



# DANGERS OF DOPING

GET THE FACTS

[www.wada-ama.org](http://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.

