

WARNING SIGNS AND SYMPTOMS OF STEROID USE

Possible Signs of Steroid Use:

“Puffy”, swollen look to the face
Acne; especially on shoulders, back or chest
Excessive time spent working out
Frequent nosebleeds
Frequent muscle cramps
Increased aggression and violence
Increased irritability
Periods of depression
Quick strength and weight gains
Wide mood swings

Possible Adverse Effects in Both Males and Females

Acne, especially on chest, shoulders and back
Addiction
Blood clots
Breast enlargement and pain (males)
Deepening of the voice (females)
Deformed sperm/possible birth defects (males)
Frequent Nosebleeds
Growth of permanent facial and chest hair (females)
Hardening of the arteries, higher cholesterol levels
Increased risk of heart attack, increased blood pressure
Increased violence and aggression/“roid rages”
Increased risk of injury and slower healing time
Insomnia, restlessness, depression
Liver damage; including cancer
Loss of hair and partial baldness
Lowered sperm count/temporary sterility (males)
Menstrual irregularities (females)
Muscle tendon damage
Pain when urinating (males)
Reduction of breast size (females)
Shrinking of the testicles/sterility (males)
Stunted growth
Suicidal thoughts
Swelling of feet and lower legs
Unpleasant breath odor

EVALUATING ERGOGENIC AID CLAIMS

1. What is the source of the information?
 - Peer-reviewed journal
 - Magazine, newspaper or book
 - Company selling a product
2. Who wrote the article?
 - A professor or someone with a degree (Is the degree in a field related to sports medicine, nutrition or biochemistry?)

- Someone with credentials
 - Not sure, article doesn't state
3. Critical analysis
 - Does the product sound too good to be true?
 - If a research study is cited, is it done on a healthy population or a diseased population, well-trained subjects or sedentary subjects, animals or humans, men or women?
 - Does the dosage seem large or unsafe?
 - Does the article make conclusive statements such as: This supplement will make you lose weight?
 - Does the product promise quick improvements in health or physical performance?
 - Does the product contain some secret ingredient or formula?
 - Are currently popular personalities or star athletes used in its advertisements?
 4. Is the product effective?

If it is still unclear whether the supplement is effective, seek other sources of information such as more articles on the topic or opinions of professionals in the field of nutrition and exercise.
 5. Is the product safe at the recommended dosages?
 6. Does the product cause long-term health problems?
 7. Are possible side-effects identified?
 8. Is taking the supplement ethical?

This is often a hard question to answer. The thrill of competition is to strive to be the very best, but does being the very best mean enhancing your performance through external substances. The ancient Greek ideal and that of the International Olympic Committee is that an athlete should succeed through their own unaided effort. Every individual must assess his/her ethical standards. But here are a few questions to ask yourself:

- What is the policy of your team or the governing body for your sport?
- Is the substance banned from use during competition?
- Is taking a supplement cheating or giving you an unfair advantage?

Provided by the WIAA and WIAA Medical Advisory Committee

Additional information may be obtained from the WIAA Medical Policies and Procedures Manual and the WIAA PES Power Point presentation.

Sources: NCAA Banned Drug List
Jane Foos, RD, CD, Red Cedar Clinic
Kevin Walter, MD, Dean Clinic
Iowa High School Athletic Association

Wisconsin Interscholastic Athletic Association



Performance-Enhancing and Banned Substances

The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs which highlight prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.

A student-athlete is required to follow the school's code of conduct on a year-round (12 month) basis.

In-season violations of the school code will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts (a) involving use of alcohol, (b) use, including chewing, of tobacco and/or (c) use, possession, buying, or selling of controlled substances, street drugs and banned performance enhancing substances (PES).

BANNED – Do not Use. Drugs that are illegal or could be harmful if taken in excess amount. **Possession and/or use violates WIAA Code.** This list includes but is not limited to:

- Steroids
- Androstenediol
- Nor-Androstenediol
- Dihydrotestosterone (DHT)
- Dehydroepiandrosterone (DHEA) (converts to androgens)
- Pro-Hormones - e.g. Tribulus Terrestris, aka-Puncture Vine, Caltrop Fruit (increase body production of testosterone)
- Pheromone (anabolic properties)
- Masking Agents (Diuretics)
- Peptide Hormones (EPO)
- HGH
- Phenylephrine
- Ephedra, Ephedrine - e.g. Ma Huang, Synephrine, Seneca, Citrus Aurantium, Desert Herb, Mormon Tea, Sidi Cordifolia, Phenopropronalamine (PPA)

*Medications prescribed by an MD, used by the individual they have been prescribed to and used as prescribed should NOT be viewed as violating the controlled substance/supplement provisions of the school's code.

Additional examples of banned substances

Stimulants:

Amiphenazole	Doxapram	Phendimetrazine
Amphetamine	Ethamivan	Phenmetrazine
Bemigrade	Ethylamphetamine	Phentermine
Benzphetamine	Fencamfamine	Picrotoxine
Bromantan	Meclofanoxate	Pipradol
Chlorphentermine	Methylenedioxy-	Prolintane
Cocaine	methamphetamine	Strychnine
Cropropamide	(MDMA/ecstasy)	and related
Crothetamide	Methylphenidate	compounds
Diethylpropion	Nikethamide	
Dimethyl-	Pemoline	
amphetamine	Pentetrazol	

Anabolic Agents:

Boldenone	Gestrinone	Oxandrolone
Clostebol	Mesterolone	Oxymesterone
Clenbuterol	Methandienone	Oxymetholone
Dehydrochlor-	Methenolone	Stanozolol
methyltestosterone		Testosterone
Dromostanolone	Methyltestosterone	Tetrahydroges-
Epitrenbolone	Nandrolone	trinone (THG)
Fluoxymesterone	Norethandrolone	Trenbolone

Diuretics:

Acetazolamide	Ethacrynic acid	Metalazone
Bendroflu-	Flumethiazide	Plythiazide
methiazide	Quinethazone	Spironolactone
Benzthiazide	Furosemide	Triamterene
Bumetanide	Hydrochlorothiazide	Trichlomethiazide
Chlorothiazide	Hydroflumethiazide	and related
Clorthialidone	Methylclothiazide	compounds

Street Drugs: Heroin, Marijuana, THC (tetrahydrocannabinol)

Peptide Hormones and Analogues

- Corticotrophin (ACTH)
- Growth Hormone (HGH, Somatotrophin)
- Human Chorionic Gonadotrophin (hCG)
- Insulin-like growth hormone (IGF-1)
- Leutenizin hormone (LH)

All the respective releasing factors of the above-mentioned substances are also banned: Erythropoietin (EPO), darbypoeitin, sermorelin

DISCOURAGED – Schools may not provide or allow in connection to school's program. **Possession and/or use may violate school district policy or code.** (Products may have unwanted side effects, be ineffective, not tested for long term safety, not recommended for youth, unethical to use.) This list includes but is not limited to:

- Creatine
- Caffeine-enhanced products – too much caffeine can cause jitteriness, nervousness, headaches, difficulty concentrating or sleeping, increased heart rate or blood pressure. Small amounts of caffeine can produce these effects in some people.
- Energy Drinks e.g. Red Bull, Amp, Advance by Powerade, Coke Blak
- Herbal Caffeine: Guarana, cacao, Kola, mate, cola nut, green tea extract, methylxanthine (chemical caffeine)
- Vivarin
- AAKG
- Co Enzyme Q
- HMB
- Protein Powders: Most diets supply adequate protein.
- No Doz
- NO2
- Ginseng
- Pyruvate

However, in cases where athletes can't eat enough food or when protein needs are higher than normal limited supplementation may be needed. In these cases a physician or sport dietitian consultation may be helpful. If extra protein is needed read labels carefully. Protein powders may contain discouraged or banned ingredients.

- Amino Acids – BCAA's, Glutamine, Arginine
- L-Carnitine (amino acid derivative)
- Chromium Picconinate (peptide hormone, potentiate effect of insulin)
- CLA (conjugated linoleic acid "enhance muscle development")

STREET TERMS

(Office of National Drug Control Policy)

Drugs:

- Abolic (veterinary steroid)
- Androl (oral steroid)
- Anatrofin (injectable steroid)
- Deca
- "Arnolds", "Gym Candy", "Pumpers", "Roids", "Stackers", "Trainers", Weight Trainers" (steroids)
- "Georgia Home Boy" (Gamma hydroxybutyrate/GHB)
- "Stacking": taking steroids without a prescription, use of multiple PES

Androstenedione (or related compound):

e.g. 3-Andro Xtreme, Andro-Gen, Andro-Stack, Androstat, Animal Stak, Nor-Andro Ripped Fuel Stack, Nor-Stak, Nor-Tek

Creatine: e.g. Animal Max, ATP Advantage, Cell-Tech, Creaject, Crea-Tek, Creatigen, CreaVate, Mass Action, Phosphagen, SyntheVol, Torch

Ephedra (Ma Huang) See www.HealthyCompetition.org Sports Supplement Health Warning

PERMISSIBLE SUPPLEMENTS

Supplements that replace the calories, fluid, and electrolytes the body naturally loses during exercise – may not contain banned or discouraged ingredients.

- Sport Drinks
- Electrolyte Drinks
- Sport Bars
- Meal Replacement Drinks
- Meal Replacement Bars
- Fitness Water
- Sport Gels
- Vitamins/Minerals

Read product labels carefully. Some "permissible" products may contain banned or discouraged ingredients. Due to lack of regulations product labels might not list all ingredients.