

FROM: Medical Officer, Naval Support Force, Antarctica
TO : Examining Physician
SUBJ: Medical Evaluation of Candidates for Antarctic Duty
ENCL: SF 88, Report of Physical Examination (2 copies)
SF 93, Report of Medical History (2 copies)

(1) Reason for this examination: _____ is preparing for a trip to Antarctica, one of the most rigorous places on earth. One must be capable of being physically active with thirty pounds of cold weather gear at temperatures of -50°F, at altitudes over 10,000 ft., and possibly even in survival situations. Meals may be irregular, and it is common to go without sleep for prolonged periods. Such stressful environmental conditions, potential hazards, and extreme remoteness from major medical facilities make this Antarctic screening mandatory to insure freedom from any disability which might imperil health, restrict activities, or create a burden for one's associates.

(2) Physical Examination: It is requested that a thorough physical examination be performed and that the results be recorded on the "Report of Medical Examination," (SF 88). Items 60 through 72 may be omitted.

- A. The following laboratory examinations are required:
 - 1. Complete Urinalysis
 - 2. Complete Blood Count
 - 3. Blood Type and RH Factor
 - 4. Serology
 - 5. Chest X-Ray (14 x 17 Inch)
- B. Possibly required laboratory studies:
 - 1. Electrocardiogram: One copy must be submitted for persons over the age of forty or with complaints referable to the cardiovascular system.
 - 2. Serum cholesterol (For persons over forty)
 - 3. Glucose Tolerance test: (For persons with a family history of diabetes mellitus)
- C. Item #44 (Dental Examination) must be completed by a dentist. Correction of any but insignificant dental problems is mandatory.

(3) Medical History: One of the most important parts of this evaluation is the review of medical history. It is impossible to determine a candidate's qualification without complete explanation by the physician of all affirmative responses on the history.

For Example: "Yes" for Frequent Indigestion
Physician's statement: "Epigastric discomfort and eructation
associated with eating cabbage, or Epigastric
pain daily for the past six months, associated with melena;
UGI reveals 1 cm. duodenal ulcer crater."

In other words, enough information must be conveyed to determine the significance of a complaint. If this is not possible with careful history, further evaluation must be conducted, such as specialty consultation, UGI, IVP, or the like.

(4) Your attention is directed to the following problem areas:

- Endocrine: Thyroid disorders, diabetes
- Cardiovascular: Evidence of disturbance of cardiac function, such as coronary artery disease, arrhythmias, valvular disease, hypertension (With any indication of elevated BP, three days of BP's should be recorded on the SF 88)
- Skin: Any condition which tends to compromise cutaneous circulation, such as collagen vascular disorders, extensive scarring, plastic surgery, symptomatic varicose veins; any chronic dermatoses, particularly if exacerbated by a cold or dry climate
- Respiratory: Evidence of compromised pulmonary function, chronic bronchitis, emphysema, asthma, lung tumor. Pole Station and unpressurized aircraft are the equivalent of over 10,000 Ft.
- Orthopedic: Recurrent back strain, evidence or history of herniated disc, recurrent knee or ankle problems (extremely difficult to manage on the ice) Orthopedic consultation may be helpful in deciding borderline cases
- Genito-urinary: History of renal calculi or chronic infection
- Gastrointestinal: Unrepaired hernias, peptic disease, chronic liver disease, recent hepatitis, pancreatitis, colitis
- Neuro-psychiatric: Psychiatric instability, hypoesthesias, convulsions, suicidal tendencies
- General: Any condition requiring continued medical care or medication must be fully explained, recognizing the difficulty of following sophisticated medical problems with limited medical facilities. Your personal opinion and comments will be extremely helpful in determining the examinee's physical fitness for Antarctica.

(5) One completed "Report of Medical History" (SF 93) and one "Report of Medical Examination" (SF 88) should be airmailed to:

NSF Personnel Specialist
Holmes & Narver, Inc.
400 E. Orangethorpe Ave.
Anaheim, California 92801

(6) In addition, each individual should HAND-CARRY copies of the completed medical forms and any other significant medical information at all times while deployed. Persons requiring eyeglasses should have two pairs and an up-to-date prescription in his possession.