

DANGERS

OF DOPING

GET THE FACTS

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" Be careful

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.

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:

Mood 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 systems.

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



SAY NO TO DOPING



WHAT'S HAPPENS TO AN
ATHLETE WHO USE?

STEROIDS



Steroids make your muscles are big and strong, BUT... You can become dependent on them and it can cause you:

- Acne
- Baldness
- Increase risk of cardiovascular and liver diseases
- Change your mood
- Make your more aggressive
- Generates suicidal tendencies

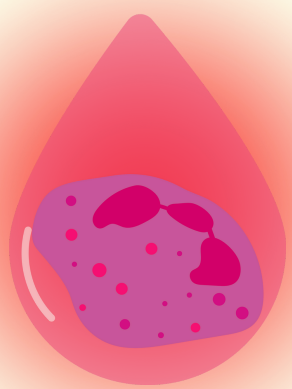
Boys, you should also know that:

- The testicles shrink
- The mammary glands grow
- Sexual performance decreases and cause impotence
- The amount of sperm decreases

Girls, you should also know that:

- The voice becomes deeper
- Excessive grow to hair corporal and face
- Menstrual cycles are abnormal
- The clitoris enlarges

EPO



EPO (eritropoyetina) can help in the form in that your body use the oxygen, BUT... why you risk if can cause dead?

Use EPO can make that you blood appears more like honey -thicker and stickier- that as water. Trying to pump this thick blood through your veins can:

- Make you feel weak – which is not good if you want to be training strong.
- Increase your blood pressure
- Make your heart work very strong that you risk to cardiac arrest or stroke. (event at your age)

STIMULANTS



Stimulants are used for increase competitive advantage, BUT... How competitive would you feel:

- You can't sleep (insomnia)
- You have involuntary tremors
- You have trouble with your coordination and balance

- You become anxious and aggressive
- You develops a fast and irregular heartbeat
- You have cardiac arrest or stroke.
- This effects can undergo in your body for the stimulates use.

HGH



HGH (Human Growth Hormone) makes your muscles and bones will be stronger and recover faster, BUT ... it's not just your muscles that it make stronger.

It's use HGH can producing:

- Acromegaly: -forehead, eyebrows, skull and jaw protrusion- which can't revert
- Heart bigger that can cause a hypertension and heart failure
- Damage your liver, thyroid and vision
- Degenerative arthritis

MASKING AGENTS



Some of athlete can try to make cheat using diuretic and others substances for cover up the use of banned substance.

It's secondary effects can affect your abilities for compete and train. It's can cause you:

- You may feel dizzy or even faint
- You may dehydration
- Muscle cramps
- Lower your blood pressure
- Your loss of balance and lack of coordination
- You may feeling confused and disturbed
- Developing cardiac disorders



MARIHUANA



Marihuana, cannabis, grass – whatever you call it, this banned. Whether you consume marihuana casually or regularly, it can have a negative effect on your athletic performance and health.

Use it can:

- Reduces your memory, attention and motivation – Still cause you learning difficulties.
- Weaken your immune system, which is how your body fights infections.
- Affect your lungs (Chronic bronchitis and other respiratory diseases, including throat cancer)
- Produce physiological and psychological dependence.

NARCOTICS

Narcotics, how the heroin and morphine, it's can you help to forget the pain, BUT... how competitive do you think you would be if you feel that:

- Weakens your immunological systems
- Weakens your heart rate and your respiratory systems stops (you can't compete if you're dead)
- Your loss balance, concentration and coordination
- Diseases gastrointestinal diseases such as vomiting and constipation.

