

## 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?

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### 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, Childrens Corporate Center-Milwaukee  
Iowa High School Athletic Association

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# 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).

It is the student-athlete's responsibility to check with the appropriate or designated athletic staff or school official before using any substance or supplement. Any substance chemically related to a banned or discouraged ingredient is also banned or discouraged. There is no complete list of banned or discouraged substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletic department staff prior to using a supplement.

**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:

- Anabolic 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, Phenopropranolamine (PPA)
- DMAA - geranium derivatives
- DHEA (7-Keto)

\*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 and related compounds:***

Amphetamine	Methylenedioxy-	Phentermine
Cocaine	methamphetamine	Synephrine
Ephedrine	(MDMA/ecstasy)	
Fenfluramine	Methylphenidate	

#### ***Anabolic Agents:***

Sometimes listed as a chemical formula such as

3,6,17-androstendione		
Boldenone	Nandrolone	Tetrahydroges-
Clenbuterol	Stanozolol	trinone (THG)
Methylhexanamine		Trenbolone

#### ***Diuretics:***

Acetazolamide	Ethacrynic acid	Metalazone
Bendroflumethiazide	Flumethiazide	Plythiazide
Benzthiazide	Quinethazone	Spironolactone
Bumetanide	Furosemide	Triamterene
Chlorothiazide	Hydrochlorothiazide	Trichlormethiazide
Clorthialidone	Hydroflumethiazide	and related
	Methylclothiazide	compounds

**Street Drugs:** Heroin, Marijuana, THC (tetrahydrocannabinol), bath salts, synthetic marijuana

#### ***Peptide Hormones and Analogues***

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

Any substance that is chemically related to the class, even if it's not listed as an example, is also banned.

**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. Monster, Red Bull
- Energy Shots

- Herbal Caffeine: Guarana, cacao, Kola, mate, cola nut, green tea extract, methylxanthine (chemical caffeine)
- AAKG
- Co Enzyme Q
- HMB
- Protein Powders: Most diets supply adequate protein. 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.
- Pre-Workout supplements or Boosters - These products frequently contain discouraged or banned ingredients.
- Amino Acids – such as 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

### **PERMISSIBLE SUPPLEMENTS**

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

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

**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.