



DANGERS OF DOPING

GET THE FACTS
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WHAT'S THE BIG DEAL WITH DOPING?

Many substances on the Prohibited List can be bought at a pharmacy or prescribed by a doctor – so they must be safe to use, right?

WRONG!



! MEDICATIONS

Registered medications are specifically for people with health issues and can cause negative health effects in healthy athletes. These medications should only be used when instructed by a medical professional.

WHAT ABOUT DIETARY OR NUTRITIONAL SUPPLEMENTS?

USE AT YOUR OWN RISK!

Supplement companies aren't highly regulated, so you can't always trust what is written on the label – meaning you never know what you are taking.

In a recent study, 1 in 5 supplements sold in Australia contained a BANNED substance. Supplements have been found to contain steroids, illicit drugs, and even breast cancer medications. Supplements have been linked to hospitalisations and even deaths.

Use the ASADA app to find low risk supplements that have been screened for banned substances.



Download the **ASADA Clean Sport** app for more information



WHAT'S AT RISK?

Almost 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 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.

KICK OUT DOPING

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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 cause:

- a risk of heart attack, stroke, and effect on heart size
- an increased risk of liver and cardiovascular disease
- suicidal and aggressive thoughts.



EXTRA SIDE EFFECTS ON MALES:

- shrinking testicles
- breast growth
- impotence
- decrease in sperm count.



EXTRA SIDE EFFECTS ON FEMALES:

- deeper voice
- excessive facial and body hair
- abnormal menstrual cycles
- an enlarged clitoris.

SARMS

SARMS are NOT approved for human use. The full side effects are unknown. However, known side effects include:

- increased blood pressure and thickness
- increased risk of blood clots, heart attack, stroke and liver damage.

EPO

EPO (erythropoietin) may help with the way your body uses oxygen. But you may be risking your life.

Using EPO may make your blood thick like honey, rather than water, which may lead to:

- feeling weak
- an increase in blood pressure
- an over worked heart leading to heart attack or stroke.

hGH

hGH (Human Growth Hormone) may make muscles and bones stronger and recover faster. But it is not only your muscles that get bigger. hGH use may lead to:

- a protruding forehead, brow, skull, and jaw – which can't be reversed
- an enlarged heart that can result in high blood pressure and heart failure
- damage to livers, thyroid and vision
- bigger joints leading to arthritis.

NARCOTICS

Narcotics, like heroin and morphine may help you forget about the pain. But can cause:

- a weakened immune system
- a decreased heart rate and suppressed respiratory system
- 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.

MASKING AGENTS

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 and may lead to:

- dizziness or light headiness
- low blood pressure
- loss of coordination and balance
- development of cardiac disorders.

MARIJUANA

Marijuana / Cannabis use may have negative effects on your athletic performance and health, such as:

- a reduced memory, attention, and motivation – even result in learning impairments
- a weakened immune system
- negative effects on your lungs (chronic bronchitis and other respiratory diseases, even throat cancer)
- psychological and physical dependence.

STIMULANTS

Stimulants are used to heighten the competitive edge and are often found in supplements like pre-workouts. These can result in:

- involuntary shaking or trembling
- coordination and balance problems
- anxiety and aggression
- an increased and irregular heart rate
- heart attack or stroke.