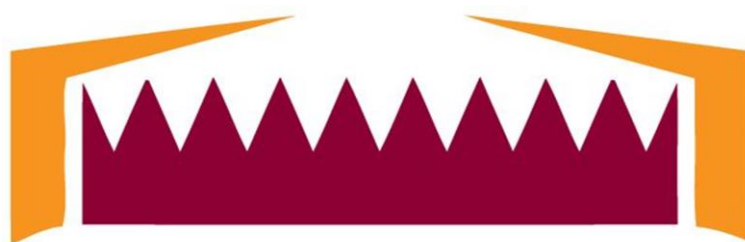




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STOP DOPING ABUSE



STOPKA DOPINGU
STOP DOPING ABUSE



Mgr. Jan MALATA

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STOPKA DOPINGU

STOP DOPING ABUSE
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2019-3-CZ01-KA205-077002



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PARTNER NON-GOVERNMENTAL ORGANISATIONS

EUROPE FOR YOU, Z.S., CZECH REPUBLIC

ZNANSTVENO-RAZISKOVALNO ZDRUZENJE ZA
UMETNOST, KULTURNE IN IZOBRAZEVALNE
PROGRAME IN TEHNOLOGIJO EPEKA, SOCIALNO
PODJETJE, SLOVENIA

ASOCIACION CULTURAL EUROACCION MURCIA, SPAIN

Plzeň, 2022

The aim of the project Stopka dopinku was to educate young people about the risks and side effects of doping abuse.



INTRODUCTION

CONTENTS OF PROJECT

According to available materials from the WADA World Anti-Doping Agency, the number of suspicious findings has risen since 2013 from 2540 findings to 3032 findings in 2016. So in just three years this number has increased by 492 findings worldwide. In the European Union, the number of positive doping findings for 2016 is 592, which is more than one-fifth of worldwide findings. This figure includes only registered sportsmen and does not include amateur sports where there is no need for registration, recreational sportsmen (for which the numbers would be much higher) or sports which do not belong to the International Olympic Sports Committee. In this case, these numbers were higher. Another major problem is drug abuse for psychological stimulation during stressful situations such as school exams or sudden personal circumstances. In a personal anonymous survey at the fitness centre, over 60% of respondents had experience of abusing banned substances. And over 80% considered whether they were considering the use of these

substances. Two-thirds of respondents were under the age of 23.

AIMS OF PROJECT

The aim of this project was to educate young people about this issue, to inform about the risks and side effects of doping abuse (such as anabolic steroids, hormones and others), to inform about the risks of drug use, the risks of abuse of commonly available drugs, to provide information on how to recognize drug addicts in their neighbourhood and possibly providing help or help to rehabilitate this addict, informing about a healthy lifestyle. The project contributed to democratic participation of youth and will support young people in the active promotion of democratic values, tolerance, democratic decision making, active fighting of racism, discrimination, xenophobia, bullying and active promotion of respect for minorities. Another objective of this project was to educate trainers / educators / youth workers to inform youth about this issue and how to prevent the subsequent use of hazardous substance.

RESULTS OF PROJECT

There were 3 LTTAs focusing on the project objectives described above and 3 transnational meetings. The objectives of the project was achieved by implementing the described assets by youth, professionals in the field of sports, health, professional sportsmen, people with negative doping experience and youth fitness exercisers with appropriate implementation through partial works in LTTA and transnational meetings. In particular, it is a structured set of free online educational materials containing educational articles, a methodical guide for trainers/educators/youth workers, a recommendation for European NGOs active in the field of sport to raise awareness of the target group to an independent initiative drug abuse and banned substances in adolescents, and learning about healthy lifestyles. The project had a positive impact on LTTA participants in the new knowledge and skills of participants on the issue of drug abuse, doping and other dangerous substances in sport and personal life, skill of help to addicted youth, knowledge of the integration of disadvantaged youth into sports and healthy sports nutrition. Participants developed the ability to

communicate in English, interpersonal communication, negative approach to prejudice, racism and xenophobia, use of the European Youthpass. The project had impact on participants in transnational meetings by developing their IT, professional, scientific, dissemination and organizational skills. The project impacted partner organizations by increasing their involvement in international networks of NGOs, developing expertise and skills of co-workers, and developing their project management skills.

Europe for you, z.s. developed a plan for the sustainability of key project outputs. At least 5 years after the end of the project, all processed outputs will be available online free of charge.

The project has been useful in the long run by opening up free online education to prevent and combat the abuse of drugs and hazardous substances for European youth, access to education on doping and drug abuse and disadvantaged youth through a methodological guide in English, enhancing quality and involving young people in

sport activities by developing recommendations for European NGOs active in the field of sports.

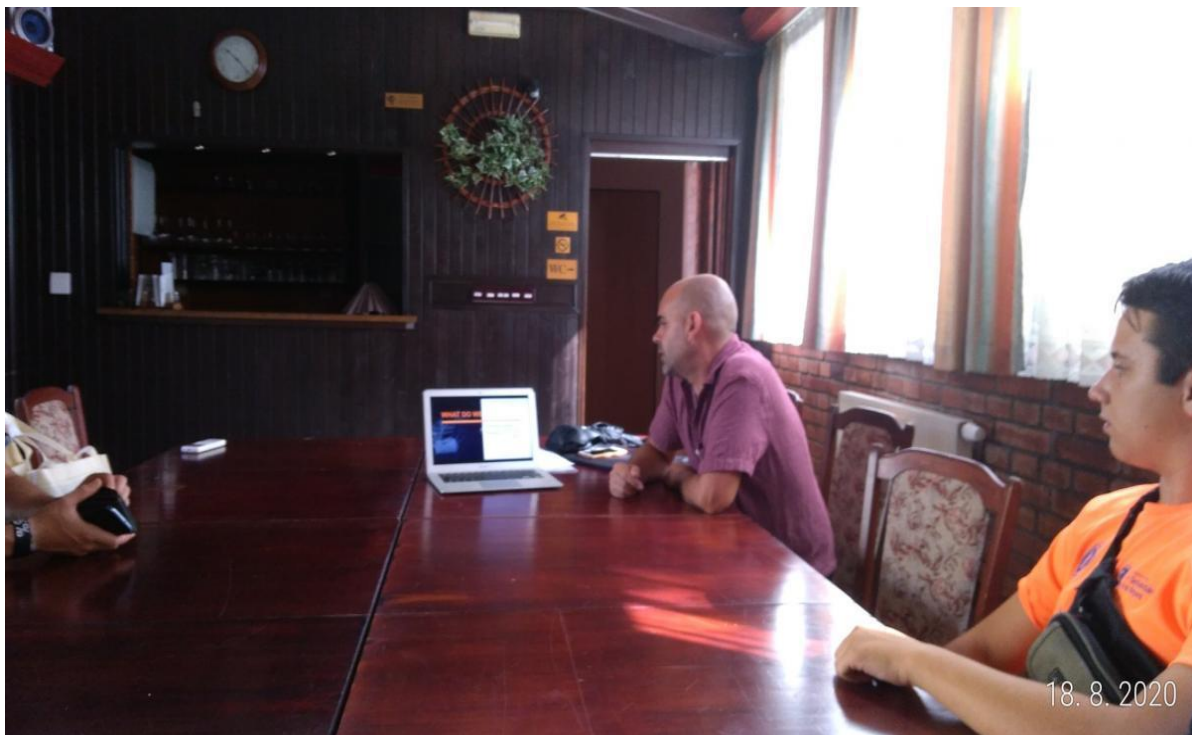


PARTNER NGOs

TM Czech Republic

Online meeting and project presentation

Information about project aims, course, results and experiences expected to obtain during and at the end of the project



LTTA - CZECH REPUBLIC



Practical skills
Sporting
activities
during mobility
in the Czech
Republic

Visiting Prague



Handing over certificates



Beer a friend or a danger for a sportsman?



In the historical cellars of the Pilsner Urquell brewery



Lecture and practical training how to provide First aid, including CPR









HEALTHY NUTRITION PROMOTES HEALTHY LIFESTYLE

Preparation meals for sportsmen

Appetizers, homemade pastes, soups, fish, fruits, vegetables

Dining in the nature













Sporting activity



MOBILITY IN THE CZECH REPUBLIC

During the mobility, participants, students, in accordance with the planned units of learning outcomes, participated in sports activities, first aid lessons and also in the preparation of a healthy diet for athletes.

After their return, participants presented their experience and results from mobility to an international audience, at school, at work and in the media with the focus on new knowledge and skills in the field of multicultural coexistence, sports, healthy lifestyle and healthy cooking. The project increased the professional knowledge, language skills of trainees and their employability in the European labour market, increase the number of mobility in vocational training and strengthen the sense of European belonging.

TM SLOVENIA

The project focused on improving the quality of sports activities, familiarization with sports activities at school, in sports centres. Project participants took part in all sports activities.



Sport school





Sport centre – education and training - sporting activities





SPORTING ACTIVITIES

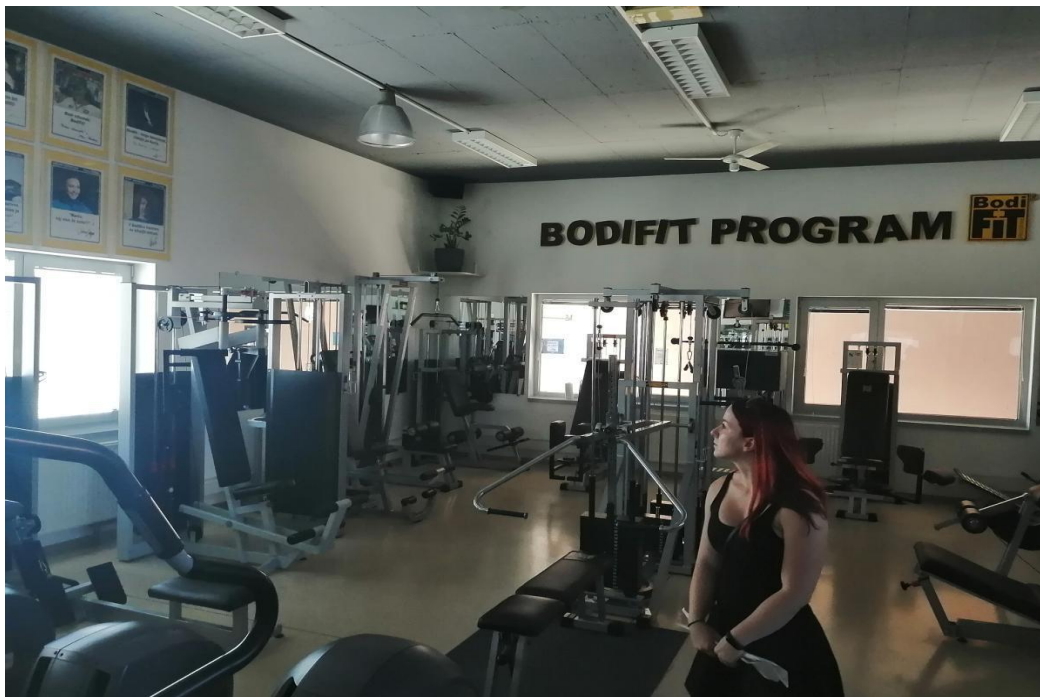
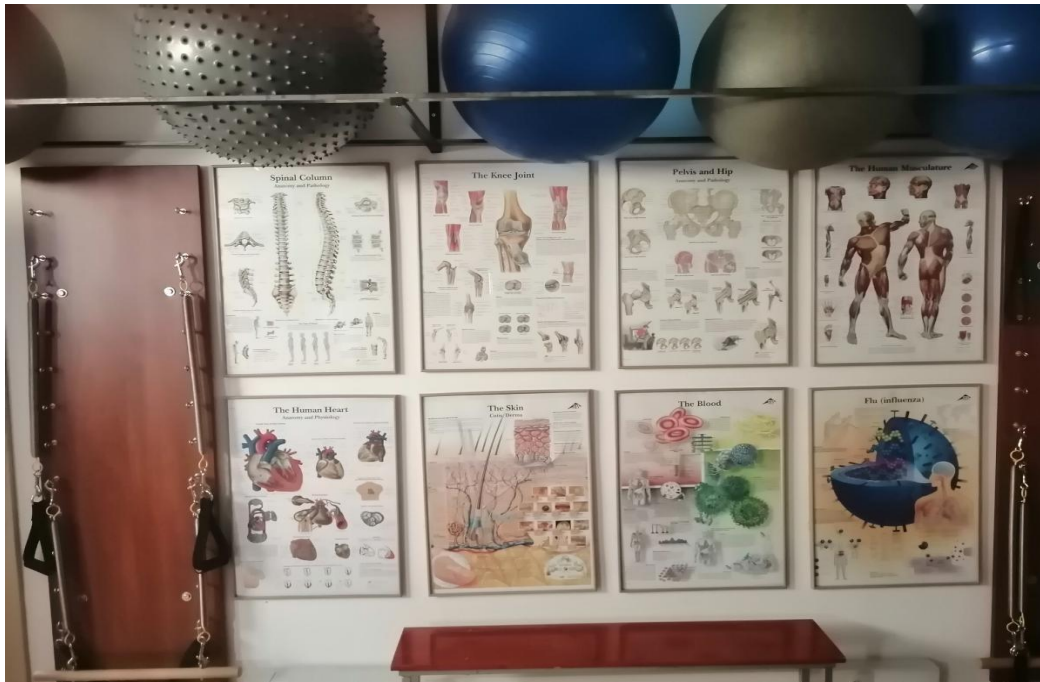
Visiting fitness centre

Practical training, body building

Lecture on anatomical structure of muscles

Work out using various equipment

POSTERS – ANATOMY OF MUSCULO-SKELETAL SYSTEM





Playing golf





Healthy snack



Relaxation in the nature











LTTA SLOVENIA

Initial presentation about the course and aims of mobility in Slovenia







Sporting activities



Canoeing







Break – having a healthy snack



Handing over certificates of participation





FINAL EVALUATION - SLOVENIA

"During our mobility in Slovenia, we had the opportunity to engage in sports activities and we also tried new exercises to strengthen muscle structures. After exercises, we had the opportunity to relax in nature and relax. We did not forget to take photos together in the gym, at golf course, in nature.

Another sports activity was a boat ride and then education about project activities. At the end of the meeting there was a handover of certificates and we took the photographic documentation."

PARTICIPANTS' EVALUATION

"The internship started in Slovenia in the summer months. It was sunny weather, we visited the sports centre in the form of demonstration lecture of professional exercise under the supervision of a coach. Separately, we presented various professional topics of sports exercises in a foreign language and discussed the education system in Slovenia. Very interesting was the

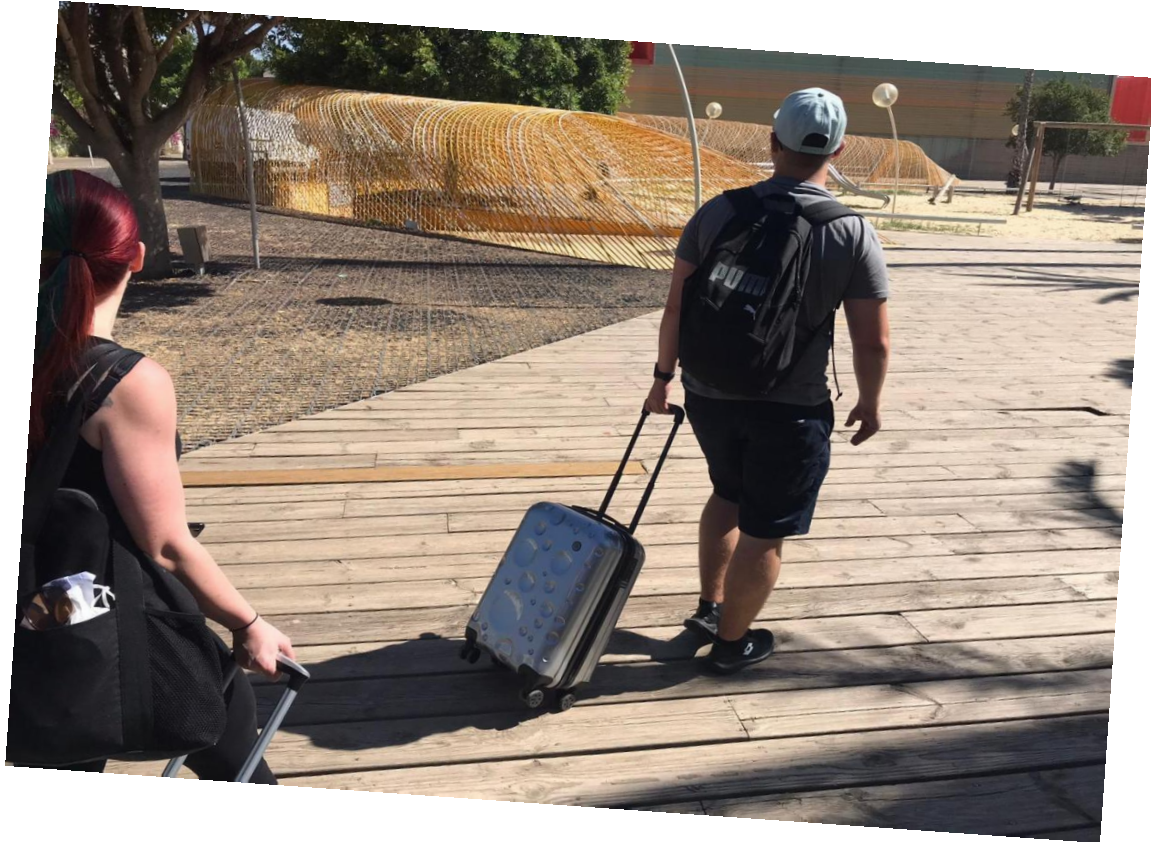
sports educational centre, where we were practised several important exercises to strengthen the muscles. We played golf outside, discussed sports activities, nature and a healthy lifestyle."

LTTA SPAIN

Meeting in Spain

Arrival of participants





Educational Sport centre – history

Photos from the meeting – lectures, presentations, excursions...







Sightseeing

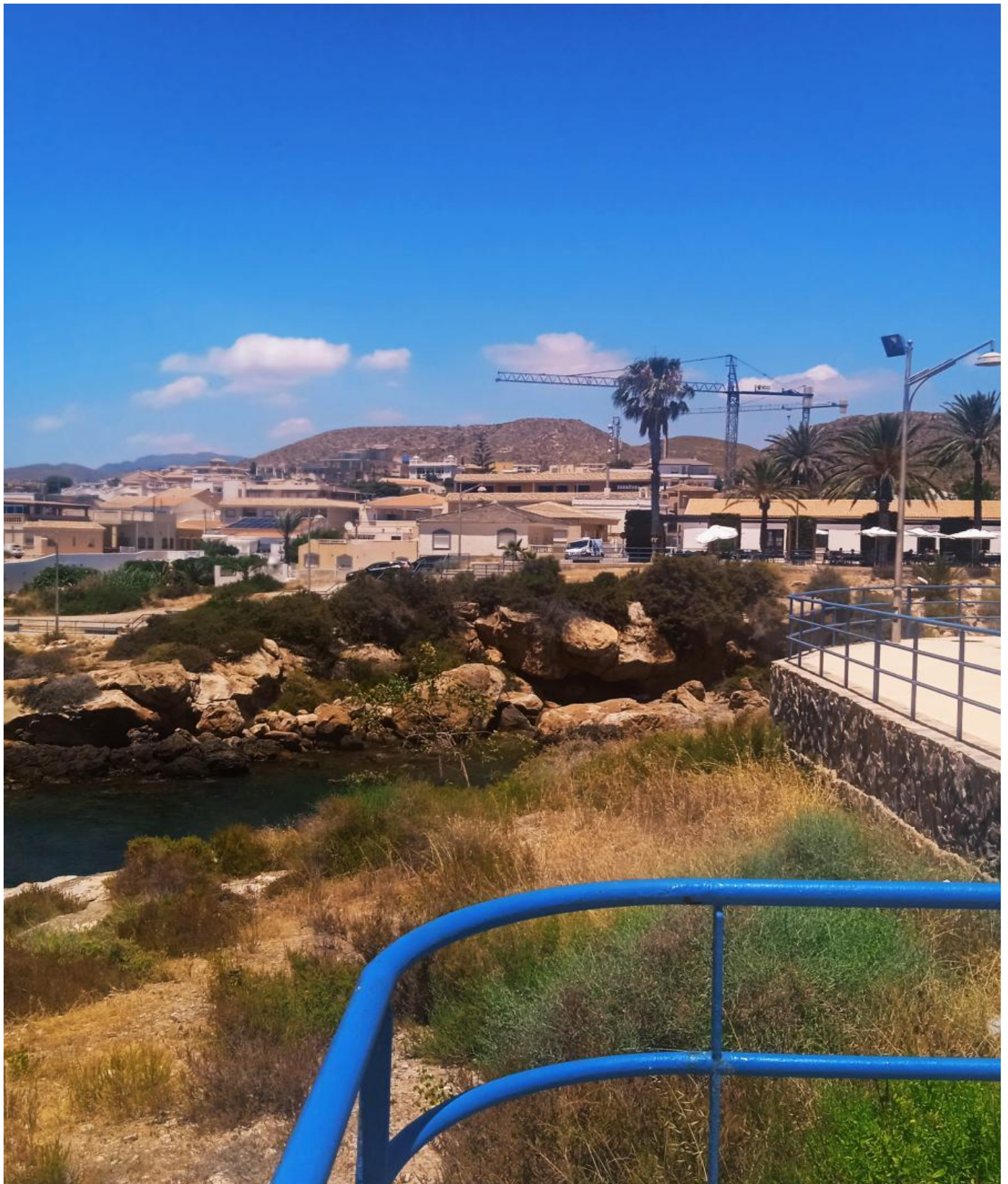






Nature







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STOPKA DOPINGU







PHYSICAL TRAINING

Body-building, swimming...

**All participants in a good mood and excellent feelings
after training.**





Evaluation meeting





TM SPAIN

Last meeting, evaluation, discussion





Coordinators' meeting



INSTAGRAM PROFILE OF THE PROJECT

stopka_dopinku



109
Příspěvky

605
Sledující

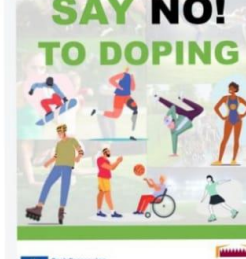
619
Sleduji

Stop doping abuse

Erasmus+ project Stopka dopingu for youth fans of fitness & healthy lifestyle.

follow = follow, unfollow =... víc

Upravit profil



LOGO AND POSTERS CREATION





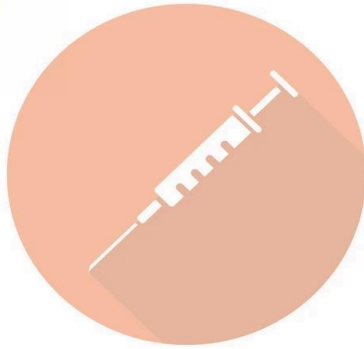
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STOPKA DOPINGU

SAY NO!

TO DOPING





FIGHT AGAINST DOPING!

ST P

DOPING!

I



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Anti - Doping Code

Anti-doping programs seek to preserve what is truly valuable in sport. This value is often referred to as the "spirit of sport". The spirit of sport is a celebration of the human spirit, body and mind and is characterized by the following values:





ANTI – DOPING

The most important rules why avoid doping:

- ✓ You dope alone and you must lie to people
- ✓ Be a clear champion without doping!
- ✓ Drug abuse in sport is illegal
- ✓ Doping means lifelong shame
- ✓ If you are forced to dope, report it!
- ✓ You cannot be proud of your performance because it is not yours
- ✓ You are threatened by expulsion from your club
- ✓ Honest success is simply the best
- ✓ Better lose honestly than win dishonestly
- ✓ Doping presents serious health complications



DISSEMINATION OF OUTCOMES OF THE PROJECT PRESENTATION OF PROJECT ACTIVITIES

Dissemination meeting – December 20, 2022









Using foreign language, sporting and multi-cultural knowledge both in institutional educational process and personal self-education

Meetings, discussions

Conferences – sharing good practices

Visiting educational centres in the Czech Republic

New impulses aimed at practicing sports and following principles of healthy lifestyle

CONCLUSION

The "STOP DOPING ABUSE" project shows us how we should educate young people about the doping issue, inform about the risks and side effects of doping abuse (such as anabolic steroids, hormones, etc.), inform about the risks of drug use, the risks of abuse of commonly available drugs, provide information on how to recognize drug addicts in their surroundings and possibly provide assistance or assistance has been contributing to the rehabilitation of addicts, informing about a healthy lifestyle.

The project has contributed to the democratic participation of youth and has supported young people in actively promoting democratic values, tolerance, democratic decision-making, active fight against racism, discrimination, xenophobia, bullying and active promotion of respect for minorities. Another objective of this project was to educate trainers, educators, youth workers to inform young people about this issue and how to prevent the subsequent use of dangerous substances.

The project has been useful in the long term by making free online education for preventing and combating the abuse of drugs and dangerous substances available to European youth, access to education on doping and drug abuse and disadvantaged youth through a methodological guide in English, thereby increasing the quality and participation of young people in sport by developing recommendations for European NGOs active in the field of sport.

ARTICLES

Dissemination activities using professional articles for education of young people in all schools and youth centres.

Usage and benefits:

- practising English language – general, medical, sport terminology (ESP)
- health education
- in educational institutions - using the CLIL method in teaching
- etc.



<http://stopdoping.eu/the-most-used-doping-methods-and-their-side-effect-for-women/>

<http://stopdoping.eu/if-youre-taking-anabolic-steroids-you-shouldnt-forget-these-important-things/>



<https://stopdoping.eu/prevention-of-doping-abuse/>

<https://stopdoping.eu/prevention-of-doping-drug-abuse/>

<https://stopdoping.eu/effects-of-doping-on-the-body/>

<https://stopdoping.eu/the-dangers-of-doping-anabolic-steroids/>

THE MOST USED DOPING METHODS AND THEIR SIDE EFFECTS FOR WOMEN

As is known, banned substances in bodybuilding and fitness are not only used by men, but also by women. In this article, we will take a closer look at this controversial topic.

If you have so far thought that a woman on a doping program must legitimately look like a man, we will probably lead you astray. After all, many times she looks like your favourite fitness girl from Instagram.

From bikini fitness to female bodybuilding

Yes, even the fragile and feminine-looking „bikini“ is no exception when it comes to the use of banned substances.

Clenbuterol

Among the most popular substance used by women is Clenbuterol. In the bikini fitness category, apparently, no female competitor cares about androgenic side effects, so if some choose banned substances, then they are products where such side effects are not a threat. Clenbuterol is popular due to the fact that it effectively burns body fat and has an anti-catabolic effect – in the diet regime and during hard training it protects muscle mass from breakdown and loss. Thanks to this, female athletes achieve the desired body appearance in significantly less time.



Clenbuterol is prescribed to treat asthma and is most commonly taken in tablet form. When taken, there may be negative side effects such as headaches, palpitations,

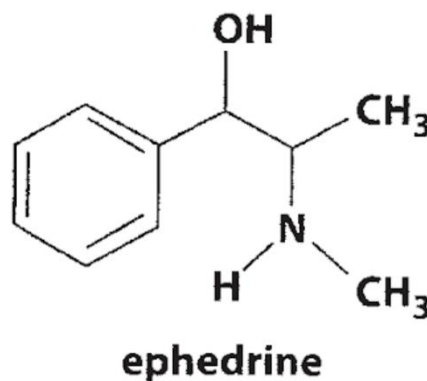
trembling of the extremities, anxiety, excessive sweating and nausea.

T3

Another widely used substance (often simultaneously with clenbuterol) is T3. T3 speeds up metabolism, affects thermoregulation and accelerates fat loss. T3 is used in medicine to treat reduced thyroid function. Long-term use for weight loss not treatment carries the risk of disrupting proper thyroid function.

Ephedrine

Ephedrine tablets are also used and are also among the substances listed on the doping list. Ephedrine works as a stimulant, suppresses appetite, helps burn body fat and increase strength. It is often combined with caffeine and aspirin for an even better fat-burning effect. It was invented for the treatment of asthma, low blood pressure and narcolepsy. The use of ephedrine can have negative effects on the cardiovascular and nervous systems.



Oxandrolone

Oxandrolone is also known as Anavar and is one of the weaker anabolic androgenic steroids. Its price is relatively high and it is often adulterated. It increases strength, improves muscle quality and hardness, and has an effect on fat burning. In medicine, it is used to treat growth disorders in children, osteoporosis and burns. Side effects in the form of acne, hair loss and nausea may occur when taking it.



Stanozolol

Stanozolol or also Winstrol can be taken in tablet form or injected. This anabolic androgenic steroid helps to increase muscle mass and strength and harden the structure of muscles. As a drug, it is used, among other things, for the treatment of anaemia. As for side effects, it can have a negative effect on the liver and deteriorate the quality of the skin and hair.

Primobolan

Primobolan is a dihydrotestosterone derivative with a lower androgenic effect and is produced in both injectable and tablet versions. It helps to increase muscle mass and strength. It has served in medicine for the treatment of anaemia. Prolonged use can cause increased hair growth, hair loss, voice change and acne.



We have mentioned above the „weaker“ banned substances used by women (often in various combinations), but it can be assumed that the greater the demands on the amount of muscle mass a competition category has, the stronger the banned substances are used. Although the cure of, for example, the female competitors of Mrs. Olympia is unknown to me, I judge from photos and videos that the substances they take will not be that different from those sought by male bodybuilders.

If women overdo it

Long-term use of anabolic substances with androgenic effects always takes a toll on women. Apart from the increase in muscle mass, there are other changes to be reckoned with.

- 1) Enlargement of the clitoris – the clitoris is essentially a shrunken penis that is very sensitive to the effects of testosterone. When taking anabolic steroids, it gets bigger.
- 2) Breast reduction
- 3) Behavioural changes – more aggressiveness, depressive states
- 4) Deeper voice – the more testosterone, the deeper the voice
- 5) Increased hair growth – cheeks, torso, chin, upper lip area
- 6) Hair loss
- 7) Change in facial features – features are rougher, woman looks older in the face
- 8) Deteriorated skin – it is oilier, acne may form
- 9) Risk of infertility – loss of menstruation

Source:

<http://stopdoping.eu/the-most-used-doping-methods-and-their-side-effect-for-women/>



PREVENTION OF BLOOD DOPING ABUSE

A global strategy for prevention and detection of blood doping with erythropoietin and related drugs

Blood doping's definition was introduced by the media in the 1970s to describe the use of blood transfusion to increase red cell mass artificially, and in turn to enhance both maximal oxygen uptake and performance in endurance sports. Since the late 1980s blood doping is no longer achieved by autologous transfusion but instead through administration of recombinant human erythropoietin (rHuEpo).

Prospects for the next years and magnitude of blood doping

Of course, when considering this question, we cannot simply adopt evidence-based medical principles. Because there is no traditional data source. The information available is from newspapers and more recently police investigations. According to data provided by CONI (Comitato Olimpico Nazionale Italiano - Italian National Olympics Committee). Blood doping with rHuEpo is especially common in professional cycling and cross-country skiing. This is mainly expected as these are typically endurance sports. nevertheless, some observations Reports from CONI show that abuse of rHuEpo is widespread in other areas. People even believe that blood doping helps reduce physiological stress during exercise and accelerates post-exercise recovery. It should also be noted that blood doping is no longer available. Problems limited to career athletes as they are now also include amateurs and young athletes. The outlook for the next few years is disappointing. In fact, major pharmaceutical companies are currently developing modified long-acting Epo molecules.

Medical risks of blood doping with rHuEpo and vital importance of this drug for thousands of patients

There is speculation that blood doping with rHuEpo may have contributed to death of a cyclist from the Netherlands in the early 1990s. At that time, the abuse of rHuEpo was largely uncontrolled, Hct values above 60% were probably achieved. These erythrocytosis, exacerbated by dehydration during exercise, tend to predispose athletes for thromboembolic complications. Today, the abuse of rHuEpo is arguably more fine-tuned. However, there are medical risks associated with blood doping that are still important. Erythropoietin significantly enhances human and their endothelial activation and platelet reactivity. It may also significantly increase the risk of thromboembolism, especially hereditary individual complications. Another problem associated with it its that a small number of athletes who abuse 4rHuEpo eventually develop a thrombophilia. Professional cyclist whose data was examined by an Italian judge in a recent investigation shows a comparable level of iron overload. These individuals were clearly co-administered with intravenous iron rHuEpo. Therefore, this type of iron overload ultimately results in organ damage comparable to that found in genetic hemochromatosis, including the risk of developing liver cancer. Finally, preliminary observation Abuse of rHuEpo may carry the risk of decreased endogenous erythropoietin production after treatment. In particular, these individuals will not be able to develop an appropriate erythropoiesis response to stressful conditions. In general, we still don't know the long-term implications, however the risk of developing myeloproliferative disorders is known. Over 500,000 patients worldwide are currently receiving rHuEpo to treat anemia. Interestingly, the potential drawback effects on

normal hemostasis help the kidneys patients to prevent bleeding complications.

What is currently being done to prevent blood doping

The use of rHuEpo is prohibited by International Olympic Committee (IOC) and other major Sports organization. The Commission has introduced a new doping class of peptide hormones and analogs, including rHuEpo, human chorionic gonadotropin and related compounds, adrenocorticotrophic hormone, and humans. However, there is no reliable way to do the routine. Since now, detection of doping by rHuEpo recombinant molecules cannot be easily distinguished from endogenous hormones. To dissuade the abuse of rHuEpo, some sports have imposed upper limits on hematocrit and hemoglobin [50% and 17 g/dL, respectively, in males, International Cycling Union (UCI) or hemoglobin [18.5 g/dL in males, International Ski Federation (FIS)]. This strategy has many pitfalls,

which have been extensively discussed elsewhere and include: large natural variation between individuals, postural effects on hematocrit, risk of false positivity and ease of manipulation through interventions such as saline infusion. In particular the upper limit of 18.5 g/dL adopted by the FIS is difficult to understand: in a prospective study that we are conducting on elite soccer players in Italy, no Hb level greater than 17 g/dL has so far been observed.

Indirect methods for detecting erythropoietin abuse in athletes

In recent years, many studies have investigated indirect methods of detecting rHuEpo abuse. Being able to define individual hematology profile: Physiological individual range of hematocrit values Hemoglobin can be defined as

mean \pm 10% of the average. Optimal variation size is (5%, 7.5%, 10%).

What can be done to prevent steroid misuse?

Studies suggest that high school athletes are less likely to use steroids when their peers and parents are disapproved. However, according to a study, high school students simply do not discourage young people from taking steroids in the future, as the side effects of steroids are adversely affected by teenagers. Showing both the risks and benefits of using anabolic steroid hormones is more effective in convincing adolescents of the adverse effects of steroids, as students clearly find the balanced approach more reliable. High-risk behaviour such as drinking or driving, carrying a gun, riding a motorcycle without a helmet, or using other illegal drugs. This suggests that preventive programs should focus on comprehensive screening and counselling of teenage high-risk behaviours using anabolic steroids.

The ATHENA program, which targets healthy exercise and nutrition options, is modelled after the ATLAS program, but is designed for adolescent girls on the athletic team. Early tests of girls enrolled in the ATHENA program showed that dangerous behaviours, such as drunk driving and sexual activity with new partners, were significantly reduced compared to controls. ATHENA participants also reduced the number of diet pills, amphetamines, anabolic steroids, and muscle-building supplements used during the sports season. The program had no direct impact on tobacco, alcohol, or marijuana use in a survey of 1-3 years after graduating from high school, but ATHENA-trained athletes used these substances in their lifetimes. As a result of this 1-3 years of follow-up, diet pills and steroid consumption have decreased in both ATHENA-trained

athletes and control group athletes, so there is no difference in consumption between these groups, material.



TRUE STORY: STEROIDS RUINED MY LIFE

I started working out, like any young kid, around the age of 15. It was also for similar reasons as most young men state. I just wanted to prove to myself that I could do it. In the beginning everything was fine, my muscles grew like water and I was excited about each new pound. But my illusion that I was going to be Rambo was over in three weeks. I kept working out for a while, but after I got a good beating at a local disco, I decided it was no use. But my not working out didn't last long. It was mainly because

there was a „dude“ who commuted to the disco and took his anger out on me. I couldn't take it, because I was running out of T-shirts, which usually ended up in the trash can when I fought with him. Either torn or so bloody that even Persil wouldn't wash it off.

So I took up martial arts. But that included the gym. My efforts lasted for a while, and I still wasn't very good. Even my fellow exerciser noticed and asked me if I was bulking up. I didn't understand what that meant, so he explained that sprinkling was eating various supplements. When I told him that I didn't have any, he just laughed at me and within a week brought me some creatine and protein. At first I was careful to follow the dosage on the package, but the more I got stronger, the more I wanted. Finally, some of the changes started to show on me.

I continued to sprinkle for about a year and a half before it stopped working. Stagnation finally caught up with me. I was pretty much sick of it because I kept wanting more. I couldn't possibly get any more and I was wondering what to get this time. Unfortunately, I had already tried everything from carbs to testosterone, but nothing was helping the way I wanted.

Unfortunately, I had quite a few bad friends who had similar problems. However, they solved them in their own way, namely steroids. When I confided my problem, it didn't take long before I was a „steroid guy“ too. I got the so-called horse steroid. It's used in horse racing to make horses more powerful. For the first week I didn't understand how the horses could even run after taking it, as it is injected with a needle into the buttocks and it hurts like the horse really kicked you. However, I quickly got over the pain when I discovered that the needle on the scale had moved 10 kg in a month. It was almost unbelievable

how I kept gaining weight. The weight stopped at an incredible 115 kg at 182 cm. I was finally happy. I was still putting on weight, but not as much. But I still had it in my head that if I wanted to, I knew how to help myself. However, I was in a bulking phase, so I was only taking testosterone and creatine. While it was nice to gain so much mass, the strength was nowhere to be found. So I worked really hard and spent all my time in the gym. I was almost sweating blood. And the results didn't take long. I think it was because I was over-training or over-pumping myself. The gym just stared at me in disbelief, wondering how I could have done so much work in so little time. Even in martial arts training, not many people wanted to pair up with me. Firstly because I was finally a real lump, and also because I got really angry from time to time and then everyone calmed down. Steroids do make some of that mass, but the excess hormones do their thing too.

Even the discos stopped being a place for me to hang out. I used to go to them to fight. I don't know why, but I enjoyed it. I finally felt like a man when I'd given someone a good thrashing and I didn't have a scratch.

Unfortunately, one fight ended in battery and a six-month sentence behind bars. That had quite an effect on me. Prison food isn't much and you don't get much out of bagging. You can do push-ups and squats out of boredom to keep yourself up, but at my weight it didn't help much and the pounds came off. You'd think six months isn't that long, but to me it felt like an eternity, and I think to my body too. When you lose about 20 kilos, you look like a bitch. Your skin sags „beautifully“ and you look 20 years older.

After I finally got free again, I didn't want to stay that creepy looking „old man“ and I started working out again.

I lasted a while without any of that bulking. But really, just for a while. Then I became the old „steroid guy“ again and soon got back to my former weight. I didn't look like I used to, but I wasn't the „old man“ anymore.

I continued my bulking life for quite some time and it showed again. This time, I didn't go to jail, but I did go to the hospital. The use of my miracle pills and needles had an effect on me. Steroids can put on a few extra pounds, but they also play tricks on the inside. My liver and kidneys were devastated and I had respiratory problems from the excess fat. So I had to stop working out again. I spent about two weeks in the hospital and the home treatment lasted about two months. But my liver will never be the same again. I can hardly do anything anymore because of it. Alcohol doesn't call me sir even on New Year's Eve and I can't do any top sports either. It stops when I go to the gym four times a week and my eyes turn yellow for a week. It's just a cosmetic blemish to those around me, but I have it as a tell-tale sign that I have excess bilirubin that could make me collapse again, which would be unpleasant.

As a summary of this story, I would like to tell everyone that working out is not a bad thing, but it must not be overdone. If you want to bulk up, then bulk up, but don't sink to the level of „junkie“ like I did. I don't think I'm the only one with a similar fate, but these people aren't talked about much. And last but not least, I want to say that you can work out without such products. I'm done with it and I work out just for fun. Do it that way too, it's much better.

Source: <https://www.ronnie.cz/>

HISTORY OF PREVENTING DOPING ABUSE

In the field of sport, people often attempt to gain advantage over their opponent in order to achieve superiority and win the competition. Since ancient times, the use of doping substances was one of the ways to achieve such thing. Competitions and sports have long been plagued by doping problems. Early records of athletes using special diets to gain an advantage date back to the ancient Games, dating back to 668 BC. Some methods are legal and even desirable but when all legitimate methods have been implemented and the athlete reached their peak performance, there is a temptation to seek out pharmacological methods to improve performance yet further. While drugs can improve athletes' performance, the use of such drugs is prohibited for several reasons. It can be harmful for the athlete and athletes often may not be in a position to give fully informed consent to receive the drugs. Furthermore, the use of performance enhancing drugs makes the competition inequitable. And finally athletes are role models within society and such behaviour can influence young people which could in the future lead to a wider use of such drugs.

Even though it's widely believed that doping is a modern phenomenon, there are numerous evidence of ancient people using drugs, including extracts form plants, animals or even humans. Testosterone was one of the first performance-enhancing drugs to be tried. One of the earliest records mentions Charmis, the Spartan who won the stade race (200 yards (183m)) at the Olympic Games in 668 BC, using a diet of dried figs to improve his performance. The Ancient Greeks were also the first to use stimulants in the form of potions of brandy and wine as part of their sport training routine. The Roman gladiators

also used unspecified stimulants to overcome fatigue and injury. Most of these stimulants were derived from plants.

1 In the 1904 Olympics, marathon runner Thomas Hicks nearly dies after using a mixture of brandy and strychnine. Strychnine, heroin, cocaine, and caffeine were commonly used by athletes, and each coach or team developed their own unique recipe. This was a common practice until heroin and cocaine became available only by prescription in the 1920s. In the 1930s, it was amphetamines that replaces strychnine as the stimulant of choice for athletes. During the 1950s, the Soviet Olympic team first used male hormones to increase strength and power. When the Berlin Wall fell, the East German government's program of performance enhancement by meticulous administration of steroids and other drugs to young athletes was exposed. This yielded a crop of gold medallists.

2 It has taken several decades for sport organizations to realize the seriousness of the doping menace and the dangers it poses to health and well-being of athletes, which has led to the establishment of the systematic fight against doping. They became aware of the extent and benefits of coping in sport when Ben Johnson's gold medal was stripped in the 1988 Seoul Olympics for using the steroid stanazolol. In the 1967 the International Olympic Committee (IOC) created a Medical Commission to initiate the introduction of anti-doping regulations, including the first official list of prohibited substances (listing exclusively stimulants). The first doping controls were carried out during the 1972 Munich Olympic Games, and systematic screening of urine samples was introduced at the 1983 Caracas Pan-American Games. Blood testing was first implemented at the 1994 Lillehammer Winter Olympics. WADA (The World Anti-Doping Agency) was created in 1999 in response to the World Conference on Doping in

Sport, where both the IOC and governments agreed to create an independent agency to promote, coordinate and monitor the fight against doping in sports internationally. One of the main responsibilities of WADA is creation and implementation of the World Anti-Doping Code and the related International Standards. The Code is the cornerstone of harmonization of anti-doping regulations in all sports and all countries.

3 In accordance with the WADA Code, doping is the presence of a prohibited substance or its metabolites or markers' banned; the use or the attempted use of a prohibited substances or a prohibited method; the refusing or the failing, without compelling justification, to submit to sample collection; the violation of applicable requirements regarding athlete availability for out-of-competition testing; the tampering or the attempting to tamper with any part of doping control; the possession of prohibited substances and prohibited methods; the trafficking or the attempted trafficking in any prohibited substance or prohibited methods; the administration or the attempted administration to any athlete of any prohibited methods or prohibited substances, or the assisting, the encouraging, the aiding, the abetting, the covering up or any other type of complicity involving an anti-doping rule violation or any attempted anti-doping rule violation.

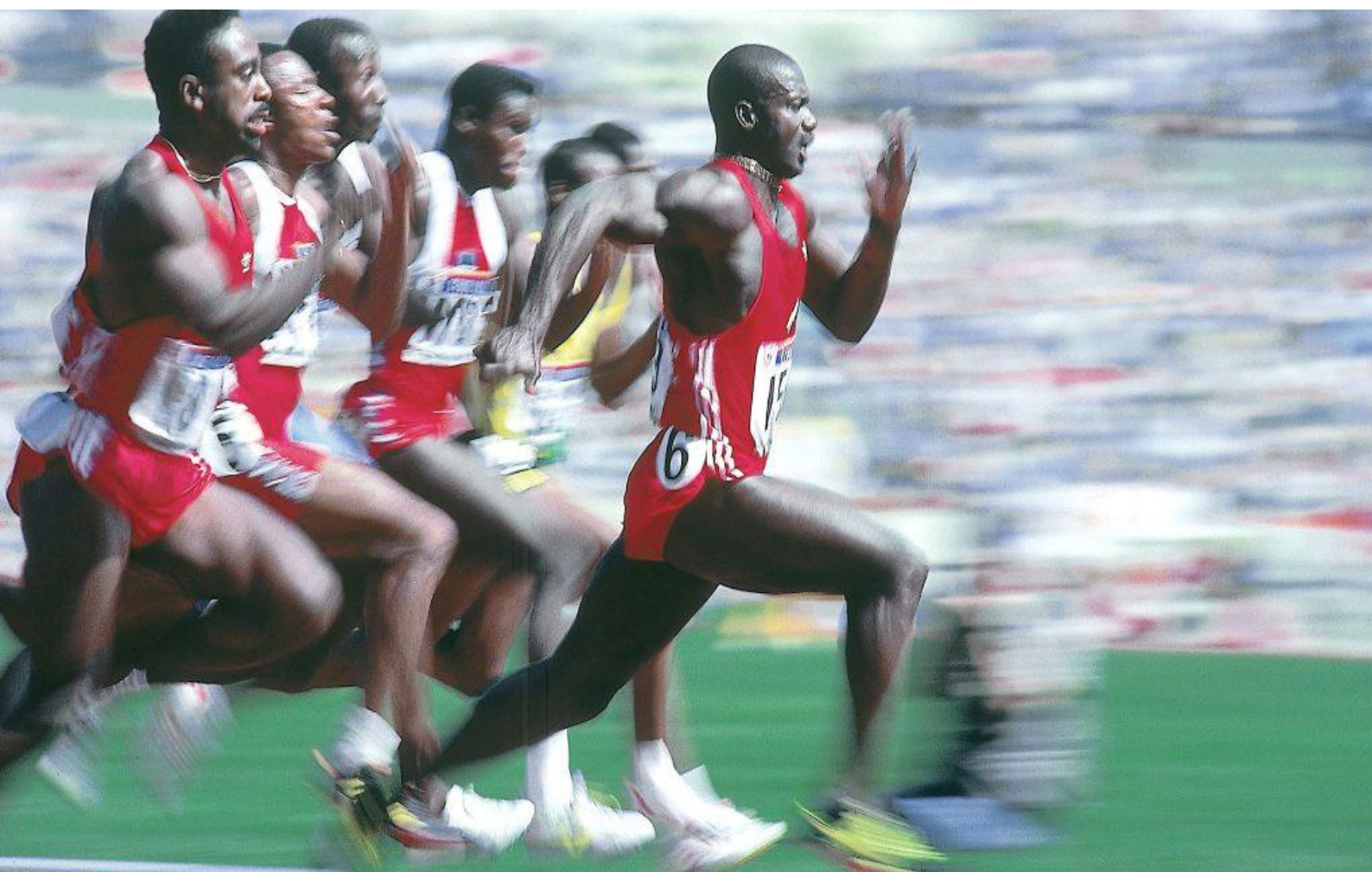
4 After WADA was created, there were years of aggressive anti-doping testing by international sport federations such as those for cycling, athletics and soccer. However, steroid abuse scandals involving high profile athletes continue to be front page news across the globe.

Modern sports and the media's misplaced fixation on fame, fortune and winning at all costs have unintentionally created a growing market for doping substances. These

substances, one only used by elite athletes, are clearly spreading into schools and health clubs worldwide. In addition, these drugs are now being abused by male and female adolescents for cosmetic purposes in an attempt to achieve the “cut” and sexy look promoted by the media.

5 Even though organizations have made significant steps in the last few years to fight off the stigma of doping, it is envisaged that the new doping threats will quickly emerge. Fast development of technology can lead to new doping substances and practices against which appropriate doping control and detection methods must be developed.

SOUTH KOREA – SEPTEMBER 24: Track & Field: 1988 Summer Olympics, Canada Ben Johnson (159) in action, winning 100M Final at Olympic Stadium, Johnson stripped of medal for illegal drug use, Seoul, South Korea 9/24/1988 (Photo by Ronald C. Modra/Sports Illustrated/Getty Images) (SetNumber: X37089)



EFFECTS OF DOPING ON THE BODY

In the world of doping, there are no limits to the substances that an athlete can take to improve his or her performance. Substances such as alcohol, steroids, cannabis, stimulants, narcotics, painkillers and diuretics are just some of the long list of substances that can be found.

It is true that the subject of doping analysis has its drawbacks, as each athlete is different and depending on factors such as weight, age or the dose taken can give different results. This list of doping effects shows us all the drawbacks of consuming prohibited substances.

- Effects on the heart. The consumption of stimulants can increase the arterial pressure of our heart. On the other hand, if narcotics or diuretics are consumed, the rhythm of our heart rate can decrease.
- Effects on the brain. The effects of doping on the brain can cause very serious and often irreversible damage. If testosterone is taken, dedicated to increasing muscle growth, it also increases sexual desire and aggressiveness to a high degree. With the consumption of stimulants one can show symptoms of nervousness in the whole body. Narcotics can cause our brain to reach thresholds where pain is not felt.
- Effects on hair. Testosterone use would cause men to suffer from increased body hair and loss of head hair. The effect on women would be the appearance of hair in unwanted areas.

- Effects on the liver. A further factor in the world of doping is liver problems. High steroid intake could lead to liver failure.
- Effects on the reproductive system. Taking anabolic steroids can alter hormones and affect sexual development and fertility.
- Effects on the lungs. Another factor to consider in doping is the intake of diuretics which can cause dehydration.
- Effects on the kidneys. Growth hormone use can lead to type II diabetes.

Sports doping, anabolic drugs, pills and capsules – shape of a male muscular upper body – symbol for medical drug abuse. Isolated vector illustration on black background.



EDUCATIONAL ACTIVITIES

Presentation of FIRST AID techniques with a focus on CPR, which is a prerequisite for successful help in the case of heart failure as a result of overdose after abusing drugs and other narcotic substances.

First aid instructor:

Mgr. Jiřina Uhrová

- author of PowerPoint presentation, practical training in CPR within mobility in the Czech Republic and disseminating activities







FIRST AID - CPR



Importance of CPR

- To save person's life is the most what we can do for anybody.
- To provide first aid is our civic responsibility.
- There is nothing precious but **LIFE.**



What to do at the site of accident

- **Assess the situation**
- **Act fast**
- **Protect rescuer**
- **Check victim's vital functions:**
 - **Watch**
 - **Listen**
 - **Feel**
 - **Smell**





When to perform CPR

Always when a person has stopped breathing and his/her heart has stopped beating.

When a person is lying quietly, not responding when we call him, shake with him, keep pinching him...

Never loose time doing another examination...

Check his breathing!



What is Cardio-Pulmonary-Resuscitation

- **Heart activity**
- **Breathing activity**
- **Resuscitation = combination of**
 - external chest compression
 - rescue breathing**(mouth-to-mouth resuscitation)**



Consciousness examination

Call the person.

Shake with him.

Initiate the pain – pinch him and
watch his response.

If there is no response – he is
unconscious.

Consciousness examination

in picture





Breathing examination

Check the airways for possible obstructions (remove them or clean the mouth).

Place the victim on the back, lean his head backward.

Place your cheek to victim's mouth to see his chest:

- Watch the movement of his chest.
- Listen to his breathing.
- Feel breathing out.



Loosen the airways





Rescue breathing (I)



Do not provide rescue breathing in unknown people – possibility of being infected by serious infectious disease!

Provide rescue breathing in the case of drowning, in a child, in your relative.



Rescue breathing (II)



After 30 chest compressions lean his head backward.

Pinch his nose to prevent air leakage.

Blow twice into victim's mouth.



CPR – external chest compression

**Find the correct place on the body -
in the middle of the chest, on the
sternum.**

Press into 1/3 of chest depth.

Frequency:

100-120 compressions in 1 minute.



Resuscitate until...

- **Victim starts breathing spontaneously.**
- **Emergency arrives.**
- **Rescuers are exhausted.**



Call medical help

☎ 155 ☎ 150 ☎ 158 ☎ 112

When a person does not breathe, call emergency!

Tell:

Name

Description of accident

Number of injured people

Address

Orientation point

Never stop the phone call first!



☎ 112





☎ 155



Summary

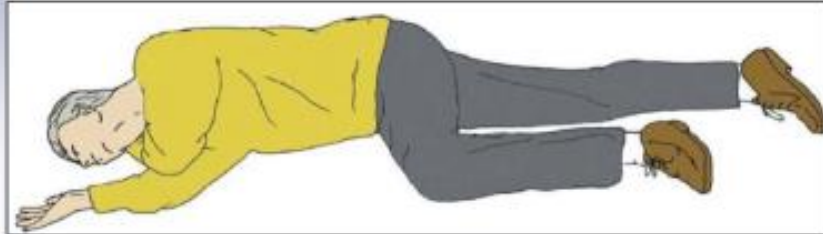
1. Consciousness examination
2. No response – breathing examination

Victim is breathing – place him into recovery position, call emergency

Victim is not breathing – call emergency, perform CPR



Recovery position



AED

AED = automated external defibrillator

**It's a sophisticated, easy-to-use
medical device that can analyze the
heart's rhythm.**

**It delivers electrical shock after
assessing situation.**

**It is placed where many people gather
in a space.**

Watch VIDEO

<https://www.youtube.com/watch?v=kazOQ6hYbPo>



Answer the questions

1. Explain the term „resuscitation“.
2. Before resuscitation – how do you examine the patient?
3. What is the chest compression frequency?
6. What is the purpose AED?
7. What does „recovery position“ mean and when we use it?
8. Why don't we perform mouth-mouth resuscitation ?
9. What is the chest compression to rescue breathing ratio during CPR?

Thank you for your attention



Mgr. Jiřina Uhrová

Author



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