

# DANGERS OF DOPING

## 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 riders. They were not approved to be used by healthy people, in higher doses and in combination with other substances.



# USE AT YOUR OWN RISK !

You can't always  
trust what is written  
on the label

## WHAT IT ABOUT ? DIETARY OR NUTRITIONAL SUPPLEMENTS ?

"All - natural. Pure. Fast results"

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.

## 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.

# "BEWARE!,"

## 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 dope puts 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

Guys

- Give you mood swings
- Make you more aggressive
- Make you suicidal

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)

# STAMP OUT DOPING

## [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 - wich can't be reversed
- An elarged heart that can result high blood pressure and even heart failure
- Damage to your liver, thyroid and vision crippling arthritis

## [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. 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 athletic performance and 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 heroin and morphine, may help you forget about the pain, **BUT**... how competitive do you think you'd be with a :

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