



Background

The Anti Doping Hot-Line works to discover, reduce, counteract and prevent the misuse of doping agents and its consequences. The most common reported adverse events (AE) of illicit hormone pharmaceuticals - mostly anabolic androgenic steroids (AAS) include acne, dyslipidemias, hypertension, psychiatric and behavioural disorders, potency disorders, testicle atrophy and gynecomastia, and to some degree reduced fertility in males.

In 2004 a possibility for the misusers to report AE was added to our interactive website, dopingjouren.eu. We investigated the characteristics of the misusers of AAS, other hormone pharmaceuticals and dietary supplements and their misuse pattern.

Method

An anonymous self-reporting questionnaire at the Anti Doping Hot-Line's website was established. It contained questions concerning AE, the misused substances and effects on quality of life. The form was filled in by a total of 48 anonymous males. 27 males, aged 20-40, with an age at onset at 14-19, and 21 individuals aged 16-19 at time for self-report were recruited to the study.

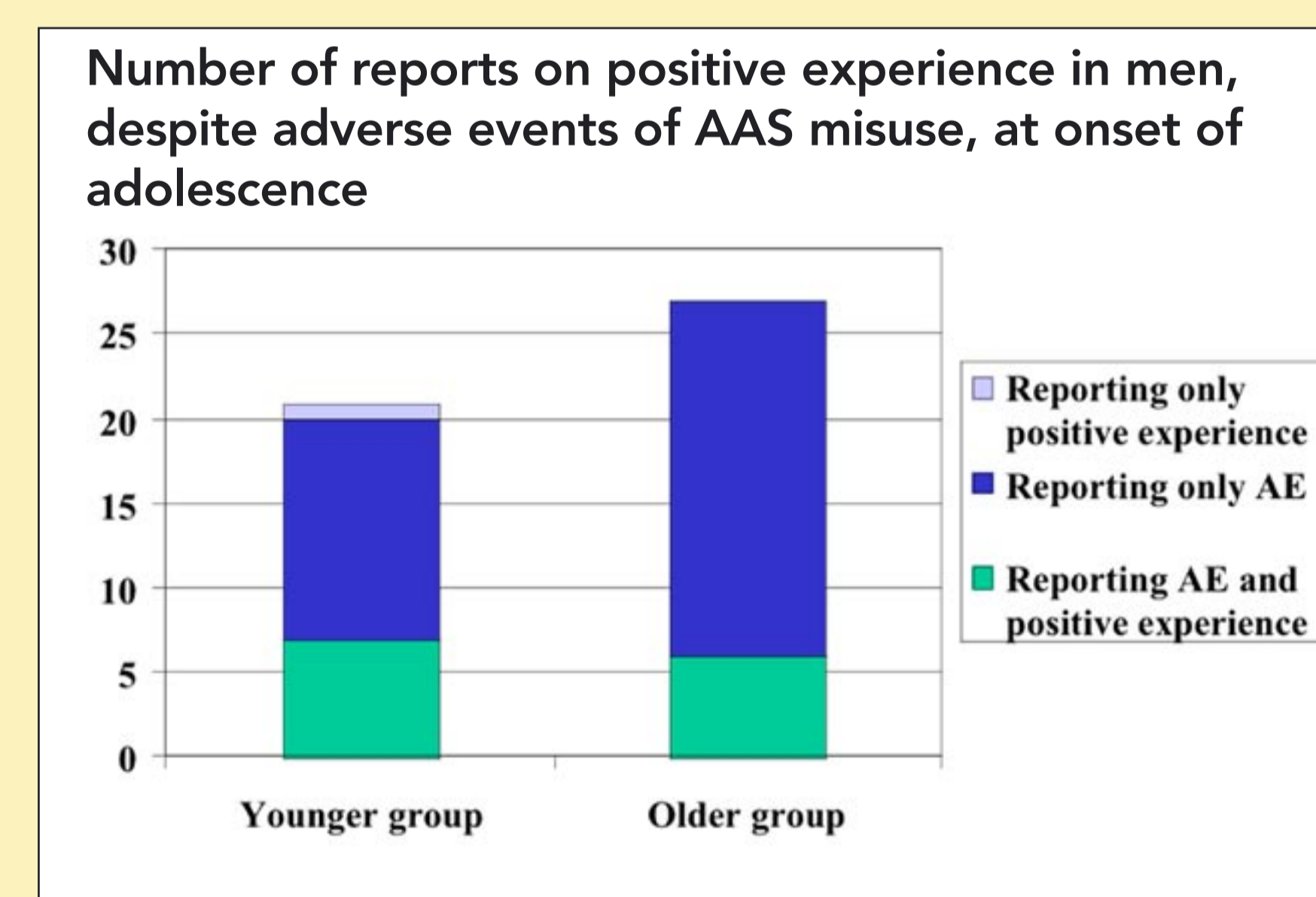
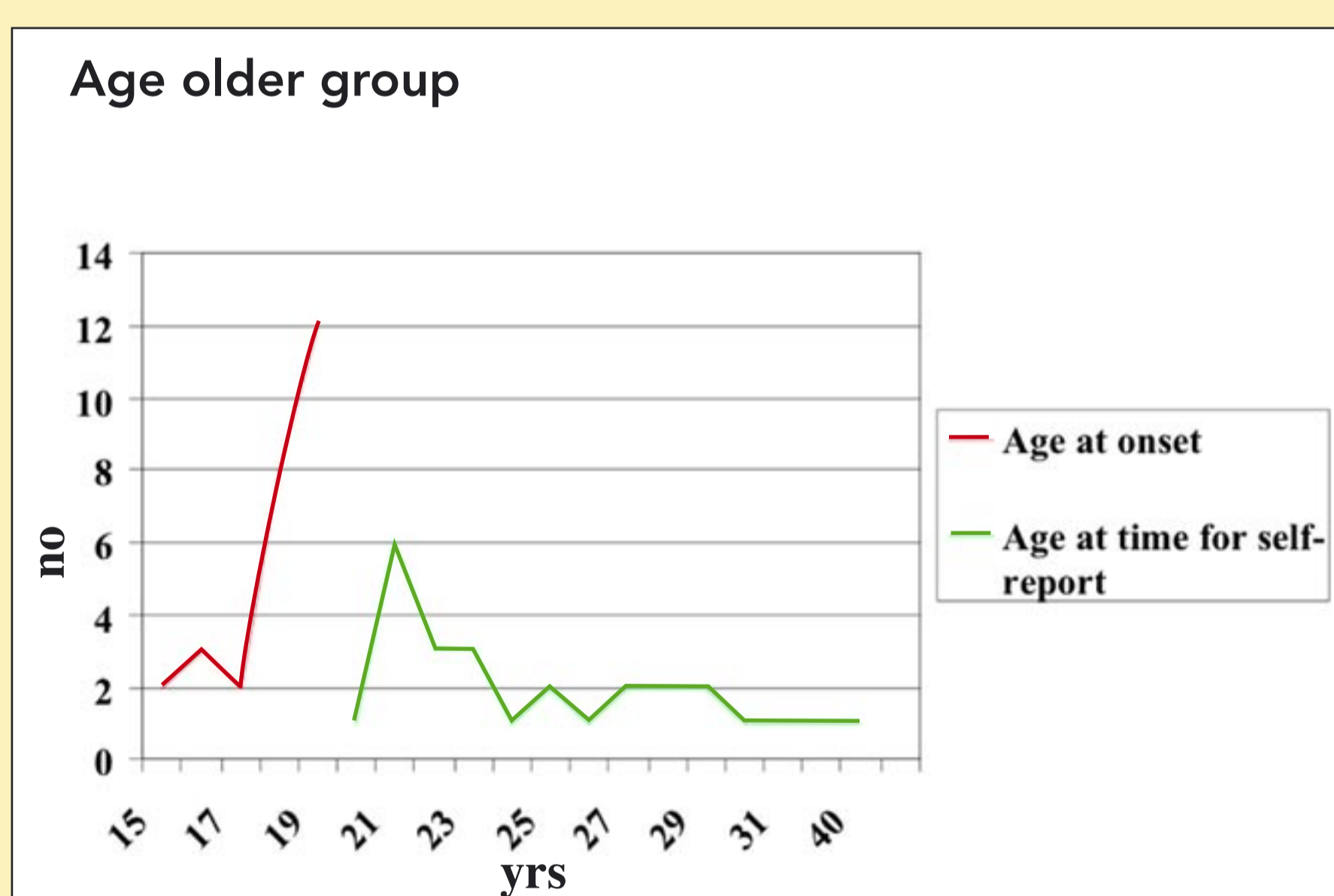
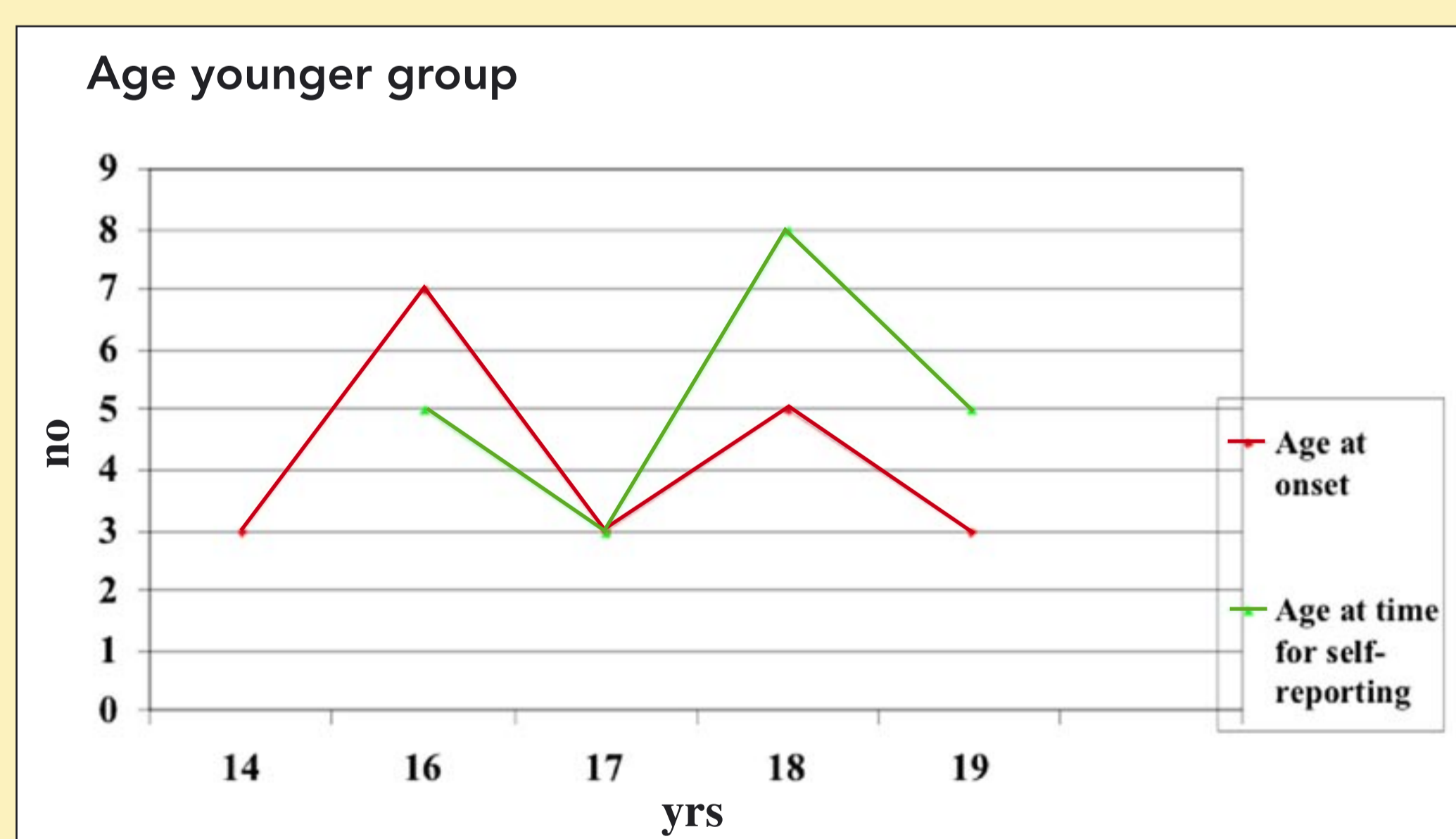
Aims

The aim was to study the pattern of abuse of illicit hormone pharmaceuticals and related compounds and to identify and describe physiological, social and psychiatric AE in men at onset of adolescence.

Conclusion

Our data verify a different pattern of the misuse of hormone pharmaceuticals and closely related substances in younger than in older subjects. Males with a longer duration of misuse reported a mixed use of hormone pharmaceuticals in a higher degree. The younger subjects, with a shorter duration of misuse reported a positive experience of AAS, despite AE. There were no differences in type of reported AE.

Results



Self-report no 1

A 17-year old boy reported AE after misuse of AAS. Age at onset: 17, age at time for self-reporting: 17. Reason for starting misuse: a wish to become bigger and have a more beautiful body. Reported AE: nose bleeding, smaller testicles, depression and oedema. However, he was surprised of the positive impact the misuse has had on his life. He is bigger and it feels like he has a "healthy body". His friends are impressed of his recent progress in body-building. Intermittently, he experiences a self-esteem and self-confidence he never felt before.

Self-report no 2

A 22-year old male reports AE after misuse of AAS and other hormone pharmaceuticals. Age at onset: 19, age at time for self report: 22. Reason for misuse: he was "ganged up on" in class and he was not satisfied with the results in sports. On the first "cycles" he felt fine. He developed gynecomastia and difficulties to get an erection and started a misuse of human chorionic gonadotropin (hCG) in belief that he could prevent the AE. At the time for self-report he had decided never to misuse hormone pharmaceuticals again. He is still suffering from depression and describes his life as a former AAS-misuser as "living in hell".

Misuse pattern of AAS, other hormone pharmaceuticals and closely related agents

