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**2012 rules change:**

**Requires compliance by May 21, 2014; that all CMV drivers must be examined by a Certified US DOT provider.**

**Dr. Marc S. Gottlieb is certified to provide US Dept of Transportation, commercial drivers' physicals, and is listed on the *National Registry of Certified Medical Examiners.***

Currently all interstate commercial motor vehicle (CMV) drivers are required to have a **valid medical certificate** signed by a healthcare provider.

"The Federal Motor Carrier Safety Administration (FMCSA) is **focused on reducing crashes, injuries, and fatalities involving large trucks and buses.**"



The driver is responsible for maintaining medical certification and carrying the Medical Examiner's Certificate while operating a CMV.

**The Average Driver**

The driver population exhibits characteristics of higher risk for chronic diseases, fixed deficits, gradual or sudden incapacitation, and the likelihood of coexisting diseases, like heart problems and Diabetes. All of these can interfere with the ability to drive safely, thus endangering the safety and health of the driver and the public.

**The profile of the average truck or bus driver:**

- Male.
- More than 40 years of age.
- Sedentary.
- Overweight.
- Smoker.
- Poor eating habits.

**The medical profile:**

- Less healthy than the average person
- More than two medical conditions
- Cardiovascular disease prevalent
- At risk for Diabetes
- At risk for Heart Attack and Stroke
- At risk for back pain and arthritis

The most common reasons for a disqualifying exam relate to high blood pressure and high blood "sugar."

**Healthy eating habits, avoiding nicotine use, lowering caffeine use, and lowering sugar consumption are all helpful for better quality of life and preventing a medical disqualification.**