

Doping basic facts

Doping - how to find it?

- No permitted substances = no doping used
- Sportsmen blood – will tell the truth like a fingerprint in a criminal story

Who accuses for doping?

- *The World Anti-Doping Agency (WADA)*
– organisation that fights doping in sport



DOPING – consequences

- At the beginning:
your body gains better abilities



- But time goes by:
unexpected consequences



Figure 1 Severe acne conglobata induced by anabolic androgenic steroids. The patient at the time of his ideal body image, the 23-year-old bodybuilder had a history of anabolic androgenic steroid abuse (A). Severe acne conglobata (B). Lesions include papules, pustules, abscesses, and deep ulcers. Patient after 6 weeks of anti-inflammatory therapy (C).

DOPING could cause:

- acne on all parts of your body
- aggression or depression
- problems with liver and circulatory system
- problems with muscles

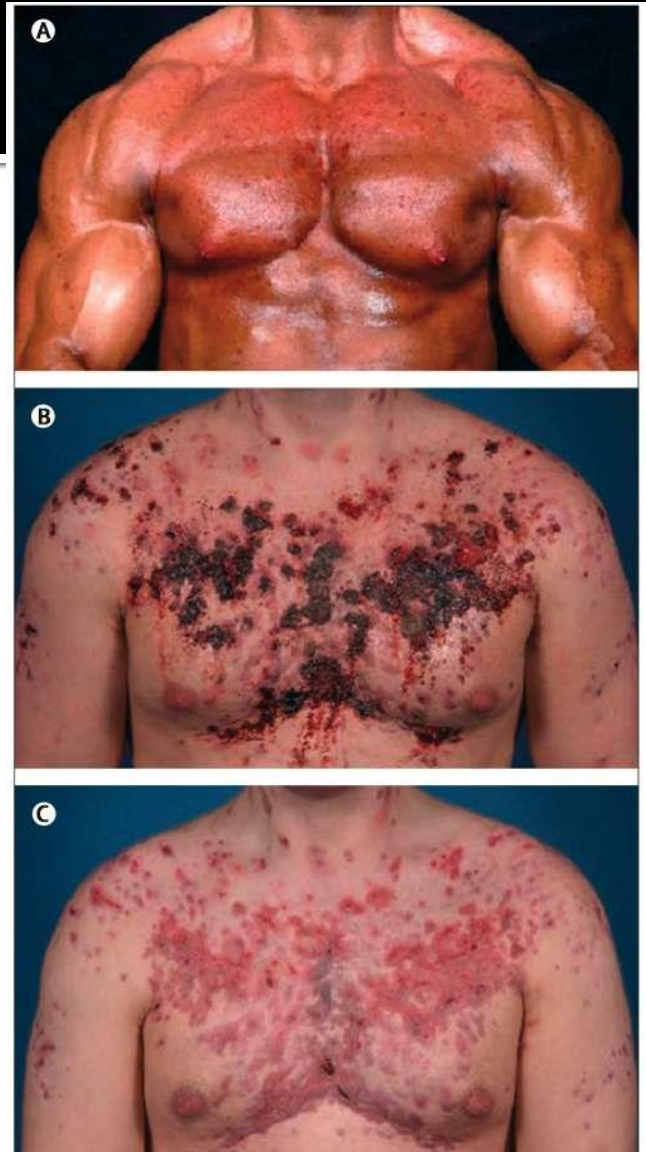


Figure: Severe acne conglobata induced by anabolic-androgenic steroids
The patient at the time of his ideal body image; the 21-year-old bodybuilder had a history of anabolic-androgenic steroid abuse (A). Severe acne conglobata (B); lesions include papules, pustules, abscesses, and deep ulcerations. Patient after 6 weeks of antiseptic-antibiotic therapy (C).

Unfortunately

- Sportsmen still use doping just for being the best
- November 2015:
 - Russian athletes were accused for using doping
 - Similar case considers athletes from Kenya – even Emily Chebet two times champion in cross-country was involved



What about fair play?

Doping destroys:

- fair play,
- principles and discipline,
- respect for our own body,
- simple joy coming from sport for pleasure not for winning.

It could be different

- Take care of your training,
- Change your lifestyle,
- Start the diet,
- Think about your biology and psychological preparations.

These are responsibilities not only for competitors but for the coaches as well.

**It is an honour for the sportsmen to
chase the perfection and winning
only in a fair competition**



Thanks for watching!

- Elżbieta Świerad
- Elżbieta Michalewska

