Prostate Cancer

CAA Guidance on Class 1/2 Certification

Note: All Class 1 holders should be referred to the AMS.

A. On reporting a diagnosis of prostate cancer the pilot should be assessed as UNFIT pending receipt of satisfactory reports.

B. A specialist report is required to include:
   1. Grade (Gleason score)
   2. Stage
   3. Any extra-capsular spread
   4. Any distant spread
   5. Pre and post treatment PSA
   6. Imaging results: MRI, Bone Scan
   7. Treatment, including dates
   8. Prognosis
   9. Follow-up plan: clinical reviews/PSA tests/imaging

C. Requirements for recertification:
   1. No metastases. (Note: exceptionally, Class 2/OSL may be possible; such cases should be referred to AMS).
   2. Satisfactory treatment response, demonstrated by decrease in PSA level, if elevated. (Note: 15% of prostate cancer is associated with normal PSA levels)
   4. No symptoms/complications that could affect flying. If any complications, appropriate investigations and specialist referral is required.
   5. Time to recertification depends on treatment received (see Table below).
D. Time to recertification after common treatments

<table>
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<tr>
<th>Treatment</th>
<th>Prostatectomy (TURP/Radical)</th>
<th>Radiotherapy (External)</th>
<th>Brachytherapy (Internal)</th>
<th>Hormone Therapy (Acceptable treatments: anti-androgens e.g. bicalutamide, LHRH agonists e.g. goserelin.)</th>
<th>‘Watchful Waiting’/Active surveillance</th>
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| Requirements            | Minimum of 6 weeks after prostatectomy | Minimum of 4 weeks after last dose radiotherapy | Minimum of 6 weeks after insertion | Minimum of 4 weeks on maintenance dose, stable and without side-effects | Minimum of 3 monthly specialist reviews with PSA tests  
Follow-up reports must be submitted to AMS for Class 1 AME for Class 2. |
| Certification           | Class 1 unrestricted*         |                         |                          | Class 1 OML                                                                                      | Class 1 OML                          |
|                         | Class 2 unrestricted          |                         |                          | Class 2 unrestricted                                                                             |                                     |
| Follow up Requirements  |                               |                         |                          | AME will require follow up reports after each clinical review, or at least annually.              |                                     |
| After Recertification   |                               |                         |                          | A recurrence of symptoms, or rise in PSA suggestive of a recurrence, should entail unfitness.      |                                     |

*High grade or extra-capsular spread may require an OML.

Note: Other treatments (chemotherapy, High Intensity Focused Ultrasound, cryotherapy, steroids) should be referred to the AMS.