

DANGERS OF DOPING

GET THE FACTS

www.wada-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. 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.

