

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 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.

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 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.



Stamp out doping



South African Institute for
Drug-Free Sport

I PLAY FAIR
SAY NO! TO DOPING

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WHAT HAPPENS to AN ATHLETE WHO USES?

STERIODS

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

Guys, 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 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
- Decreased 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.