



## WHAT'S THE BIG DEAL?

Most medications on the prohibited list can be bought at a pharmacy, so they must be safe to use, right?

**No!** Medications are for people with specific health issues – not for healthy athletes. They were not approved to be used by healthy people, in higher doses and in combination with other substances.

## KNOW ON

WHAT ABOUT DIETARY OR  
NUTRITIONAL SUPPLEMENTS?

"All-natural. Pure. Fast results."

**BEWARE !!!**

Supplement companies are not highly regulated – meaning you never know what you are taking. There could be a banned substance in your "all-natural" supplement.

**USE AT YOUR OWN RISK!**  
You can't always trust what is written on the label.



## WHAT'S AT RISK?

All medications have side effects – but taking them when your body doesn't need them can cause serious damage to your body and destroy your athletic career.

## WHAT ELSE SHOULD YOU KNOW?

### METHODS

There are also methods of administering substances or manipulating your physiology that is banned. These methods can also have negative effects on your body. For example:

Blood doping, including having blood transfusions to change the way your blood carries oxygen to the rest of your body, may result in:

- An increased risk of heart failure, stroke, kidney damage and high blood pressure
- Problems with your blood – like infections, poisoning, overloading of your white cells, and reduction of platelet count
- Problems with your circulatory system.

### HIV/AIDS

As with any injectable drug, using a syringe to dope puts you at a higher risk for contracting infectious diseases such as HIV/AIDS and Hepatitis

# DANGERS OF DOPING GET THE FACTS



## WHAT HAPPENS TO AN ATHLETE WHO USES...?

### STEROIDS

Steroids may make your muscles big and strong, **BUT** you may become dependent on it and it may:

- Give you acne
- Make you bald
- Increase your risk of liver and cardiovascular disease
- Give you mood swings
- Make you more aggressive
- Make you suicidal

**Boys**, you may also look forward to:

- Shrinking testicles
- Breast growth
- Reduced sex drive and even impotence
- Decrease in sperm production

**Ladies**, you may look forward to:

- Deeper voice
- Excessive facial and body hair
- Abnormal menstrual cycles
- An enlarged clitoris



### EPO

EPO (Erythropoetin) may help with the way your body uses oxygen, **BUT** why risk it when it may lead to death?

Using EPO may make your blood more like honey - thick and sticky - than water. Trying to pump this thick blood through your veins may:

- Make you feel weak - not good when you are trying to train hard!
- Give you high blood pressure
- Make your heart work so hard that you have a heart attack or stroke (even at your age)

### STIMULANTS

Stimulants are used to heighten the competitive edge, **BUT** how edgy would you feel if you:

- Can't sleep (insomnia)
- Have involuntary shaking or trembling
- Have problems with your coordination and balance
- Are anxious and aggressive
- Develop an increased and irregular heart rate
- Have a heart attack (imagine dying of a heart attack at your age!) or stroke

These are the effects that using stimulants may have on your body.

### HGH

HGH (human growth hormone) may make muscles and bones stronger and recover faster, **BUT** it is not only your muscles that get bigger.

Using HGH may lead to:

- Acromegaly - protruding forehead, brow, skull and jaw - which can't be reversed
- An enlarged heart that can result in high blood pressure and even heart failure
- Damage to your liver, thyroid and vision
- Crippling arthritis

### MASKING AGENT

Some athletes try to cheat the system by using diuretics and other substances to cover-up the signs of using banned substances.

The side effects can definitely affect your ability to compete and train. You may:

- Become dizzy or even faint
- Become dehydrated
- Get muscle cramps
- Have a drop in blood pressure
- Lose coordination and balance
- Become confused and moody
- Develop cardiac disorders

### MARIJUANA

"Marijuana", "cannabis", "pot" - whatever you call it, **IT IS BANNED**. Whether you are a pot-head or a casual user, marijuana may have a negative effect on your health.

Using may:

- Reduce your memory, attention, and motivation - even result in learning disabilities
- Weaken your immune system
- Affect your lungs (chronic bronchitis and other respiratory diseases, even throat cancer)
- Lead to psychological and physical dependence.

### NARCOTICS

Narcotics, like heroine and morphine, may help you forget about the pain, **BUT** how competitive do you think you'd be with a:

- Weakened immune system
- Decreased heart rate and suppressed respiratory system (you can't compete if you are dead)
- Loss in balance, coordination and concentration
- Gastrointestinal problems like vomiting and constipation
- Narcotics are also highly addictive - your body and mind quickly become dependent on them