



LUMCON  
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To: LUMCON Divers  
From: Lora Pride, Dive Safety Officer  
Re: AAUS medical standards  
Date: January 3, 2014

In December of 2011 the AAUS medical panel reviewed and recommended a revision in the medical requirements of the AAUS standards, which AAUS adopted. The new AAUS medical requirements are as follows;

Initial examination under age 40:

- \* Medical History
- \* Complete Physical Exam, emphasis on neurological and otological components
- \* Urinalysis
- \* Any further tests deemed necessary by the physician.

Periodic re-examination under age 40 (every 5 years):

- \* Medical History
- \* Complete Physical Exam, emphasis on neurological and otological components
- \* Urinalysis
- \* Any further tests deemed necessary by the physician

First exam over age 40:

- \* Medical History
- \* Complete Physical Exam, emphasis on neurological and otological components
- \* Detailed assessment of coronary artery disease risk factors using Multiple-Risk-Factor Assessment (age, family history, lipid profile, blood pressure, diabetic screening, smoking history). Further cardiac screening may be indicated based on risk factor assessment.
- \* Resting EKG
- \* Chest X-ray
- \* Urinalysis
- \* Any further tests deemed necessary by the physician

Periodic re-examination over age 40 (every 3 years); over age 60 (every 2 years):

- \* Medical History
- \* Complete Physical Exam, emphasis on neurological and otological components
- \* Detailed assessment of coronary artery disease risk factors using Multiple-Risk-Factor Assessment (age, family history, lipid profile, blood pressure, diabetic screening, smoking history). Further cardiac screening may be indicated based on risk factor assessment.
- \* Resting EKG
- \* Urinalysis
- \* Any further tests deemed necessary by the physician



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As many of you may already be aware, NOAA and AAUS often share divers through reciprocity. NOAA, as of the date of this memo, is not in agreement with the new AAUS medical standards and will only accept AAUS divers who are maintaining the previous AAUS medical standards which are as follows;

Initial examination under age 40:

- Medical History
- Complete Physical Exam, emphasis on neurological and otological components
- Chest X-ray
- Spirometry
- Hematocrit or Hemoglobin
- Urinalysis
- Any further tests deemed necessary by the physician.
- Periodic re-examination under age 40 (every 5 years):
- Medical History
- Complete Physical Exam, emphasis on neurological and otological components
- Hematocrit or Hemoglobin
- Urinalysis
- Any further tests deemed necessary by the physician

Initial exam over age 40:

- Medical History
- Complete Physical Exam, emphasis on neurological and otological components
- Assessment of coronary artery disease using Multiple-Risk-Factor Assessment  
(age, lipid profile, blood pressure, diabetic screening, smoker)
- Resting EKG
- Chest X-ray
- Spirometry
- Urinalysis
- Hematocrit or Hemoglobin
- Any further tests deemed necessary by the physician
- Exercise stress testing may be indicated based on risk factor assessment.



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Periodic re-examination over age 40 (every 3 years); over age 60 (every 2 years):

- Medical History
- Complete Physical Exam, emphasis on neurological and otological components
- Assessment of coronary artery disease using Multiple-Risk-Factor Assessment (age, lipid profile, blood pressure, diabetic screening, smoker)
- Resting EKG
- Urinalysis
- Hematocrit or Hemoglobin
- Any further tests deemed necessary by the physician
- Exercise stress testing may be indicated based on risk factor assessment.

**LUMCON will continue to adhere to the current AAUS standards. Therefore, if any LUMCON divers wish to dive with or through NOAA, additional medical testing will be required to meet NOAA diving medical guidelines.**

Once AAUS and NOAA have come to an agreement regarding medical standards, the LUMCON standards manual will be reviewed and modified if necessary. Until then, thank you for your patience and help while we make this transition. My goal is to keep everyone safe and in the water.

-Lora

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