



Fit to Fly

Dr Nicholas Lee

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A must-have guide to medical examinations for all pilots, whether professional or recreational. Written by a pilot who is also a senior and experienced aeromedical examiner, 'Fit to Fly' is a practical guide for all pilots who face regular medical examinations in order for their pilot licences to remain valid. The book covers all aspects of the examination, from preparation to practical, and gives detailed advice on what the examiners will be looking for and how best to prepare for the tests. Even more important is the emphasis on preventive medicine to maintain optimal health.

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