



RISKS ASSOCIATED WITH THE ILLICIT USE OF MEDICINES

ANABOLICS

Illegally used for their anabolic effects to increase muscle mass, enhance athletic performance and improve physical appearance.

EFFECTS

- Hepatitis, liver cyst formation, cancer
- Severe acne in face and back
- Baldness
- Stunted growth, tendon rupture, joint pain
- Addiction and progression to other drugs
- Death



- Gynecomastia
- Breast cancer
- Balding
- Headache



- Infertility
- Menstrual irregularities
- Ovarian cyst
- Virilization

HUMAN GROWTH HORMONE

Illegally used for their claimed effects to increase muscle mass (protein synthesis), to decrease fat mass, to increase sprinting capacity and to promote a faster recovery.

EFFECTS

- Acromegaly
- Abnormal growth of heart
- Hyperglycemia, diabetes
- Severe joint pain
- Carpal tunnel syndrome
- Changes in thyroid hormones levels
- Liver damage
- Death



GREEN SEAL

FIGHT AGAINST DOPING IN RECREATIONAL ENVIRONMENT



Project co-financed by the Erasmus+ Sport Collaborative Partnerships Programme of the European Union



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FAT BURNERS

Illegally used for its fat burner and muscle anabolic effects

EFFECTS

- Increased heart rate
- Aggressiveness
- Insomnia
- Tremors
- Anxiety
- Fatigue
- nervousness
- Dizziness, nausea

DIURETICS

Illegally used for shaping muscle profile in body building and to regulate body mass in sports

EFFECTS

- Dehydration
- Skin irritation
- Hypovolemia
- Impotence
- Low blood pressure
- Menstrual irregularities
- Confusion
- Fainting
- Renal impairment

STIMULANTS

Illegally used for increasing the level of alertness, concentration and for reducing or eliminating the feeling of tiredness and fatigue

EFFECTS

- Addiction
- Cardiac death
- Depression
- Strokes
- Insomnia
- Anxiety
- Arrhythmias
- Tremors



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