**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 is banned. These methods can also have negative effects on your body. For example:

Blood doping, including having blood transfusions to change the way your body 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.

**DANGERS OF DOPING**

**HEPATITIS**

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.
**STEROIDS**

Steroids may make your muscles big and strong, **BUT** you may become dependent on it and it 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

**Boys**, 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

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**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)

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**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.

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**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

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**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 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

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**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 problems like vomiting and constipation
- Narcotics are also highly addictive - your body and mind quickly become dependent on them