

Appendix A: Medical Considerations for Admissions

The Naval Academy program is physically challenging. All candidates are required to undergo a thorough medical examination because Academy graduates are commissioned in a wide variety of exciting career fields with strict medical standards. The medical examination begins during your application process. At that time, the Naval Academy Office of Admissions will upload your name to the Department of Defense Medical Examination Review Board (DoDMERB).

DoDMERB will schedule your medical examination and carefully review the reports to determine if you meet our medical standards for admission. DoDMERB will consider your medical history and information on illnesses, injuries, surgeries, familial diseases, and other factors that could affect your medical status. You may be asked to submit additional reports and/or records from healthcare providers and/or hospitals.

Approximately one month after your physical is completed you will receive (by mail) a status report of the DoDMERB findings. If your admissions record is competitive, and if you are identified to have one or more disqualifying condition(s) for which a waiver might be possible, USNA begins the waiver process. The waiver process involves an in-depth review of your medical history. Consequently, you may be asked to provide amplifying information on the condition(s) or undergo evaluation by a medical specialist. A waiver of the medical standard may be granted if your medical condition will not prevent you from successfully completing your four years at the Naval Academy and being commissioned in either the U.S. Navy or U.S. Marine Corps to fulfill your five year service commitment.

If you wear glasses or contact lenses, take them with you to your DoDMERB eye examination. If you wear soft contact lenses, do not use them during the three days preceding your examination. Do not use hard or gas permeable lenses for 21 days before your examination. If you are undergoing orthokeratology or other forms of corneal refractive treatment, do not use your rigid lenses for 90 days.

Major medical considerations are summarized here so that you and your healthcare providers can anticipate if you meet the basic requirements for admission to the Academy. This is not meant to be a comprehensive listing of all disqualifying conditions; it is a brief and general summary for your convenience..

Eyes and Vision Disqualifications

Below is a listing of those eye and vision disqualifications that are the most prevalent. This listing, while comprehensive, does not contain all possible disqualifications for eyes and vision.

- Vision not correctable to 20/20 in both eyes is disqualifying. Refractive error exceeding + or – 8.00 diopters and astigmatism exceeding 3.00 diopters is disqualifying.
- Substandard color vision is disqualifying. Color vision is retested on Induction Day.
- Many chronic eye diseases/conditions such as keratoconus, glaucoma, optic atrophy, uveitis and retinal degenerations are disqualifying.
- Procedures to change the refraction (Corneal Refractive Surgery) performed with the excimer laser, including but not limited to photorefractive keratectomy, laser epithelial keratomileusis, and laser-assisted in situ keratomileusis are disqualifying if any of the following conditions are met: the pre-surgical refractive error in either eye exceeded a spherical equivalent of +8.00 or -8.00 diopters, pre-surgical astigmatism exceeded 3.00 diopters, at least six-month recovery period has not occurred between last refractive surgery or augmenting procedure and accession medical exam, there have been complications and/or medications or ophthalmologic solutions required and post-surgical refraction in each eye is not stable. Additionally, history of any incisional corneal surgery, including but not limited to partial or full thickness corneal transplant, radial keratotomy, astigmatic keratotomy, or corneal transplants are disqualifying.

Height and Weight Standards

The minimum qualifying height is 58 inches for all candidates, and the maximum qualifying height for all candidates is 80 inches. Waivers may be granted to a limited number of exceptional candidates whose height exceeds this standard.

The minimum qualifying weight (by height) standards are listed in the table. Because of substantial variation in candidates' body composition, we apply an estimated body fat percentage when a candidate's weight exceeds the maximum listed. If you do not fall within these standards, we will ask you to provide several measurements with clear instructions so you may ask your gym teacher (perhaps when you take your Candidate Fitness Assessment), a coach, or school nurse to provide the information.

In such cases, the qualifying standard is the body fat percentage: no more than 25 percent for men and 35 percent for women, as determined by our protocol. If your weight is at least the minimum and not more than the maximum shown for your height on the preceding table, you will not be asked to provide measurements for the body fat estimate.

| HEIGHT AND WEIGHT STANDARDS | | | | |
|------------------------------------|-----|------|-------|------|
| Height (inches) | Men | | Women | |
| | MIN | MAX* | MIN | MAX* |
| 58..... | 91 | 131 | 91 | 131 |
| 59..... | 94 | 136 | 94 | 136 |
| 60..... | 97 | 141 | 97 | 141 |
| 61..... | 100 | 145 | 100 | 145 |
| 62..... | 104 | 150 | 104 | 149 |
| 63..... | 107 | 155 | 107 | 152 |
| 64..... | 110 | 160 | 110 | 156 |
| 65..... | 114 | 165 | 114 | 160 |
| 66..... | 117 | 170 | 117 | 163 |
| 67..... | 121 | 175 | 121 | 167 |
| 68..... | 125 | 181 | 125 | 170 |
| 69..... | 128 | 186 | 128 | 174 |
| 70..... | 132 | 191 | 132 | 177 |
| 71..... | 136 | 196 | 136 | 181 |
| 72..... | 140 | 201 | 140 | 185 |
| 73..... | 144 | 206 | 144 | 189 |
| 74..... | 148 | 211 | 148 | 194 |
| 75..... | 152 | 216 | 152 | 200 |
| 76..... | 156 | 221 | 156 | 205 |
| 77..... | 160 | 226 | 160 | 211 |
| 78..... | 164 | 231 | 164 | 216 |
| 79..... | 168 | 236 | 168 | 222 |
| 80..... | 173 | 241 | 173 | 227 |

*If your weight exceeds that shown for your height, you will be asked to provide measurements from which the Office of Admissions will estimate body fat percentage.

Obesity will not be waived. If you exceed the body fat percentage standard on Induction Day, you may be denied admission to enter the Academy.

Heart and Vascular System

Among the disqualifying conditions are: uncorrected septal defect; congenital, rheumatic, or other abnormality of the heart valves or major vessels; abnormal heart rate or rhythm; blood pressure predominantly in the range of 140/90 or greater; severe or symptomatic varicose veins; and mitral valve prolapse which has either caused symptoms or been associated with rhythm disturbance or regurgitation.

Ears and Hearing

Both ears must be free of tympanic membrane perforation and acute and chronic disease. The average of the hearing loss at 500, 1000 and 2000 Hz in either ear may not exceed 25 decibels (ISO), and the loss at any one of these three frequencies may not exceed 30 decibels. The maximum acceptable loss in either ear at 3000 Hz is 35 decibels and at 4000 Hz, 45 decibels.

Respiratory System

A history of asthma, recurrent asthmatic bronchitis, exercise-induced bronchospasm, or reactive airways disease by any other name is disqualifying. Symptomatic nasal polyps, severe hay fever, and tuberculosis (if active within two years) will also result in disqualification. Nasal septal deviation, hypertrophic rhinitis, and other conditions that cause significant reduction of flow through either airway or which interfere with drainage of a sinus are disqualifying. Allergy immunotherapy is disqualifying if received within the 12 months preceding the examination.

Musculoskeletal System

Un-united fractures, history of surgery to a major joint within six months, history of derangement of any major joint not corrected by surgery or evidence of instability subsequent to surgery, history of anterior or posterior cruciate ligament injury, retained orthopaedic devices, arthritis, severe scoliosis, symptomatic structural abnormalities of the spinal column, and herniated nucleus pulposus or history of spinal surgery for this or any other condition are disqualifying.

Genitourinary System

Persistence of protein (except documented benign orthostatic proteinuria), sugar, or red or white blood cells in the urine is disqualifying, as are a history of recurrent or bilateral kidney stones. Severe congenital or developmental anomalies, hormonal disorders, neoplastic conditions, persistent or recurrent infections, and certain complications of infections are cause for rejection. An undescended testicle is disqualifying, as are pregnancy, endometriosis, and severe dysmenorrhea.

Gastrointestinal System

History of peptic ulcer, gastroesophageal reflux disease (GERD), gallbladder disease, regional enteritis (Crohn's Disease), ulcerative colitis, or any other inflammatory bowel disease is disqualifying.

Neuropsychiatric Disorders

Seizure disorders (but not uncomplicated febrile seizures in childhood), degenerative conditions, traumatic brain injuries, recurrent or severe headaches, and severe motion sickness susceptibility are disqualifying. History of psychosis or affective illness, personality disorder or immaturity, stammering, stuttering, eating disorders such as bulimia and anorexia, and bedwetting or sleepwalking persisting into adolescence also are disqualifying. Academic skills defects, such as learning disabilities or Attention Deficit Hyperactivity Disorder are not disqualifying if academic success can be demonstrated without the use of classroom accommodations, and no medication has been used in the past 12 months, with good grades.

Skin

Chronic diseases such as psoriasis, atopic dermatitis, and eczema are disqualifying. Severe acne is disqualifying until successfully treated. If a course of Accutane is undertaken, this should be completed, with documentation of a favorable outcome six weeks prior to Induction Day. Pilonidal cyst, if evidenced by a discharging mass, is disqualifying until repaired successfully.

Tattoos and Body Alterations

The Naval Academy strongly supports the U.S. Navy Policy prohibiting body alterations that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the naval service. Body alterations that are excessive, obscene, sexually explicit or advocate or symbolize sex, gender, racial, religious, ethnic or national origin discrimination, as well as any body alteration that advocates or symbolizes gang affiliation, supremacist or extremist groups, or drug use are prohibited. Any body alteration that is visible in uniform clothing is prohibited, with the exception of a single non-elongated perforation of each earlobe for females. The use of gold, platinum, or other veneers or caps for the purposes of dental ornamentation are prohibited.

Pre-existing body alterations must adhere to the above stated Navy policy. Candidates accepting an offer of appointment will be asked to state whether any of the above conditions are present. All candidates so identified will undergo independent review by the Body Alteration Review Board (BARB). Candidates with any body alteration which does not conform to our policy may be granted a waiver or be issued an order to remove or correct the body alteration at the individual's own expense. Failure to comply may result in denied admission or disenrollment from the Naval Academy.

Other Disqualifying Conditions

Some other disqualifying conditions include:

- Unrepaired abdominal wall hernia
- Removal of the spleen for most reasons except trauma
- Anemia
- Abnormal bleeding states
- Diabetes mellitus
- Thyroid disorders
- Sickle cell disease (sickle cell trait and glucose-6-phosphate dehydrogenase deficiency are not disqualifying)
- Any active communicable infection
- Hepatitis B carrier state
- Generalized reaction to stinging insect venom
- Family history of malignant hyperthermia
- Allergy to common foods requiring special dietary considerations
- A history of drug abuse, alcohol abuse, or alcohol dependence
- Exposure to the virus associated with AIDS (Acquired Immune Deficiency Syndrome).

A blood test for the presence of AIDS virus (HIV) antibodies, an alcohol breath test, and a urine test for drugs and pregnancy are performed on Induction Day at the Naval Academy; a confirmed positive result in any of these will lead to disqualification without possibility of a waiver.

Dental Standards

Except for minor or questionable areas, you should have all required dental treatment completed before your medical examination. Dental conditions that are disqualifying for admission to the Naval Academy include but are not limited to:

- Active caries (cavities) into the dentin that are not restored with serviceable restorations
- Unsatisfactory restorations, bridges, dentures, or implants
- Missing teeth causing reduced chewing or biting efficiency. These can be replaced by well-designed bridges, partial dentures, or implants in good condition.
- Current orthodontic appliances for continued treatment are disqualifying. However, if you are undergoing active orthodontic treatment that will not be completed prior to your entry into the Naval Academy, you will be considered for a waiver. Retainer appliances are permissible, provided that active orthodontic treatment has been satisfactorily completed. In the event orthodontic treatment that was to be completed before I-Day cannot be completed, Admissions Medical must be notified immediately for consideration of a waiver. All waivers will be considered on a case-by-case basis with discussion between your orthodontist and USNA Dental Clinic orthodontist. In general, if the orthodontic appliances are compatible for continued treatment at the USNA Dental Clinic, a waiver will be granted.
- Infections or chronic diseases of the soft tissue of the oral cavity
- Necrotic (non-vital) or infected dental pulp or incomplete root canal therapy
- Marked malocclusion that requires early or prolonged treatment, involves tissue impingement on either facial or lingual/palatal gingiva, or in some other way jeopardizes dental health
- Severe or extensive apical or periodontal infection
- Perforations from the oral cavity into the sinus cavity or maxillary sinus
- Tumors or cysts of the oral tissues that can be expected to require treatment in the foreseeable future.

Concluding Comments

As you will realize from the foregoing summary, the physical examination for admission to the Naval Academy is comprehensive, and the medical/dental standards are specific and strict. This is necessary because our goal is for every midshipman to be able to anticipate unrestricted opportunities for commissioned service after graduation. For most candidates, the physical examination process will require no more than a single visit to the office of a physician and an optometrist. For others, questions will arise that may necessitate a variety of additional evaluations.

We know that the medical review process can be time-consuming, but hope you will understand the need for our attention to detail. Questionable issues resolve favorably for the majority of candidates, and waiver of the standard is often possible when a review of the medical documentation regarding a candidate's disqualifying condition(s) supports the expectation of unrestricted service. Staff members at DoDMERB and in the Admissions Office will assist in every way possible.