

Manitoba Addictions Awareness Week



FAST FACTS ON DRUGS & SPORTS

KNOW THE SCORE Updated 2005/06

☞ THE PLAYERS - WHO IS INVOLVED IN DRUG USE?

- A 1998 RCMP study on attitudes of young people towards doping in sport revealed that 1 in 5 youths use doping substances to improve performance. Statistics from the Addictions Foundation of Manitoba show that about 50% of high school students use substances banned in sport (marijuana).
- The 1998 RCMP study also indicated the use of banned substances was highest in hockey (19.5%); football (16.1%) and swimming (10.7%).
- A Canadian Centre for Ethics in Sport (CCES) survey of 16,000 students (11 to 18 years old) reported that 461 or 2.8% reported having used steroids. In the same study, 3.2% of Manitoba youth, aged 16 to 18, indicated anabolic steroid use.
- A higher incidence of use of steroids is reported among high school athletes, 4.5%, appears to be indicated by an Ontario study of 146 classes (Killip and Stennett, 1998).
- The Sport Medicine Council of Manitoba estimates the use of stimulant (**ephedrine**) and herbal products is higher than that of anabolic steroids in Manitoba.

☞ THE PENALTY BOX - WHAT IS THE LAW?

- **The Controlled Drugs and Substances Act** regulates medications and some illicit drugs. Anabolic Steroids are dealt with in schedule 4 of the Act. Importing, trafficking and possession with intention of trafficking are punishable offences.
- National and international sports federations ban doping in sport to:
 - Create a level competitive playing field – remove unfair advantage.
 - Protect the health of athletes.
- Athletes found guilty of doping may be suspended and may suffer funding penalties.

☞ THE LINE UP - WHAT ARE SOME OF THE SUBSTANCES BEING USED?

<i>CATEGORY</i>	<i>PERCEIVED BENEFITS</i>	<i>SOME HARMFUL EFFECTS</i>
Anabolic Steroids	stimulates muscle size/strength	Acne, stunted growth, increased risk of heart attack and stroke from higher levels of bad cholesterol (LDL) and reduced levels of good cholesterol (HDL), high blood pressure, liver and kidney disorders, psychological distress ("roid rage"), immune system depression, risk of transmission on infectious disease (hepatitis, AIDS), decreased sexual performance, etc. Depression can occur with discontinued use, which may lead to dependent involvement.
Stimulants: Includes Ephedrine	Increase alertness, delays fatigue – allows athletes to train longer but more recovery time is required.	Increased heart rate/blood pressure, arrhythmia, dehydration (can lead to fatal complications), tremors, convulsions, increased anxiety and aggression.
Narcotics/Analgesics	Substances that act on the brain and spinal cord to reduce the amount of pain that is felt.	Extremely addictive, causes respiratory depression, irritations, nausea, convulsions, dizziness, use may result in further damage to a serious injury.
Diuretics	quick, temporary weight loss	Causes dehydration, muscle weakening, cramping, drop in blood pressure, can lead to heart irregularities.
Andro	same as anabolic steroids	same as anabolic steroids
Marijuana	Calming effect	Swollen blood vessels (red eyes) reduced saliva production (dry mouth), tachycardia (rapid heart rate), postural hypotension (lower blood pressure when standing up), hypoglycaemia (reduced blood-sugar levels)

☞ THE LINE UP - WHAT ARE SOME OF THE SUBSTANCES BEING USED? Continued...

- *Andro* is a pre-cursor to testosterone and is classified under anabolic steroids. The effects are the same; just weaker/milder. It is a banned substance as well as an illegal substance in Canada.
- *Creatine* – This substance is found in foods and produced by the liver, kidneys and pancreas. Used to increase muscle mass and build muscle fibre; it can increase the risk of injury due to overtraining. Currently under study; at this point side effects observed among users are anecdotal and include:
 - ✓ **Short Term** - bloating, weight gain, gastrointestinal distress, muscle cramps, headache, diarrhoea.
 - ✓ **Long Term** - there is not sufficient data describing long-term side effects at this time.
- All herbal medications, including Creatine, are considered **CAUTIONARY** by the CCES. As they are not regulated by the Food and Drug Act, there may be illegal, banned or dangerous substances found in the product that are not listed on the bottle. If you are unsure of what you may be consuming, **DO NOT TAKE THAT PARTICULAR PRODUCT**. This whole paragraph is very poorly written and misleading. Creatine is a not an herbal product and this is a bit alarmist.

☞ THE GAME - WHAT ARE THE WARNING SIGNS?

- Some of the warning signs of anabolic steroids use are:
 - ⇒ Rapid weight gain and an increase in muscle size and strength. (5-10 kg in 6-12 wks.)
 - ⇒ Changes in behaviour; increased moodiness/hostility.
 - ⇒ Severe acne on upper back, shoulders, arms and face.
 - ⇒ Rounded or “moon face”.
 - ⇒ Abnormal breast development in males.
 - ⇒ Growth of body hair and lowering of voice in females.
 - ⇒ Jaundice, yellowing of the skin or whites of the eyes; a sign of liver disturbance.

☞ GAME – HOW CAN YOU MAKE INFORMED CHOICES?

- Participate in the **“TAKING IT”** program. This program is designed to deliver accurate and timely information about the use of consumable substances.
 - **Format** – Presentation includes a primary and secondary message followed by a forty-minute frank question and answer period.
 - **Audiences** – Suitable to school children (grade 5+), physical education teachers, coaches, sport and school administrators, fitness leaders, personal trainers, health professionals and parents.
 - **For More Information on the “Taking It” model** – call (204) 925-5750.

☞ THE BENCH - WHERE CAN YOU GO FOR MORE INFORMATION?

- Visit the website of the Canadian Centre for Ethics in Sport at www.cces.ca or call their toll-free number at 1-800-672-7775. Access their free **“Substance Classification Booklet 2005”** via the Internet at <http://www.cces.ca/pdfs/CCES-PUB-SubstanceClassification-E.pdf> or their **“Guide To Drug-free Sport”** at <http://www.cces.ca/pdfs/CCES-PUB-GuideDFS-E.pdf>.
- In a recent CCES report entitled **“2002 Canadian Public Opinion Survey on Youth and Sport”**, 6% of those surveyed identified Drugs/Doping as one of the most serious problems facing community sport today. The full report is available at <http://www.cces.ca/pdfs/CCES-RPT-2002Survey-E.pdf>.
- Contact Manitoba Pharmaceutical Association (204) 233-1411 or Sport Medicine Council of Manitoba (204) 925-5750.
- International Olympic Committee (IOC) - www.olympic.org
- World Anti Doping Agency (WADA) - <http://www.wada-ama.org>
- Sport Information Resource Centre - <http://www.sirc.ca/>.

☞ FAIR PLAY - HOW CAN YOU PROMOTE POSITIVE VALUES IN SPORT?

- * Have students participate in the **CHAMPIONS** program, this cross-mentoring program, administered by the MB High Schools Athletic Assoc., pair's high school athletes with elementary school students to discuss making positive life long decisions concerning peer pressure and substance abuse. For more information contact 925-5750.