. If the rotation of the body (or body/aircraft) along either axis occurs at .5 degrees per second or less, it won't be felt. This is often referred to as "the leans". This is where the pilot aligns their body with the "supposed" axis of the aircraft. Pilots do this because it helps them to "feel" like they're sitting upright when in fact they are leaning away from the actual Z axis of the aircraft. They are not aware of this or the fact that the aircraft has slowly executed a roll. Lining up on false horizons from the misinterpretation of sloping cloud banks during the day or confusing starlight and ground lights can make a pilot become disoriented without even knowing.

Type 2: Recognized Disorientation

Type 2 disorientation is where the pilot is aware that something is wrong. They're disorientated but may not identify the condition as such. Coupled with the fact that they most likely will not have the training to cope and recover even if aware. Either way, without luck and help from ATC, it may be very difficult if not impossible to recover.

What Does Disorientation Feel Like?

That brings us back to our topic. What does disorientation feel like and what specific illusions could you expect? Once you understand what it feels like, then you may be able to identify

disorientation more readily. First, we must establish the stimuli. That would be a standard rate turn. Next...set up the conditions. A pilot who is either not IFR (Instrument Flight Rules) rated or an IFR rated pilot who is not current and proficient. In either case, these pilots don't possess, or have lost the skills to fly by relying solely on instruments. These pilots would not intentionally fly into IFR conditions, but they may do so accidentally. Once this occurs, most pilots would execute a 180 degree turn back to VFR conditions. This sets up the conditions (IFR) and stimuli (standard rate turn). During this reciprocal turn is where the pilot is most likely to feel the illusions.

So, what would a pilot feel if they suddenly looked down towards the floor while making the 180 degree turn back to VFR?

They would feel as if the aircraft was rolling hard to the right. When they look up once again, they feel a hard roll to the left. If they look straight up at the ceiling of the aircraft during the turn they will feel a hard roll to the left, and another hard roll to the right when they bring their head back to level. If the pilot leans their head over (ear to shoulder fashion) to look over their right shoulder, they feel as if the aircraft is pitching down. If they lean their head in the other direction, they feel the aircraft abruptly pitch up. Additionally, they can feel illusions of the aircraft rolling and pitching simultaneously (almost like a righthand or left-hand let down in pilot speak). How the pilot reacts to these illusions will dictate if it goes from a type 2 recognized to a type 3 incapacitating.

Type 3: Incapacitating Disorientation

If a pilot can recognize the problem for what it is, disorientation, then help is possible. However, if the pilot blames what they feel on the aircraft or its instruments, then they are correcting for the wrong problem and will typically exacerbate the existing problem. They counter every illusion they feel with their aircraft's yoke and rudders. This will lead to even more vestibular illusions. They will eventually fly the aircraft beyond its capabilities. In-flight breakups aren't unheard of.

On the other hand, if a pilot recognizes vestibular disorientation, they can take countermeasures. First, they should fly the aircraft straight and level. Once they have attained straight and level flight, they should squawk 7500 on the transponder and contact air traffic control (ATC). They should maintain

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straight and level flight and follow ATC instructions. When executing turns, they should not move their head. Instead, they should only move their eyes. Their eyes should be locked on the instrument panel and nowhere else. If they feel any illusions during a turn, they should smoothly bring the aircraft to level flight. They should maintain straight and level flight for at least 60 seconds. This should be enough time for the illusions to dissipate. They should let ATC help them. There is no shame in asking for help.

As an educator for over 40 years, I have learned that communication is key. As an AME, it is important to be able to relate to the problem that an airman is expressing. Using pilot speak ensures success. However, nothing teaches like experience. For non-pilot AMEs, come to CAMI and try the GAT device. This will give you a taste of what spatial disorientation feels like. I also encourage all VFR rated pilots to do the same. Once you have experienced these illusions, you will realize that they are beyond your skill set.

Here are some additional tips for avoiding vestibular illusions:

- Be aware of your head position and movement during flight.
- Avoid looking out the window during takeoff and landing, when the aircraft is most likely to be in motion.
- If you do feel an illusion, focus on your instruments, and trust your instruments, not your senses.
- If you are feeling disoriented, let ATC know and they can help you get back on course.



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2023 CAMA ANNUAL SCIENTIFIC MEETING INFORMATION

Registration for the 2023 CAMA Annual Scientific Meeting is currently open! To avoid a late registration fee, you must register prior to September 13, 2023. The meeting will be held at the Downtown DoubleTree Hotel in Omaha, Nebraska, October 5-7, 2023. The theme for the meeting is "Diagnoses, Treatment Innovations, and Keeping Pilots in the Cockpit." The FAA has approved this CAMA Annual Meeting as meeting the criteria for AME Refresher/Recertification purposes, upon satisfactory completion of the FAA AME test administered during the meeting.

The registration form is on Page 23 of this publication and can also be found on the CAMA web site at www.civilavmed.org on the Annual Meeting page. See Pages 18—19 for the meeting program/agenda educational series and related events. CAMA has contracted for guest rooms at the DoubleTree Downtown Hotel in Omaha. The room rate at the DoubleTree is \$110.00 (plus applicable taxes). The CAMA-negotiated hotel rates quoted above are good until the deadline of September 13, 2023 for as long as rooms in the block are available. Rooms reserved after that date are on an availability-only basis and may be subject to additional charges. Please use of the following link to make your hotel reservations: <https://www.hilton.com/en/attend-my-event/omah-dt-cam-f5ebaffc-411d-41a5-ab51-48a0aa63921f/>. This link is also on the Annual Meeting page of the CAMA web site.

One thing for which to be on alert when using the hotel link - the default dates on the reservations link are Wednesday, October 4th through Sunday, October 8th (checking out on Monday October 9th). So, if you plan to depart on Saturday or Sunday, open the link, then click "Book a Room" and on the top of the next page, click "Edit Stay" and change the dates to those you prefer. The standard rate of \$110.00 is the government per diem rate for Omaha - available for everyone who books within the CAMA block.

While registration for the meeting can be done up to any point before the cutoff date of September 13, 2023, based on our experience of the past two annual meetings, rooms in the block go quickly, so it would be advisable to go ahead and make your hotel room reservations now, even if you plan to submit your registration form closer to the event date. The rooms are available on a first come-first served basis. The educational portion of the Annual Scientific Meeting begins at 8:00 AM on Thursday, October 5th, so it is recommended that participants

arrive on the Wednesday evening prior to the start of the conference.

The deadline for registering with CAMA for the meeting is September 13, 2023. Late registration after the deadline will be subject to an additional \$50.00 late charge. The registration fees are \$1195.00 for CAMA members, \$795.00 for guests, and \$1370.00 for non-members. If you are not currently a CAMA member and wish to register at the member rate, please complete a membership form (see Page 27 or the CAMA web site on the Members Lounge page). Membership and registration actions may be processed at the same time.

A guest is considered to be a spouse, significant other, or child. If you are bringing a member of your office staff who is not seeking CME, that person may also be considered a guest. If you have any questions regarding the guest registration, please call the CAMA home office at 770-487-0100. CME can be provided to guests who are also medical professionals and are spouses or significant others of the primary medical professional registered for the meeting. Only registered attendees and their registered guests (ID credentials will be issued by CAMA to all registered individuals) will be allowed to attend the meeting and/or join the registered professional for meals and other activities. Tickets for the field trip and/or Friday Night Honors Banquet are not sold separately. Please see the CAMA refund policy on Page 2 of this publication. A minimum 10% processing fee will be withheld from any refunds of registration payments.

A directory will be prepared for distribution at the meeting with the names and addresses of all registered professionals. Therefore, please use the street or postal address you wish to share with your fellow attendees. (No email addresses or telephone numbers will be in the directory.)

A video library containing every lecture and every slide used during the Annual Scientific Meeting will be provided to every registered medical professional from Podiumcast.com after the end of the annual meeting. This is a terrific video library with which one may refresh the memory of the information and subjects discussed during the meeting, including the keynote presentation during Honors Night.

Our field trip and catered dinner out on Thursday, October 5th will be held at the Strategic Air Command Museum about half an hour from the

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hotel. Buses have been arranged to take all participants to the SAC Museum for a self-guided tour and a catered dinner in the atrium of the museum. We have contracted with the Museum for our participants to have access to the two flight simulators on site, which can be programmed for many different types of aircraft. Participation in the field trip is not mandatory, but we are required to provide guarantee numbers of participants for tour, transportation, and catering purposes. If you prefer to stay at the hotel instead of going on the field trip, please let CAMA know at the point of registration. There is no registration discount for not attending all of the CAMA activities during the meeting.

If your organization or company is a corporate member of CAMA, and you wish to host an exhibit at the Annual Scientific Meeting, please let us know, so that we may arrange for exhibition space for you. If you have any questions, please contact the CAMA office at 770-487-0100 or by email at civilavmed@aol.com.



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James Butler, Senior AME, Board Certified Aerospace Medicine



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CIVIL AVIATION MEDICAL ASSOCIATION



ANNUAL SCIENTIFIC MEETING

DoubleTree Hotel
1616 Dodge Street
Omaha, NE 68102
Telephone: 402-636-7600
October 5-7, 2023

THE CIVIL AVIATION MEDICAL ASSOCIATION

ANNUAL SCIENTIFIC MEETING

October 5-7, 2023

"DIAGNOSES, TREATMENT INNOVATIONS, AND KEEPING PILOTS IN THE COCKPIT"

WEDNESDAY, OCTOBER 4, 2023

03:00 PM to 06:00 PM **CAMA Board Meeting**
Capitol/Dodge Room

06:30 PM to 09:00 PM **Meeting Registration**
DoubleTree Hotel Lobby

THURSDAY, OCTOBER 5, 2023

07:00 AM to 08:00 AM **Breakfast Buffet**
Ballroom West

08:00 AM to 08:30 AM **Welcome and Introductions**
Ballroom Center/East

- **Welcome from CAMA**
David G. Schall, MD, MPH
President, CAMA

Sherry Sandovall, Executive VP, CAMA
Schedule & Field Trip info

- **Welcome from FAA/CAMI**
Deann King, EDD, Instructional Systems Manager,
FAA Aerospace Medical Education Division, Oklahoma City, OK (Video instruction regarding AME test module)

08:30 AM to 09:30 AM

"AME Program Overview and Performance"
Deann King, EDD, Instructional Systems Manager
FAA Education Division, OKC, OK

09:30 AM to 09:45 AM

Morning Break

09:45 AM to 10:45 AM

"Aeromedical Assessment Updates from the Federal Air Surgeon's Office"
Susan Northrup, MD, MPH, Federal Air Surgeon,
Washington, DC

10:45 AM to 11:45 AM

"Certification issues – CACI Conditions and Working with the Online Guide for AMEs"
Judith A. Frazier, MD, MBA, Medical Officer, FAA
Aerospace Medical Education Division,
Oklahoma City, OK

11:45 AM to 12:45 PM **Luncheon Buffet**
Ballroom West

12:45 PM to 01:45 PM

"Medical Considerations for Commercial Space Flight Operations"
Rahul Suresh, MD
Internal Medicine, UTMB, Galveston, TX

01:45 PM to 02:45 PM

"Medical Legal Issues in Aviation"
Brian K. Khan, JD, Esq., Attorney, FAA Office of
Chief Counsel, Enforcement Division, Washington, DC

02:45 PM to 03:00 PM

Afternoon Break

03:00 PM to 04:00 PM

"Medical Certification Issues for Airmen with Cardiac Conditions"
Stephen V. Sawran, MD, Cardiologist
CAMI Consultant, Las Vegas, NV

04:00 PM 05:00 PM

"Medications and Biologics in Aviation"
Virih "Vickie" Kieu, PharmD, BCACP, FAA Clinical
Pharmacist, Washington, DC

05:30 PM – 05:45 PM

Load Buses for Field Trip

06:15 PM – 10:00 PM

Field Trip to the Strategic Air Command Museum and Catered Dinner
Casual dress and comfy shoes recommended.

FRIDAY, OCTOBER 6, 2023

07:00 AM to 08:00 AM

Breakfast Buffet
Ballroom West

08:00 AM to 09:00 AM

"Then and Now: The Evolution of Research at Boys Town Research Hospital"
Barbara Morley, PhD, Director, Neurochemistry
Laboratory, Boys Town, Omaha, NE

09:00 AM to 10:00 AM

"The Brain in The Wild – Operational Environments, Human Factors, and Neuroergonomics"

Matthew Rizzo, MD, Director of Neuroscience
Services (Neurology, Neurosurgery, Mental Health,
Pain Management) Nebraska Neuroscience
Alliance, Omaha, NE

10:00 AM to 10:15 AM

Morning Break

10:15 AM to 11:15 AM

"Mental Fitness to Fly: Pathway to Psychiatric Certification"
Daniel A. Danczyk, MD, MPH, Deputy Chief
Psychiatrist, FAA, Washington, DC

(Continued on Page 18)

11:15 PM to 12:15 PM

"Aviation Neurology Update"

Allison Lesjon, MD, PhD, Associate Professor,
Dept. of Neurology & Neurotherapeutics, UTSW
Medical Center, Dallas, TX

09:00 AM to 10:00 AM

"Ophthalmology & Color Vision in Pilots and FAA Regulations"

Douglas J. Ivan, MD, Ophthalmologist
San Antonio, TX

Emergency Contact During the Meeting:
Sherry Sandoval, CAMA EVP
Call or Text 770-487-0100

12:15 PM to 01:15 PM **Luncheon Buffet**
Ballroom West

10:00 AM to 10:15 AM **Morning Break**

PROGRAM OBJECTIVES:

01:15 PM to 02:15 PM

"Indication-Interpretation for Pulmonary Function Testing"

Mark J. Ivey, MD, Pulmonary Medicine/Sleep
Medicine, APCA, Fort Worth, TX

10:15 AM to 11:15 AM

"ENT FAA Update"

David G. Schall, MD, MPH, Neurologist
CAMA President, CAMI, Oklahoma City, OK

11:15 AM to 12:15 PM

"Diabetes, Continuous Glucose Monitoring, & Other Endocrine Issues in the Cockpit"

Joyce A. Pastore, MD, Col. USAF (Ret), Internal
Medicine, CAMI, Oklahoma City, OK

02:15 PM to 02:30 PM **Break**

"Alcohol and Drug Use: Roadmap to Certification"

Christopher F. Flynn, MD
FAA Assistant Chief Psychiatrist, Washington, DC

12:15 PM to 01:15 PM

Luncheon Buffet
Ballroom West

- To understand and apply the changes in aviation medicine to the individual's private practice
- To assess specific clinical conditions/disciplines with respect to aviation medicine to correctly utilize the Federal Aviation medical standards with the specific conditions discussed
- To comprehend the FAA medical program initiatives
- To understand to be able to work with the aeromedical certification system
- To comprehend the legal aspects of being an AME

03:30 PM to 04:30 PM

"The Shoulders on Which We Stand – John A. Tansiea, MD"

David G. Schall, MD, MPH, Neurologist, CAMA
President, FAA CAMI, Oklahoma City, OK

01:15 PM to 02:15 PM

"Spinal Conditions and Spine Hardware in Aviation"

Curtis Edwards, MD, General and Vascular Surgery
Olympia, WA

This program is approved for FAA-AME training.

CME Credit:

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

04:30 PM to 05:00 PM

"Social Networking Q & A"

Near Exhibitor Booths in Hallway

02:30 PM to 05:00 PM

**Case Study & Panel Discussion:
"Would You Fly with This Pilot? – Aeromedical Decision-Making"**

Moderator: Susan Northrup, MD, MPH
Federal Air Surgeon
Washington, DC

07:30 PM to 09:00 PM

Keynote Presentation: "Elvis Has left the Building and So Will You!"

Byers W. Shaw, MD, Author and Former
Transplant Surgeon, Omaha, NE

Panel Members:

Randy J. Georgermiller, PhD, Neuropsychology
R. Ronan Murphy, MBChB, Neurology
Stephen V. Savran, MD, Cardiology
Christopher Flynn, MD, Psychiatry
David G. Schall, MD, MPH, Neurology
Douglas J. Ivan, MD, Ophthalmology

09:30 PM to 10:00 PM **Awards ceremony and passing of the Presidential gavel**

05:00 PM **Adjourn****

SATURDAY, OCTOBER 7, 2023

07:00 AM to 08:00 AM **Breakfast Buffet**
Ballroom West

****Please pick up your CME Certificate from the CAMA table.**

08:00 AM to 09:00 AM

"Obstructive Sleep Apnea, Fatigue, and Cockpit Performance"

David G. Schall, MD, MPH, Neurologist
CAMA President, CAMI, Oklahoma City, OK

To receive FAA credit for recertification/refresh training, you must complete the FAA test online no later than Tuesday, October 10, 2023.

No CAMA dinner is planned for Saturday evening. You are free to plan your own activities for the evening or to depart for home if you prefer.

Civil Aviation Medical Association
P. O. Box 823177, Dallas, TX 75382
Phone: 770-487-0100
Email: civilavmed@aol.com
Web Site: www.civilavmed.org



Home Office Activities and Information



*Sherry Sandoval
CAMA Executive Vice President*

Dues and Membership 2023

The 2023 CAMA Membership Dues rate remains at \$150.00 for a Regular membership, \$300.00 for a Sustaining membership, \$50.00 for a Retiree/Student membership, \$1500.00 for a Life Membership, and \$350.00 for a Corporate Membership. Please take a few moments and pay your 2023 CAMA dues if you have not yet done so.

Most individuals paying dues (or registering to attend the annual meeting) are using the links on the CAMA website to complete the necessary forms and to make their payments. The CAMA website has advanced security, easy access to news and information, and links to important FAA information and web sites, such as the AME Guide, the AME Minute, FAA AME training seminar schedule, the Federal Air Surgeon Bulletin and the Pilot Minute files. These important links are on the landing page of the CAMA website at www.civilavmed.org.

The online dues payment forms, for both individual and corporate memberships, are located on the Members' Lounge page. You may also download and print regular copies of individual and corporate dues forms from that same page for emailing, faxing, or sending via the post office, along with your preferred form of payment, for home office processing.

The pay online function is a wonderful time-saving element of the redesigned CAMA website that provides both convenience and security for CAMA members to transact business with CAMA from anywhere without needing access to a printer or FAX machine.

Of course, you may continue to join CAMA, renew your membership, or register to attend the Annual Scientific Meeting via email, fax, or regular post office mail using downloaded or printed versions from the website or forms from the newsletter, "The Flight Physician."

Call the CAMA Home Office at 770-487-0100 or email civilavmed@aol.com if you have questions or experience problems.

Aerospace Medical Association (AsMA) Meeting In New Orleans May, 2023

The AsMA Annual Meeting will take place on May 21-25, 2023, at the Sheraton Hotel in New Orleans, Louisiana. We hosted an amazing CAMA Sunday program and a wonderful CAMA Luncheon keynote speaker! Both programs were rated by the AAFP for CME for those attendees who were present in person for the programs. If you were unable to attend CAMA Sunday or the CAMA Luncheon, you may purchase all five hours of the presentations which were recorded by Podiumcast into a video library available on sale at podiumcast.com. See Pages 3 and 4 for the CAMA Sunday/Luncheon programs.

Dr. Penny M. Giovanetti, DO, MPH, gave a very informative keynote presentation during the CAMA Luncheon on Monday, May 22, 2023, on the subject of "History and Ongoing Efforts of Dealing with Mental Health Issues in Airmen." The presentation was enthusiastically received, and there were many pertinent questions asked and answered after the lecture. At the conclusion of her presentation, Dr. Giovanetti was awarded the 2023 David P. Millett Oratory Excellence Award by CAMA President, David G. Schall, MD, MPH.



*Dr. David G. Schall
and Dr. Penny M.
Giovanetti at the
presentation of the
Millett Oratory Award.*

The first ever John D. "Jack" Hastings Award, sponsored by CAMA, was presented at the Thursday evening, May 25, 2023, AsMA Honors Night Banquet to Roger R. Hesselbrock, MD, for his outstanding contributions to Aerospace Neurology and Cognitive Science for the advancement of cognitive performance risk assessment related to flight operations throughout his stellar Aerospace Neurology career. As co-founder and President of the International Aerospace Neuroscience Consortium, inspired by the substantial legacy that the late Dr. Hastings left to this field, an initiative regarding cognitive assessment of aviators resulted in a goal to identify best practices and to develop evidence-based protocols.

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2023 Annual Scientific Meeting in Omaha, Nebraska

The award was created to honor Jack Hastings, a CAMA Past-President (1997-1999) and long time CAMA member and Executive Board Trustee. Gregory A. Pinnell, MD, CAMA Vice President for Management, provided a \$500.00 honorarium from AirDocs Aeromedical Support Services as part of the Hastings Award. Dr. Pinnell stated that he could never repay Dr. Jack Hastings for all the guidance and assistance that he had provided over the years and that adding an honorarium to the Hastings Award was a small way to give thanks to Jack. (See photo of the award ceremony in the President's article on Page 5)

The John A. Tamisiea Award, also sponsored by CAMA, was presented to Christopher F. Flynn, MD, for his outstanding contributions to the field of Aviation Psychiatry across a broad spectrum of Airmen, whether in the Military, in NASA (Astronauts) or for Civil/General Aviation. He currently serves as the Assistant Chief Psychiatrist to the Federal Air Surgeon. Chris is a gifted teacher who has educated new and experienced Human Intervention Motivational Study (HIMS) trained Psychiatrists and AMEs, and assisted Airmen with mental health issues. He is involved in Resident education for training our future specialists as well as engaged in Research to improve the management of Psychiatric conditions in Airmen. (See photo of the award ceremony in the President's article on Page 5)

Another award of note presented during the AsMA Honor Ceremonies was the President's Citation, given to Kris M. Belland, DO, MPH by AsMA President Susan E. Northrup, MD, MPH. This prestigious award was given in recognition of Dr. Belland's exceptional performance as the AsMA representative to the International Civil Aviation Organization collaborative arrangement for the prevention and management of the public health events in Civil Aviation.

The DoubleTree Hotel in downtown Omaha is the site of the 2023 CAMA Annual Scientific Meeting, and the Strategic Air Command (SAC) Museum will be the venue for our Thursday field trip and catered dinner. The beautiful airplanes in the museum were simply impossible to resist, and attendees in 2023 will certainly enjoy walking among those amazing aircraft before dinner in the Atrium!

The DoubleTree has wonderful meeting space, and they have offered room rates be at the Federal Government per diem rate for Omaha in 2023 (currently \$110). The Old Market shopping and restaurant district is within a short walking distance frp, the hotel, as is the river event area currently under development (scheduled for completion prior to the Fall of 2023, with shops, museums, and other interesting venues).

CAMA will conduct a brief business meeting this year during the Annual Scientific Meeting at the beginning of the Honors Night Dinner to take care of any business that requires the approval of the CAMA membership. The attendees at the Annual Scientific Meeting are considered to be a quorum for approval purposes. This year, the vote will be concerning proposed changes to the CAMA Bylaws. These proposed changes were published in previous editions of the newsletter in 2022 and earlier this year. If you are attending this year's Annual Scientific Meeting, please review the proposed changes and be prepared to vote during the Honors Night Dinner in Omaha.

The dates for the 2023 Annual Scientific Meeting are October 5-7, 2023, with the CAMA Executive Board Meeting taking place on Wednesday afternoon of October 4th. Please reserve those dates on your calendar and plan to join us for this event.

The Visit Omaha Convention and Visitors Bureau will provide for all attendees to receive local shopping maps for the Old Market and the recently established riverwalk areas, along with discounts and coupons for shopping, dining and local attractions.

For this year's Annual Scientific Meeting, a number of CAMA Corporate Members have indicated an interest in exhibiting during the annual meeting. A table will be provided for each exhibitor in the pre-space outside of the training room so that during breaks, before and after meals, and during free time, attendees may visit the exhibitor tables and discuss products and services with the companies present

(Continued on Page 21)



Kris M. Belland, DO, MPH, and Federal Air Surgeon
Susan E. Northrup, MD, MPH

during the meeting. Neither the FAA nor CAMA endorses or promotes any particular goods or services provided by these exhibitors. Exhibitor space is provided as part of the Corporate Membership agreement so that attendees may enjoy the exhibits and view and discuss options with the Corporate Members.

If you are a CAMA Corporate Member and wish to have an exhibit table during this year's Annual Scientific Meeting, please make arrangements with Sherry Sandoval at the CAMA Home Office, as you have several options regarding your participation during the meeting.

2024 Annual Scientific Meeting in Jacksonville, Florida

We have contracted with the Sheraton Hotel Jacksonville to host our 2024 Annual Scientific Meeting in Jacksonville, Florida, September 19-21, 2024. The EVP traveled to Jacksonville after the end of the AsMA conference to complete the arrangements for the 2024 meeting and to select a venue for the 2024 field trip. The hotel is located near a large shopping mall and a number of restaurants and has free parking for meeting participants.

We worked with the Visit Jacksonville Convention and Visitors Bureau to tour several field trip venue options. Our tentative plans, pending execution of contracts for the facilities, are to have a meet-and-greet cocktail party on Thursday evening at a new Flight Base of Operations (FBO) facility at the Jacksonville Executive Airport. The FBO hangar is currently undergoing renovations and improvements that will be completed by the time of the 2024 Annual Scientific Meeting. Ryan Smith, Chief Growth Officer of JAX Executive at the KCRG Airport, promises a number of beautiful aircraft to be staged in the upgraded hangar around which we will spend an hour or so with light appetizers and a couple of cash bars to relax and network with the attendees and those corporate members who elect to participate in the conference activities. Ryan has also indicated that in honor of the annual meeting, he will offer tiedown and aviation fuel incentives for any CAMA attendees who fly into JAX Executive Airport and use his FBO for services. Additional information will be provided next year once registration for the 2024 Annual Scientific Meeting opens in May of 2024.

We are currently in negotiations with the President and Operations Director of the newly established Deerwood Castle and Jacksonville Sports Car Museum to host the second leg of our field trip and

catered dinner among an amazing collection of exotic cars, some of which belonged to celebrities and several from some well-known movies (all of which are for sale, so bring your wallets)! Deerwood Castle includes a Bistro that will be designing a terrific menu for us over the next few months.

Both the new FBO (it is currently in operation, even during the renovations) and Deerwood Castle/Jacksonville Sports Car Museum are new businesses in the area, and CAMA is proud to work with and support these local establishments to host various aspects of our 2024 annual meeting field trip.

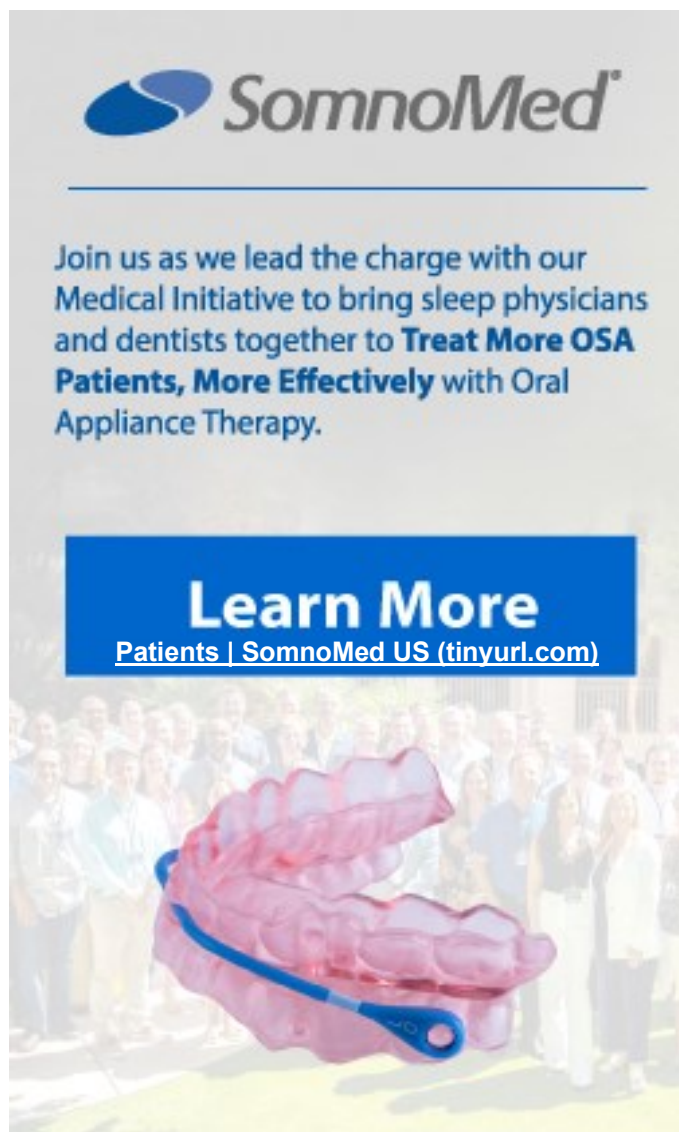
Leigh Speicher, MD, MPH, will be the new CAMA President at the time of the 2024 annual meeting. Dr. Speicher lives in Jacksonville and works at Mayo Clinic, Jacksonville, so having her first Annual Scientific Meeting as CAMA President take place in her home town will be a special occasion. We hope to be able to invite a number of specialists from Mayo Jacksonville to speak at the 2024 meeting.



Join us as we lead the charge with our Medical Initiative to bring sleep physicians and dentists together to **Treat More OSA Patients, More Effectively** with Oral Appliance Therapy.

Learn More

[Patients | SomnoMed US \(tinyurl.com\)](https://www.somnomed.com)





**CIVIL AVIATION MEDICAL ASSOCIATION
ANNUAL SCIENTIFIC MEETING, OCTOBER 5-7, 2023
DOUBLETREE DOWNTOWN, OMAHA, NEBRASKA 68102**



ATTENDEE NAME & TITLE*:	AME NUMBER:
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*(MD, DO, MBChB, MBBS, PhD, MS, etc.) SPECIALTY:
--

ARE YOU BRINGING A SPOUSE OR OTHER GUEST(S) WHO WILL BE EATING MEALS WITH YOU, AND/OR GOING ON THE FIELD TRIP WITH YOU?	YES: <input type="checkbox"/>	NO: <input type="checkbox"/>
---	-------------------------------	------------------------------

SPOUSE/GUEST NAME AND TITLE* IF APPLICABLE:

NOTE: There is a \$795.00 registration fee for each participating guest to cover eight meals and the field trip. (Tickets to the field trip and/or banquet are NOT sold separately. If your guest is also a medical professional in need of CME, please provide that information and titles.)

ATTENDEE ADDRESS:

(Please use the address you wish to be used in the participant roster that will be given to all in attendance)

CITY:	STATE/PROVINCE:
-------	-----------------

ZIP:	COUNTRY:	PHONE:
------	----------	--------

EMAIL (REQUIRED):	CELL PHONE:
-------------------	-------------

DO YOU OR YOUR GUEST HAVE ANY SPECIAL DIETARY NEEDS?	YES: <input type="checkbox"/>	NO: <input type="checkbox"/>	PLEASE DESCRIBE: (Vegan, Vegetarian, Gluten Intolerant, etc.) and indicate which individual.
--	-------------------------------	------------------------------	--

REGISTRATION FEE MAY BE PAID BY CHECK (U.S. DOLLARS) OR CREDIT CARD

CREDIT CARD TYPE:	VISA: <input type="checkbox"/>	MASTER CARD: <input type="checkbox"/>	AMERICAN EXPRESS: <input type="checkbox"/>
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CREDIT CARD NUMBER:	SECURITY CODE (CVV)	ZIP CODE OF CARD BILLING ADDRESS
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EXPIRATION DATE:	SIGNATURE:
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AUTHORIZED CHARGE AMOUNT (U. S. DOLLARS):

CHECK ENCLOSED (U.S. DOLLARS):	CHECK AMOUNT:
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PERSONS REGISTERING TO ATTEND THE CAMA ANNUAL SCIENTIFIC MEETING - PLEASE MAKE YOUR HOTEL RESERVATIONS ONLINE BY USING THE FOLLOWING LINK (use "control" + click to activate link):

<https://www.hilton.com/en/attend-my-event/omah-dt-cam-f5ebaffc-411d-41a5-ab51-48a0aa63921f/>

THIS IS A SPECIAL LINK EXCLUSIVELY FOR CAMA MEETING ATTENDEES TO USE TO RECEIVE THE CAMA ROOM RATE OF \$110.00, PLUS APPLICABLE FEES AND TAXES. ALL RESERVATIONS MUST BE MADE BY SEPTEMBER 13, 2023, TO RECEIVE THE CAMA RATE AND FOR AVAILABILITY. ROOMS AFTER THAT DATE ON AVAILABILITY BASIS ONLY.

CAMA MEMBER REGISTERED ON OR BEFORE SEPTEMBER 13, 2023	\$1195.00 U. S. DOLLARS
CAMA MEMBER REGISTERED AFTER SEPTEMBER 13, 2023	\$1245.00 U. S. DOLLARS
SPOUSE/GUEST OF ATTENDEE	\$ 795.00 U. S. DOLLARS
*NON-MEMBER REGISTERED ON OR BEFORE SEPTEMBER 13, 2023	\$1370.00 U. S. DOLLARS
*NON-MEMBER REGISTERED AFTER SEPTEMBER 13, 2023	\$1420.00 U. S. DOLLARS

NOTE: Registration and guest fees include 8 meals – Buffet breakfast and lunch on Thursday, Friday, and Saturday, a field trip to the Strategic Air Command Museum with a catered dinner on Thursday night, and the Honors Night Banquet on Friday Night. No activities are scheduled for Saturday evening.

***NON-MEMBERS - IF YOU WISH TO REGISTER AT THE LOWER MEMBER RATE, YOU MAY BECOME A MEMBER OF CAMA BY REQUESTING A 2023 MEMBERSHIP FORM OR BY COMPLETING THE FORM ONLINE AT OUR WEB SITE WWW.CIVILAVMED.ORG ON THE MEMBERS' LOUNGE PAGE. THE FORMS CAN BE SUBMITTED SIMULTANEOUSLY.**

SUBMIT REGISTRATION FORMS ONLINE VIA OUR WEB SITE, OR BY EMAIL, FAX, OR REGULAR MAIL TO:

CIVIL AVIATION MEDICAL ASSOCIATION P. O. BOX 823177, DALLAS, TX 75382	PHONE: 770-487-0100 FAX: 770-487-0080 EMAIL: civilavmed@aol.com
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All registrations will be acknowledged by email - an email address is required. If you do not receive a confirmation email that your registration has been received, please contact CAMA. We do not share email addresses with any other groups or individuals. YOU MAY ALSO REGISTER AND PAY ONLINE AT WWW.CIVILAVMED.ORG on the ANNUAL MEETING PAGE.

THIS MEETING IS APPROVED FOR FAA-AME PERIODIC TRAINING. CME HAS BEEN APPLIED FOR.

EDUCATIONAL OPPORTUNITIES

Online Training, Refresher, and Resources for Continuing Medical Education (CME) Credit

With the potential travel and meeting restrictions imposed by COVID-19, opportunities for AME training and CME may become somewhat limited.

Ronan Murphy, MBChB, the CAMA Vice President of Education, has indicated that there are still resources online for those AMEs who need training and/or CME credits. Please see the information and links listed below.

If you are interested in becoming an AME, please contact the [FAA Regional Office](#) responsible for your locality. AME seminar attendance requires advance approval of the [AAM-400 Education Division](#).

Available resources from FAA 400 Education Division:

1. FAA AME refresher courses may be moved to a Zoom format if necessitated by COVID-20 restrictions. Click the link below to access the course schedules 2022:

https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/seminar_schedule/

- Attendance requires approval in advance. Contact your Regional Flight Surgeon for approval, and the RFS staff will check availability for the course of your choice.
- Registration opens three months prior to the start date of the seminar.
- Participants must have an FAA Designee Registration System account (DRS) to sign up for the AME Refresher course
- If you do not have an account on DRS and wish to have one, click the following link for instructions:

https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/media/drs.pdf

2. To locate other online courses that offer CME, click the following link:

https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/amettraining/

- Clinical Aerospace Physiology Review for Aviation Medical Examiners (CAPAME) – 6 hours American Association of Family Practitioners (AAFP) CME credit available
- Multimedia Aviation Medical Examiner Refresher Course (MAMERC) 3.0 - 6 hours AAFP CME credit available

FEDERAL AIR SURGEON'S PILOT MINUTE VIDEO FILES (To activate each link, use "control" and "mouse click" at the same time)

- Pilot Minute: [What are some important safety considerations regarding sunglasses?](#)
- Pilot Minute: [What is a verbal authorization and how does it work?](#)
- Pilot Minute: [Why is it important to report disability benefits in MedXPress?](#)
- Pilot Minute: [What is jet lag and how can I prevent it?](#)
- Pilot Minute: [How is the FAA approaching new treatments for cancer?](#)
- Pilot Minute: [How do we encourage the brightest minds into aviation?](#)
- Pilot Minute: [How do I check my application status in MedXPress?](#)
- Pilot Minute: [Is it okay to fly if I'm just a little tired?](#)
- Pilot Minute: [What should I do if I have depression or anxiety?](#)
- Pilot Minute: [Why is it important to assess my health before piloting an aircraft?](#)
- Pilot Minute: [Why is it important to do a PRICE check before and during a flight?](#)
- Pilot Minute: [Why is it important to be careful with over-the-counter cold and sleep medications?](#)
- Pilot Minute: [Why is acceleration tolerance important for general aviation?](#)
- Pilot Minute: [What are the most essential items for a good survival kit?](#)
- Pilot Minute: [What's going on with the Aeromedical Summit?](#)
- Pilot Minute: [What are some tips for speeding up my medical certification?](#)

AVIATION MEDICAL EXAMINER (AME) SEMINAR SCHEDULE

For full information, visit the FAA web site at: https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/seminar_schedule/

DATE OF SEMINAR	SEMINAR LOCATION	SEMINAR TYPE
August 4-6, 2023	Washington, DC	Refresher
October 5-7, 2023	Omaha, NE	CAMA
October 23-27, 2023	Oklahoma City, OK	Basic

The 2023 seminar schedule shown MAY change to virtual format should COVID-19 protocols change in 2023.

The FAA recommends that you make sure all travel and lodging reservations are refundable. While scheduled to proceed as in-person seminars, one or more of these sessions may be rescheduled as a virtual seminar with little notice. These seminars will open for registration when the contract is approved and hotel room block information is received. The CAMA seminar registration is now open.

Register for a Refresher Seminar

Registration opens **three months** prior to the start date of the seminar. To register for a refresher seminar, you will need an account to access the Designee Registration System (DRS). Please review the instructions (PDF) on the FAA web site for creating a DRS account. Registration is open to the FAA Aviation Medical Examiner (AME)

If you are interested in becoming an AME, please contact the FAA Regional Office responsible for your locality. AME seminar attendance requires advance approval of the AAM-400 Education Division.

Accreditation Statement

The Civil Aerospace Medical Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Seminar Types

Basic

A 4 1/2 day AME seminar focused on preparing physicians to be designated as Aviation Medical Examiners. Contact your Regional Flight Physician

Refresher

A 2 1/2 day AME refresher seminar consisting of 12 hours of AME specific subjects. You must use the Designee Registration System (DRS) to register for a seminar.

Aerospace Medical Association (AsMA)

A 3 1/2 day AME seminar held in conjunction with the Aerospace Medical Association (AsMA). Registration must be made through AsMA. Call 703-739-2240, extension 106/107. A registration fee is charged by AsMA to cover their overhead costs. Registrants have full access to the AsMA meeting.

Civil Aviation Medical Association (CAMA)

Sanctioned by the FAA, this seminar is sponsored by the Civil Aviation Medical Association (CAMA) and does fulfill the FAA recertification training requirements. Registration may be completed through the CAMA web site Annual Meeting page (www.civilavmed.org) or by calling CAMA at 770-487-0100

AME MINUTE ISSUE GUIDE

The FAA issues monthly reminders/updates for Aviation Medical Examiners in the form of a brief audio file with information on an important subject. Following is a summary of the most recent AME Minute issuances, in case you might have missed one. AME Minute items may be accessed from the FAA archive at: https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/videos/

- [AME Minute: Why do different categories of anticoagulants have different wait times?](#)
- [AME Minute: Why does the FAA now allow AASI recertification for pilots with a history of CHD?](#)
- [AME Minute: Why would a pilot need an interim medical certificate?](#)
- [AME Minute: Why are categories required for documents when uploading in AMCS?](#)
- [AME Minute: Why do I need to confirm a pilot's name matches official identification?](#)
- [AME Minute: Why did the FAA change vision limitations?](#)
- [AME Minute: Why are commercial balloon pilots asking for exams?](#)
- [AME Minute: Why do CACIs require specific verbiage?](#)
- [AME Minute: Why does the FAA list some medications as conditionally acceptable?](#)
- [AME Minute: Why did the FAA revise the GO AME website?](#)
- [AME Minute: Medical Certification Updates for the AME – September 2017](#)
- [AME Minute: 10 Color Vision Testing](#)
- [AME Minute: Why should AMEs review visits to health professionals?](#)
- [AME Minute: Why would a pilot need a verbal authorization?](#)
- [AME Minute: Why did I receive a letter about a vision restriction?](#)
- [AME Minute: Why does the FAA disallow AMEs from using PRNC?](#)
- [AME Minute: Why does the FAA allow recertification of pilots with CHD?](#)
- [AME Minute: Why do different anticoagulants have different wait times?](#)
- [AME Minute: Why did the FAA introduce a policy on the TAVR procedure?](#)
- [AME Minute: Why is the FAA concerned about left atrial appendage closure?](#)
- [AME Minute: Why are there new requirements for AFIB or A-Flutter?](#)
- [AME Minute: Why can breast cancer be issued by an AME?](#)
- [AME Minute: Why do AMEs need to update their profile in DMS annually?](#)
- [AME Minute: Why did the FAA issue new guidance regarding pancreatitis?](#)
- [AME Minute: Why is the FAA concerned about Over the Counter Sleep Aids?](#)
- [AME Minute: Why does the monitoring protocol for ITDM require so many reports?](#)
- [AME Minute: Why is the FAA now certifying pilots who are on insulin?](#)
- [AME Minute: Why did the FAA add an upload feature to AMCS?](#)
- [AME Minute: Why do pilots need to be concerned about CBD products?](#)
- [AME Minute: Why do AMEs need to worry about Subpoenas? Part 2](#)
- [AME Minute: Why do AMEs need to worry about Subpoenas?](#)
- [AME Minute: Why is Unexplained Syncope Aeromedically Significant?](#)
- [AME Minute: Why is an evaluation required post myocardial infarction?](#)
- [AME Minute: Why is Chronic Immune Thrombocytopenia a CACI?](#)
- [AME Minute: Why was the CACI program developed?](#)
- [AME Minute: Why is an Incomplete Right Bundle Branch Block considered a normal variant?](#)
- [AME Minute: When is a Special Issuance required under BasicMed?](#)
- [AME Minute: What Makes Aerospace Medicine Unique?](#)
- [AME Minute: Near and Intermediate Vision Testing](#)
- [AME Minute: New Oral Anticoagulants in the DVT Protocol](#)
- [AME Minute: Identification of ECG Normal Variants Reduces Delays - Part 5](#)
- [AME Minute: Double Vision and Heterophoria Testing](#)
- [AME Minute: Aeromedical Implications of Disability Benefits Reported by Pilots](#)
- [AME Minute: Identification of ECG Normal Variants Reduces Delays - Part 4](#)
- [AME Minute: What's So Special About Disposition Tables?](#)
- [AME Minute: What the FAA Needs to Know About Monovision Lenses](#)
- [AME Minute: Why did the FAA update criteria for PTSD?](#)
- [AME Minute: Identification of ECG Normal Variants Reduces Delays - Part 3](#)
- [AME Minute: Identification of ECG Normal Variants Reduces Delays - Part 2](#)
- [AME Minute: Identification of ECG Normal Variants Reduces Delays - Part 1](#)
- [AME Minute: How Do AMEs Keep Designation Information Up To Date?](#)
- [AME Minute: Radionuclide Stress Test and Holter monitor: What does the FAA Want?](#)
- [AME Minute: CACI Worksheets Speed Up Medical Certification](#)
- [AME Minute: How Certification Aids Speed up Information Collection for Pilots](#)
- [AME Minute: Colon cancer timeframes for medical certification](#)
- [AME Minute: The SSRI recertification checklist](#)
- [AME Minute: Why did the FAA add new guidance for some psychiatric conditions?](#)

Civil Aviation Medical Association

Sustaining, Corporate, and Life Members

The financial resources of individual member dues alone cannot sustain the Association's pursuit of its broad goals and objectives. Its fifty-plus-year history is documented by innumerable contributions toward aviation health and safety that have become a daily expectation by airline passengers worldwide. Support from private and commercial sources is essential for CAMA to provide one of its most important functions: that of education. The following support CAMA through corporate and sustaining memberships, and we recognize the support of our lifetime members:

Corporate Members & Sponsors

Aerospace Medical Association (AsMA)
320 South Henry Street
Alexandria, VA 22314-3579
www.asma.org

Aircraft Owners & Pilots Association (AOPA)
421 Aviation Way
Frederick, MD 21701
www.aopa.org

AirDocs Aeromedical Support Services
Gregory Pinnell, MD
MBS International Airport
8430 Garfield Road
Freeland, MI 48623
www.airdocs.net

Air Line Pilots Association, International
John Taylor, National Pilot Assistance Chair
7950 Jones Branch Drive, Suite 400 S
McLean, VA 22102
www.alpa.org

Allied Pilots Association
14600 Trinity Boulevard, Suite 500
Fort Worth, TX 76155
www.alliedpilots.org

Aviation Medicine Advisory Service
15530 E. Broncos Parkway, Suite 350
Centennial, CO 80112
www.aviationmedicine.com

BetterNight Solutions
54714 Kearny Villa Road, Suite 200
San Diego, CA 92123
www.betternight.com

Harvey Watt & Company, Inc.
P. O. Box 20787
Atlanta, GA 30320-9990
www.harveywatt.com

The Ison Law Firm
Anthony Ison, Esq.
P. O. Box 6342
Lakeland, FL 33807
www.thepilotlawyer.com

MedAire, Inc.
4722 N. 24th Street, Suite 450
Phoenix, AZ 85016
www.medaire.com

Pilot Medical Solutions, Inc.
David Hale, CEO
7220 NW 63rd Street
Bethany, OK 73008
www.leftseat.com

Somnomed
6513 Windcrest Drive, Suite 100
Plano, TX 75024
www.somnomed.com

Wingman Med, LLC
225 N. Pace Boulevard, Suite 410
Pensacola, FL 32505
PilotDoctors.com (Find an AME)
www.wingmanmed.com

NOTE: The articles published in this newsletter are presented for informational purposes and topics of discussion and do not necessarily represent the opinions or recommendations of the Civil Aviation Medical Association.



Life Members

Prof. Michael Bagshaw, MB BCh	Harriet A. Lester, MD
Raymond S. Basri, MD, FACS	Ernest J. Meinhardt, MD
Sanjeev Batra, DO	Andrew H. Miller, MD
Kris M. Belland, DO, MPH	Robert M. Monberg, MD
Michael A. Berry, MD, MS	Story Musgrave, MD, PhD
David E. Blocker, MD, MPH	Thomas Nguyen, MD
Michael Boyer, MD	Michael G. Nosko, MD, PhD
Bascom K. Bradshaw, DO, MPH	Hugh J. O'Neill, MD
John R. Capurro, MD	Dean M. Olson, MD
Daljeet Kimberley Chawla, MBBS, FCGP, DNBE	Gregory L. Ostrom, MD
George H. Coupe, DO	Milton A. Padgett, MD
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Daniel Danczyk, MD, MPH	Michael A. Pimentel, DO
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M. Craig Delaughter, MD, PhD	Scott Redrick, MD
Roy Diaz, MD	Sean Kevin Roden, MD
Mark C. Eidson, MD	Robert M. Roeshman, MD
Mohammed Eisa, MD	Mark S. Rubin, MD
Tony Evans, MD	Gerald W. Saboe, DO, MPH
Donna Ewy, MD	Philip Sidell, MD
Thomas B. Faulkner, MD	Sergio B. Seoane, MD
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Christopher Freeze, ATP	E. Warren Stadler, Jr., MD
Aynalem Gebremariam, MD	Gordon C. Steinagle, DO, MPH
Robert Gordon, DO	Ruth Steward, RN
Richard T. Grossart, MD, MPH	Shepard B. Stone, DMSc, PA
Bradley K. Harrison, MD	Frederick E. Tilton, MD, MPH
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Ernst J. Hollman, MD	Salil C. Tiwari, MD
Petra A. Illig, MD	Lars Tjensvoll, MD
Danny S. Julian, MD	Bruce A. Van Dop, DO
Joseph Kearns, DO	Stephen J. H. Veronneau, MD, MS
Atsuo Kikuchi, MD	Kathryn Weesner, MD
Stephen M. Kirkland, MD	Alex M. Wolbrink, MD, MS
Stephen D. Leonard, MD	
Alex M. Leonard, MD	

New Members

James E. Boyd, MD
Titusville, FL 32781
Pilot, AsMA, Author
Specialty: Aerospace Medicine/Occupational
Medicine

John Crouch, PhD, ABPP-CN
360 Bloomfield Avenue, Suite 301
Windsor, CT 06090
AsMA
Specialty: Clinical Neuropsychology/HIMS & AME
Certified

Roy Diaz, MD
3112 Callaway Drive
Midland, TX 79707
Pilot, AME, EAA
Specialty: Emergency Medicine

Jeremy M. Horak, DO
P. O. Box 2086
San Angelo, TX 76902
Senior AME
Specialty: Emergency Medicine

Nevine Mahmoud, MD, MS
Hutchinson Island, FL 34949
AME, AsMA
Specialty: Space Medicine

Nicolas Reinhart, DO
1820 Autumn Ridge
Washington, IL 61571
AME, Pilot
Specialty: Emergency Medicine

SomnoMed
6513 Windcrest Drive, Suite 100
Plano, TX 75024
Specialty: Medical Appliances for Sleep Apnea

Roque Villarreal, MD
8409 Spring Creek
College Station, TX 77845
AME, Pilot, EAA
Specialty: Family Medicine

New Student Members

CAMA welcomes a number of new Student Members to our organization! Each new Student Member is currently enrolled in aeromedical, biomedical, or aerospace/aviation related courses and will, upon graduation, become a regular member of CAMA. These bright and enthusiastic individuals will infuse wonderful new ideas and advanced knowledge into our organization and will become the future of aerospace and aeromedical related activities. There are many new fields of study from which these students will contribute expertise and experience to our organization: Aerospace Engineering, BioAstronautics, BioEngineering, BioMedical Engineering, in addition to Aerospace Medicine. Many are either already pilots or are studying to become pilots and all are members of the Aerospace Medical Association (AsMA).

It was such a pleasure to be able to visit with these intelligent and enthusiastic students, and we look forward to many years of their contributions to CAMA as they pursue their studies and careers!

Sweta Alla
President CU Boulder AMSRO
94 Snow Road
Haverhill, MA 01832
Pilot, Civil Air Patrol

Anushka Gupta
4945 Brideview Lane
San Jose, CA 95138

Sofia Ibarra
2000 Canyon Boulevard
Boulder, CO 80302
Aerospace Engineering

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Alpharetta, GA 30022
Medical Student

Mohamed.Odeh
2665 Milton Park Drive
Alpharetta, GA 30020

Luis Romo
17647 E. Coltsfoot Court
Parker, CO 80134

Luc Willett
15363 Boulder Pointe Road
Eden Prairie, MN 55342
Aerospace and BioMedical Engineering



CAMA MEMBERSHIP DUES NOTICE FOR 2023



(*Required Information)

*MEMBER NAME & TITLE:	
*MEMBER STREET ADDRESS:	
*MEMBER STREET ADDRESS:	
*MEMBER CITY/STATE/ZIP/COUNTRY:	

AME NUMBER:		SENIOR AME?	YES		NO	
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Permission to add name and address to the CAMA Web Site in the Members Only Section?	YES		NO	
--	-----	--	----	--

Please complete and return with your payment.

NOTE: Membership is from January 1st through December 31st of each year

Membership dues..... \$ 150.00 U.S. Dollars
 Sustaining Membership dues (optional)..... \$ 300.00 U.S. Dollars
 Membership dues for Retired Members..... \$ 50.00 U.S. Dollars
 Membership dues for Students..... \$ 50.00 U.S. Dollars
 Life Membership.....\$1500.00 U.S. Dollars

Payment Options: CAMA Accepts checks, MasterCard, VISA, or American Express.

CHECK ENCLOSED	#	MASTERCARD		VISA		American Express	x
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CREDIT CARD NUMBER:	
EXPIRATION DATE:	
CVV/CVC SECURITY CODE:	
BILLING ADDRESS ZIP CODE:	
TOTAL AMOUNT/AUTHORIZED CHARGE \$	
PRINT NAME:	

Signature or authorization statement for charge: _____

SPOUSE/SIGNIFICANT OTHER NAME:	
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Check if you are a member of:

*PILOT	YES		NO		*EAA	YES		NO	
*AME	YES		NO		*AOPA	YES		NO	
*AMA	YES		NO		*FPA	YES		NO	
*HIMS	YES		NO		*AAFP	YES		NO	
*AOA	YES		NO		*AsMA	YES		NO	

*SPECIALTY:	
*PHONE NUMBER:	
CELL NUMBER:	
*FAX NUMBER:	
*EMAIL ADDRESS:	

Return form to: CAMA
 P. O. Box 823177
 Dallas, TX 75382
 FAX: 770-487-0080
 Telephone: 770-487-0100
 email: civilavmed@aol.com

(*E-mail address is REQUIRED – all CAMA correspondence, registrations, notifications, and publications are sent via email. Please notify CAMA of any email address changes so you will not miss any important information! CAMA does not share your information with any other entity or organization.



CAMA CORPORATE MEMBERSHIP FOR 2023



Corporation/Business Name and Address:

Please complete and return with your payment.

NOTE: Membership is from January 1st through December 31st.
Corporate Membership dues..... \$ 350.00 U.S. Dollars.
CAMA accepts MasterCard, VISA, American Express, and checks only. You may pay corporate dues online on the "Members Lounge" page of the CAMA web site at www.civilavmed.org

Payment Options:

Check Enclosed # _____ MasterCard _____ VISA _____ AMEX _____

Credit Card Number: _____

CVV/CVC Security Code: _____

Zip Code of Billing Address: _____

Expiration Date: _____ Authorized Amount \$ _____

Print Name on Card: _____

Signature: _____

Return form to: CAMA
P. O. Box 823177
Dallas, TX 75382
FAX: 770-487-0080
Telephone: 770-487-0100
email: civilavmed@aol.com

PLEASE PRINT (* required information)

*Contact Person(s) Name: _____

*Specialty/Type of Business: _____

*Phone: # () _____

Cell # of Contact Person(s): () _____

Fax: # () _____

*E-Mail Address of Contact Person(s): _____

(E-mail address required – all CAMA correspondence, registrations, notifications, and publications are sent via email. Please notify CAMA of any email address changes so you will not miss any important information! CAMA does not share your information with any other entity or organization.