

Alaska ACP and AKOMA Regional Conference Anti-Doping

What Most Doctors need to Know
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Disclosures- None ☹️

Topics in Brief

AKA Objectives:

- Who is subject to testing
- Who is in Charge and Who tests
- Where to get information Re: meds YOU prescribe
- Help local teams learn the system
- Understand procedures and your role at testing
- Help Avoid ruining an athletes career

We Won't Cover This



OR THIS

"The Medical Anti-Doping Work is Far Ahead of the Athletes: It is the Juridical Work that is Lacking Behind The Great EPO Test Swindle "

By Rasmus Damsgaard, MD, PhD

The Problem!

Lance Armstrong and Oprah

http://www.youtube.com/watch?v=N_0PSZ59Aww

Swedish Television

Time	Name	Age	Sex
1	PERI	199	M
2	PERI	199	M
3	PERI	199	M
4	PERI	199	M
5	PERI	199	M
6	PERI	199	M
7	PERI	199	M
8	PERI	199	M
9	PERI	199	M
10	PERI	199	M
11	PERI	199	M
12	PERI	199	M
13	PERI	199	M
14	PERI	199	M
15	PERI	199	M
16	PERI	199	M
17	PERI	199	M
18	PERI	199	M
19	PERI	199	M
20	PERI	199	M

World Cup for Ladies
Jan 27 January 2007

Blood test
The following athletes have given blood test

Ranking Number	Name	Country	Analysis Date
10	Alm, Sara	SWE	1999-01-28
11	Andersson, Sara	SWE	1999-01-28
12	Andersson, Sara	SWE	1999-01-28
13	Andersson, Sara	SWE	1999-01-28
14	Andersson, Sara	SWE	1999-01-28
15	Andersson, Sara	SWE	1999-01-28
16	Andersson, Sara	SWE	1999-01-28
17	Andersson, Sara	SWE	1999-01-28
18	Andersson, Sara	SWE	1999-01-28
19	Andersson, Sara	SWE	1999-01-28
20	Andersson, Sara	SWE	1999-01-28

Swedish Television Saltin on 1995

Hb values in cc skiing at World Championships in the late 1990-ties; individual values

- 1995; some skiers had 20 g / 100 ml with all medal winners above 17.5 g / 100 ml
- From 1997 upper allowed limit for men 18.5 g / 100 ml
- 1999 some 30 male skiers between 17.0-18.7 g / 100 ml; medal winners > 17.0 g / 100ml
- Altitude training, blood transfusion, EPO ???

Who gets Tested ? General Procedures

Testing Pools
National, International
Sanctioned races i.e. USSA event
"Whereabouts" / ADAMS

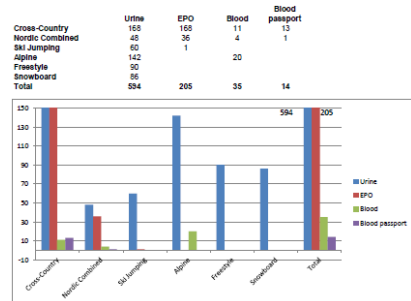
In competition (The actual days of competition)
Sochi TTL # tests **2,812 8 now**
Positive Duerr, Sachenbacher-Stehle
Out of Competition:
HIGHER YIELD

TESTING POOL FIGURES

- Currently 334 athletes
- Of 6 FIS Olympic disciplines
- Daily Whereabouts collected for Out-of-Competition Testing
- Through the on-line system ADAMS



FIS IC STATISTICS 2012/2013



Sochi 2014

5 Athletes tested positive at Sochi Olympics

Doerr: XC admitted **EPO** (easy one)

Pavlovs (Latvia Hockey) positive for stimulant
methylhexanamine

Lisogor (Ukraine XC skier) tested positive for
trimetazidine

Four cases involve stimulants that can be found
in food supplements and OTC meds in Europe

WHO is in Charge?

No!

WADA is in Charge

Other Agencies: alphabet soup

IF's e.g. FIS

NOC's i.e. USOC

NADO's e.g. RUSADA, USADA

NGB e.g. USSA or Sport- MLB

Team Policy

CAS

MOST IMPORTANT SLIDE

www.globaldro.com

Prohibited In/Out of Competition

TUE's e.g. Insulin

Again

- Sources of **CRITICAL** info
 - WADA 2014 list of prohibited substances
 - Changes yearly, released in fall, Effective Jan 1
 - <http://www.wada-ama.org/en/world-anti-doping-program/sports-and-anti-doping-organizations/international-standards/prohibited-list/>
 - USADA Global DRO
 - <http://www.globaldro.com>

So you are at the event

Sochi Day 1 10:45 PM

“Larry, It's Jessie, I just got notified”

What happens?

Jessie



Aksel Lund Svindal on his „blog“ in 2011



“Nothing like waking up at 6.00 to an early morning date with Antidoping. They took blood and everything. Good to know they are doing a good job.”

Next:

Chaperone: athlete and “representative” to doping control station

BOTH athlete and you

Sign in with ID: Passport, Credential
Kashi Cereal Box? (Kikkan)

Athlete: drinks lots of fluids

Paper work of course **Double Check it!**

Blood and/or Urine: Determined by ADO

Blood and Urine

- Blood:** Sit 15 minutes
No exercise for 2 hours
- Doctor:** Observe technique
Tourniquet off-Tube Filled?

prior

- Urine:** Gender specific “witness” “The Toilet must be large enough for 2 people and enable the witness to directly observe the passing of the urine sample” p 20 IOC Anti-Doping Rules 2014–29.07.2013 (F)
 - Stage Fright caused us to wait 5 hours in Italy once
 - Verify bottle numbers, labels
Jars filled by athlete, sealed

Blood Passport

FIS Anti-Doping Update

Swedish Television

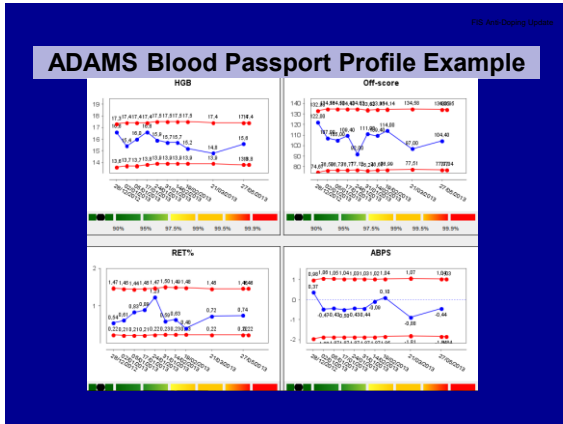
Plum	Mini	Mo
1	PP-1	178
2	Andra	177
3	Andra	176
4	Andra	175
5	Andra	174
6	Andra	173
7	Andra	172
8	Andra	171
9	Andra	170
10	Andra	169
11	Andra	168
12	Andra	167
13	Andra	166
14	Andra	165
15	Andra	164
16	Andra	163
17	Andra	162
18	Andra	161
19	Andra	160
20	Andra	159

Below the table is a document titled "Blood analysis" with a table of "Starting Number", "Name", "Nation", and "Apakah Time". It also includes a signature and the FIS logo.

FIS Anti-Doping Update

Busted Athlete

The chart shows a significant spike in Reticulocytes around 11-Mar-11, which is highlighted by a yellow arrow. Another yellow arrow points to a point on 20-Jul-11. The Haemoglobin levels also show a notable peak around 11-Mar-11.



FIS Anti-Doping Update

No Start Rule 2013-

In the event that a result ...atypical longitudinal profile, the Passport must be reviewed by an expert ... and if it... may be the result of the use of a Prohibited Substance or Method then a start prohibition of 5 (five) consecutive days is issued.

Help Your Athlete and Team

Don't Screw up

Help Your Athlete and Team Learn the Rules

<http://www.usada.org/coach>

"Coaches Advantage"

DON'T !!!

- M2.2 of WADA 2014 banned list
- 2. DO NOT GIVE IV Fluids except in case of actual admission to hospital or research investigation with proper approvals.
 - OR Kyle and or I will come after you
 - THE ATHLETES COUNT ON YOU TO KNOW WHAT IS OK

