



# Consequences of doping on physical and mental health and effects

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A substance or method will be eligible for inclusion in the List if it meets two of the following three criteria:

- Improves sports performance
- ATTENTION AGAINST HEALTH
- ATTACKS THE SPIRIT OF SPORTS



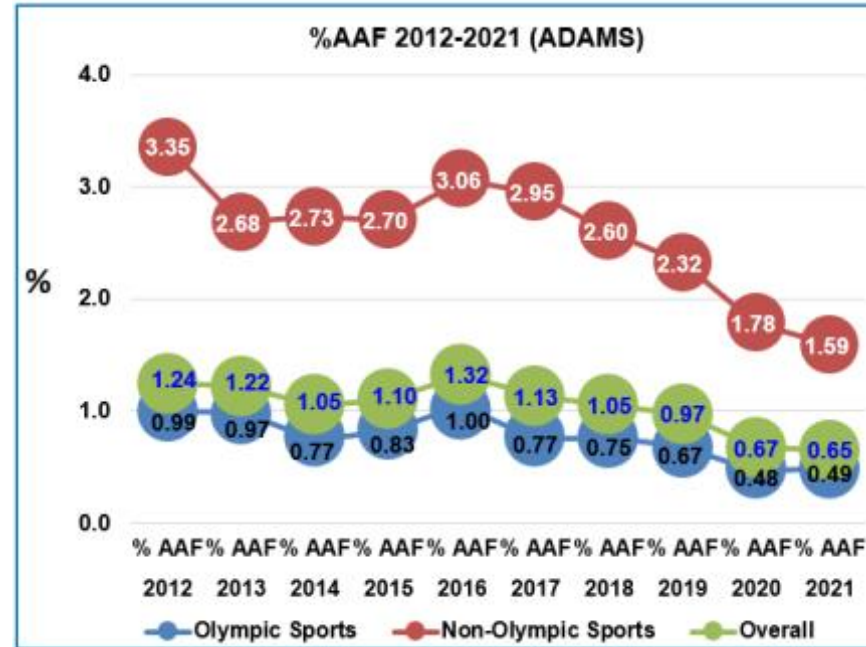
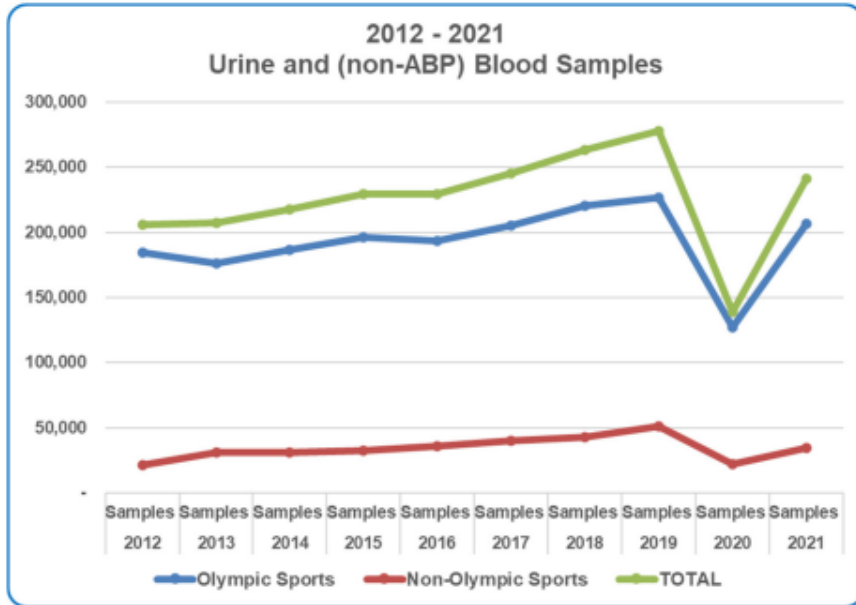


# Sports Fraud or Public Health Problem?

Public health problem:

- Situation that negatively affects the well-being of individuals and a population
- It can be analyzed from its magnitude and lethality
- Must be modified with appropriate social responses within a reasonable period of time





### 2021 Anti-Doping Testing Figures

*Samples Analyzed and Reported by Accredited and Approved Laboratories in ADAMS*





# Origin

For athletes, there is psychological, social, cultural and political pressure to achieve victory and glory, at any cost and by any means.

Each doping behavior is affected by circumstances and causes, both internal and external, making doping a particularly complex phenomenon to combat.

In a highly competitive sporting environment, athletes and their support personnel are under increasing pressure to deliver results.

As a result, they may be tempted to use performance-enhancing substances and methods.

! These influences are not static



This phenomenon is not limited to elite athletes; Young people and amateur athletes are also attracted to doping



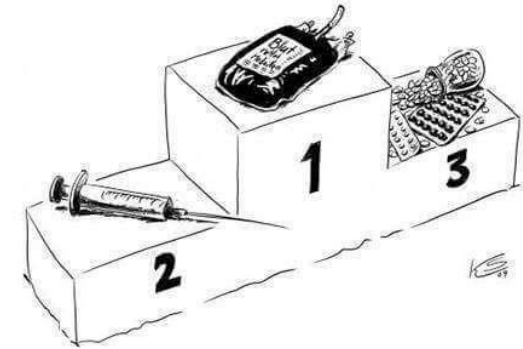
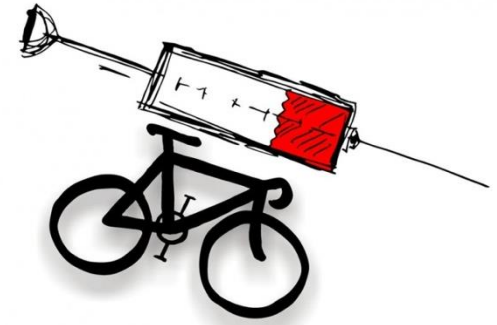


# Origin

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The nature of doping is changing;

- The act of doping is no longer solely the isolated act of an athlete on the day of the competition.
- Doping involves: Systematic and organized methods within teams.
- Development of pharmacology Improvement of drug synthesis or semi-synthesis methods (advancement of biochemistry)
- Substance trafficking





# Risks associated with Doping



The risks associated with doping are fundamental issues in the field of health, since health is recognized as a basic human right and a duty of the State and Society.

## Physical

- Depending on the type of substance, the dose and the regularity of its administration.
- Massive doses and combined use
- Some of the damage inflicted on the body is permanent.

## Psychological

- Depression and anxiety.
- Hallucinations and even chronic psychoses are some of the proven effects that doping can produce.

## Social

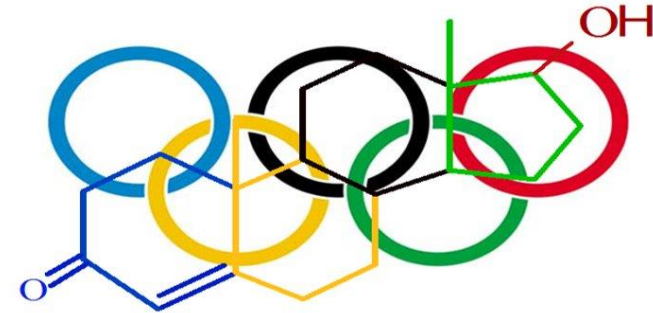
- The negative repercussions of AARs can affect athletes for life: doping not only involves a health risk, but also the loss of admiration, respect and credibility.
- The bad reputation endures in the collective consciousness, the athlete is left alone.



# Sanctions associates to doping **wadaama**

## Steroids

- Acne
- Baldness
- Increased risk of cardiovascular and liver diseases
- Mood alteration and increased aggressiveness
- In men: testicular atrophy, growth of mammary glands, reduced sexual performance, impotence, decreased sperm count.
- In women: they cause a deeper tone of voice, the appearance of excessive facial and body hair, alteration of menstrual cycles, enlargement of the clitoris.







In 1999, the World Anti-Doping Agency was created as an independent international organization with the purpose of promoting, coordinating and monitoring the fight against doping.

On March 5, 2003, at the World Conference on Doping in Sport, held in the city of Copenhagen, Denmark, the first World Anti-Doping Code was adopted as the basis for the fight against doping in sport worldwide.





# Responses from the Society wada ama

- On October 19, 2005, UNESCO approved the International Convention Against Doping in Sport, with the purpose of promoting the prevention of doping with a view to its elimination.
- Art 3: Establishes the obligation of States to adopt appropriate measures, at the national and international level, in accordance with the principles of the Code and the National Anti-Doping Organization is formally established.





# Legislation



There is no universal system for regulating sports supplements.



The Food and Drug Administration (FDA) regulates dietary supplements, not drugs.

FDA may act only after a dietary supplement has been shown to be harmful.



In the European Union, the Directive Council, the law (2002/46/EC), which governs nutritional supplements, requires that they demonstrate that they are safe, both in quantity and quality.





# Updates and challenges



- An open question in the field of anti-doping: Are we really adequately measuring the prevalence of doping in sport?
- Attempts to quantify the extent of doping in sport have led to very different figures due to:
  - diversity of methods,
  - population,
  - definition of doping deadlines involved.
- WADA recognizes that without an adequate understanding of the magnitude of the prevalence of doping in sport, researchers, governments and sports organizations cannot adequately evaluate the effectiveness of anti-doping programs.
- If we want a results-based evaluation of any measure we implement, then we must be able to measure the result."





# Doping prevalence rate

- A framework for combining different sources of evidence and prevalence indicators into one index,
- Relative number that would allow us to evaluate whether the problem is improving or worsening over time.
- A prevalence survey;
- WADA statistics results reported by each Anti-Doping Organization Athlete's Biological Passport

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“If there is a higher or lower prevalence than we think, we need to know. It may not be the answer we want, but the community needs to know.”



We invite you to learn more about the anti-doping world by accessing the ADEL educational platform and the rest of the material from our Anti-Doping Organization.



[www.orad-pan.org/educacion](http://www.orad-pan.org/educacion)

