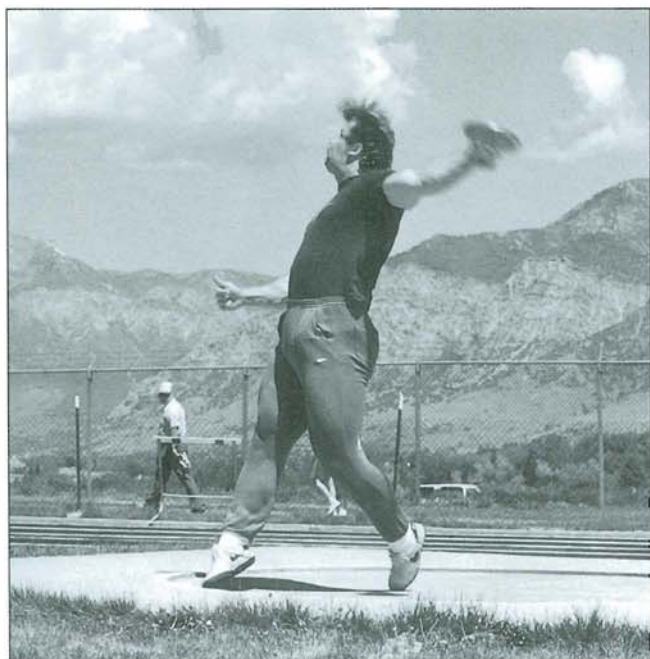


ANABOLIC STEROIDS AND THE USOC DRUG CONTROL PROGRAM

Part Two
in a Series



Stefan Fernholm — Olympic Discus Thrower: "Steroids are really overrated. You become great by a lot of hard smart work in the weight room and combining that with technique, flexibility, sprints, and plyometric training."

Editors Note: The United States Olympic Committee has prepared a brochure on Substance Abuse. Presented here are excerpts from that brochure. Their Drug Control Hotline is 1-800-233-0393.

QUESTIONS AND ANSWERS

8. WHAT IS RANDOM TESTING?

"Random Testing" means that only a fraction of the athletes registered at an occasion in which drug testing is conducted will be selected and that the selection process is determined principally by luck. For example, at a National Championship, most of the medalists and perhaps one-fifth of the remaining athletes may be selected, with the selections made in an impersonal manner which gives every registrant equal opportunity to be chosen.

9. WHAT HAPPENS AT THE TESTING STATION?

Under constant observation by a testing official, you will be asked to do the following:

1. Select a container for your urine sample.
2. Select a number to be used to identify your sample.
3. Tell the physician of every medication you have taken in the past few days.

4. Give a urine sample.
5. Pour your sample into two bottles for sealing and sending to the lab.
6. Sign a statement that the test was done properly.
7. Then you can leave.

10. DOES "UNDER CONSTANT OBSERVATION" MEAN THAT SOMEONE WILL BE WATCHING ME EVEN WHEN GIVING MY URINE SAMPLE?

Yes, you will be observed at all times. A member of your same gender will observe you while you are urinating. This protects you by assuring that the urine sample that you give is indeed your own, and by assuring that the urine sample that each of your competitors gives is indeed his or her own.

11. HOW LONG DO I HAVE TO GIVE THE URINE SAMPLE?

As long as it takes. Beverages will be on hand to help. Alcohol-containing beverages are not allowed.

12. HOW LONG DOES IT TAKE FOR ME TO GET ANABOLIC STEROIDS OUT OF MY BODY?

Fat soluble injectable types 6 to 8 months
Oral or water soluble types 3 to 6 weeks

13. AREN'T THERE SOME DRUGS THAT CAN BE TAKEN TO "MASK" OR COVER UP THE STEROIDS AND OTHER DRUGS?

NO! Those who dilute their urine will be detained at the Test Station for a less dilute sample. Those who provide alkaline urine will be detained until an acid sample is provided. The lab is capable of "seeing through" many other masking efforts.

14. WHAT ARE THE PHYSICAL SIGNS OF ANABOLIC STERIOD USE?

Changing moods, generally paranoid and hostile, increased sexual appetite, darkening skin, acne—face and back, patchy hair growth, enlargement of breasts and reddened nipples, lowered voice, abdominal pain, particularly right side; pain and blood on urination, atrophy of testicles, amenorrhea (loss of menstrual periods), swollen face (cushingoid or half-moon appearance), increased blood pressure.

IF YOU HAVE FURTHER QUESTIONS,

Contact the USOC Drug Control Hotline
1750 East Boulder Street, Colorado Springs, CO 80909
1-800-233-0393