DANGERS OF DOPING
GET THE FACTS
www.nada-ama.org

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. They could be a banned substance in your "all-natural" supplement.

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'S AT RISK?

USE AT YOUR OWN RISK!

All facts are based on what is written on the label.

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, overhauling 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 substances?=

Steroids:
- Increase muscle mass and strength
- Can cause aggression and mood swings
- Can lead to liver damage
- Can cause heart problems

Stimulants:
- Increase alertness and mental performance
- Can lead to anxiety and paranoia
- Can cause sleep disorders

Masking Agents:
- Can alter the results of drug tests
- Can lead to false negatives
- Can cause respiratory problems

Narcotics:
- Can cause dependence and addiction
- Can lead to respiratory depression
- Can cause liver and kidney damage

Marijuana:
- Can cause impaired judgment and coordination
- Can lead to respiratory problems
- Can cause mental health issues

EPO:
- Increases red blood cell count
- Can lead to heart problems
- Can cause high blood pressure

Methamphetamine:
- Increases energy and alertness
- Can lead to paranoia and aggression
- Can cause mental health problems

Opioids:
- Can cause dependence and addiction
- Can lead to respiratory depression
- Can cause liver and kidney damage

Barbiturates:
- Can cause sedation and depression
- Can lead to respiratory depression
- Can cause liver damage

LSD:
- Can cause hallucinations and paranoia
- Can lead to depression and anxiety
- Can cause mental health issues

Cocaine:
- Increases heart rate and blood pressure
- Can cause respiratory depression
- Can lead to addiction and dependence

Amphetamines:
- Increases heart rate and blood pressure
- Can lead to psychosis
- Can cause respiratory depression

Benzodiazepines:
- Can cause sedation and depression
- Can lead to respiratory depression
- Can cause liver damage