
Dr. Fitch discusses many ways elite athletes take advantage of medical prescriptions. Many of the prescriptions are banned through the International Olympic Committee, (IOC) but some supplements are permitted as Fitch (2012) describes” Therapeutic Use Exemptions (TUE) allowing athletes to administer prohibited drugs for genuine medical conditions and still compete”(p.257). Throughout the entire article he explains the different methods some athletes receive this exemptions, but very often they are taken advantage of and used in ways to improve their performance. There were several points I agreed with as Fitch (2012) says “too often misuse of prohibited performance-enhancing drugs tends to overshadow the outstanding sporting achievements of clean athletes.” (p.260). This article is very helpful as it shows good examples on the different forms of steroid use in the highest form of competition.

*Steroid Use and Performance: Lessons for Integrative Biologists.*

In this article, biologist use modern day equipment to record and examine performances in many steroid users. It really gives much information on what occurs to the human body as these steroids and chemicals are taken. They also show as Husak (2009) records the performance aspect of steroids with “ 21 out of 29 users found an increase in human strength ranging from 5% to 20%” (p. 256) It was very interesting to see the numbers and performance increase with the use of testosterone. This is very good article because it shows the advantages in steroid use through the examination of actual humans. It also has information over the scientific perspective of steroid use.
Daily Exercise and Anabolic Steroids Use in Adolescents

In this article, many European students were surveyed in order to find what circumstances make teens more prone to substance abuse. It also gives the reader some information over one of the main side effects of steroid use which is aggressive behavior. Statistics show that “Lifetime anabolic steroid use in 16-year-old students in 1999 ranges from 1.2% to 3.5%”. (Kokkevi, A. 2008. P.2058) This shows facts and could help determine why some athletes decide to use. They also questioned these students on how they have access to anabolic steroids and how many of their friends would try anabolic steroids, the results were very interesting. The few things I did not understand was the different forms of surveying methods they used and how the data was interpreted. This article could be very helpful as it shows prime results and psychological information over supplement users.

Does Your Underground Lab Produce Quality Steroids?

Since steroid use (except for therapeutic use) is illegal, this article talks about the black market of steroids. It gives insight to the factories that supply their product, whether they provide a good quality product or not. The Bouncer (2010) describes the suppliers as “unlicensed renegade manufacturers, making the drugs that the pharmaceutical industry wants to restrict for athletes” (p.1). This show where these illegal supplements are manufactured and where they could be found. This could be a very helpful source as it describes how the black market for steroids is changing and where the supplies are being created for this market.
In this article, the author provided the side effects different people had as a result of steroid use. They were able to break the side effects into behavioral, physical, male, female, and age. Miller (2008) describes the side effects as “generally irreversible” unless the use is discontinued. They also bring up the “association between steroid use and other forms of problem behavior.” (p.1640). Since the effects of steroid use are plenty, this could help me argue the risk of health many users face. The amount of data they provide is really interesting as well, and could help me provide logos to my paper.

The role of high dose methylprednisolone in spinal cord trauma in children

This article argued over some of the methods scientist used steroids with children who received injury to their nervous system. It really covers most of the disadvantages and risks these children face due to the therapeutic use of a specific steroid. Even though scientist believed it could ultimately recover and regenerate nerve cells damaged in previous injuries, Pettiford (2012) argues that “the use of steroids in patients is associated with increase infectious risk and no neurological improvements.” (p.291). This article was very interesting because it shows how many hoped this therapy would work, but ultimately it proved to cause more damage than advantage. Showing different methods steroids could be used for could be an interesting topic, even when one hopes specific methods could help those in need.

Lance Armstrong Doping Scandal: It’s Time to Legalize Drugs in Sports

This article was very interesting as it shows the support an elite athletes such as Lance Armstrong has when they are caught doping, and it also tells how sports are evolving. Klabin (2013) proves this by stating “almost every professional athlete is enhancing in
some way or another… methods of testing enhancers cannot keep up with the rate of innovation.” (p.1). It pushes for an equal playing field among elite athletes by allowing, regulating, and monitoring the use of scientific enhancement. I found that very interesting since Lance Armstrong, one of the most admired athletes, was stripped of his titles and forced to confess. He has raised the bar in modern day performance, but the methods of getting there were illegal. Even though Mr. Armstrong is only one of many competitors who face doping charges, it shows how sports are evolving with peak performance and an increase in athletic ability as the main goal. These good points could be used to show how sports are changing and how the playing field could be even for all competitors.

The Facts on NFL testing

The NFL has a strict policy on steroids that should be followed by all players. This article had mostly to do with the testing procedures they followed and proto calls. Players are notified the same day they are expected to test. “Players who do not provide timely specimen are considered to have missed the test and are referred to disciplinary review.” (NFL, 2010, p.1) The NFL steroid testing is administered by the Independent Administrator on Anabolic Steroids. They are also looked after by the World Anti-Doping Agency so it’s not like the NFL can make exception to players. This could be useful as NFL is a very competitive field for athletes and the NFL itself has some of the most athletic players. Showing actual policies is a good example of understanding the legality of supplements use in major organizations.

Doping in Elite Sport- Do the Fans Care?
In recent years, public opinion for athletes who are accused of doping has leaned against the drug use. Many sponsors have ended contracts with competitors who have been accused of doping. Most of the oppositions came from “sport consumers…showing no tolerance for pure doping substances.” (Solberg, 2010, P.186) Most believed that there should be tough consequences for those athletes guilty of cheating. It also describes the fans that are more acceptable towards doping in elite sports. Many of the heroes of the sports are usually forgiven by their followers as the feel a connection with their team. Un-approval or acceptance from the fans is also a big issue as they are the audience when it comes to scandals. They decide whether or not they will make a big deal of the problem or not. That is why it would fit good in my argument.


This article really covers a couple of agencies who are responsible for preventing doping in any sport. The most successful prevention programs are health education based that give necessary knowledge “to change doping attitudes and decrease the attention to dope” (Melzer, 2010, p.70). Through decision-making process, these programs are meant to provide a moral judgment call when it comes to any decision. Giving these teens the knowledge and risks of supplement abuse could lead to a safer alternative to living healthy. Programs like these could help many children be aware of risky decisions in life and it should be an issue everyone should have some knowledge on.
References

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