DANGERS OF DOPING
GET THE FACTS
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What's the Big Deal?

Most medications on the Prohibited List can be bought at a pharmacy—so they must be safe, 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.

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!

We can’t always tell what’s in those bottles...

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 are 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 help fuel you at a higher risk for contracting infectious diseases such as HIV/AIDS and hepatitis.
WHAT HAPPENS TO AN ATHLETE WHO USES?

STEROIDS
Steroids may make your muscles big and strong, BUT... you may become dependent on them and they 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

Stimulants are used to heighten the competitive edge, BUT... how 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.

EPO
EPO (erythropoietin) 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)

HTH (human growth hormone) may make muscles and bone stronger and recover faster. BUT... it is not only your muscles that get bigger.
Using HTH may lead to:
- Aggressively—preventing foreclosure, heart, and lung— 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

MARIJUANA
Marijuana, cannabis (pot), whatever you call it, IT IS PARATHED. Whether you are a POT-head or a casual user, marijuana may have a negative effect on your athletic performance and your health.
Using marijuana:
- Reduces your memory, attention, and motivation— even result in learning disabilities
- Weakens your immune system
- Affects your lungs (chronic bronchitis and other respiratory diseases, even throat cancer)
- Lead to psychological and physical dependence

STIMULANTS
Some athletes try to cheat the system by using prescription 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

NARCOTICS
Narcotics, like heroin and morphine, may help you forget about the pain, BUT... how competitive do you think you would be if:
- Weakened immune system
- Increased heart rate and suppressed respiratory system (you can't compete if you are dead)
- Loss in balance, coordination and concentration
- Gastointestinal problem like vomiting and constipation
- Narcotics are often addictive—your body and mind quickly become dependent on them

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