

# Performance Enhancing Drugs



## Oklahoma Bureau of Narcotics and Dangerous Drugs Control

R. Brian Surber

April 15, 2010

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*"Committed to honor, integrity, and excellence, the Oklahoma Bureau of Narcotics  
will serve the citizens of Oklahoma in the quest for a drug-free state"*

## Overview

**Steroids:** Anabolic steroids refer to synthetic hormones that mimic testosterone. They can be an oil or water based injection or in a tablet and capsule form. The ingestion of steroids causes protein synthesis in muscle tissue leading to increases in muscle size and strength. They also can cause several side effects.

### Steroids (Oil Based)



### Steroids (Water Based)



### Needles and Syringes for Steroids



### Steroids (Tablets)



**Human Growth Hormone (HGH):** HGH is a naturally occurring hormone in the body which signals growth. Athletes take HGH because it can cause muscle growth and the metabolizing of fat. It also signals other parts of the body to grow including the skin, bones, and internal organs. HGH is injected by insulin needles. HGH typically comes in vials containing a small amount of white powder which is mixed with a sterile water solution for injection. HGH must be refrigerated once "reconstituted."

### Human Growth Hormone



### Insulin Syringe (Used with HGH)



## Signs of Performance Enhancing Drug Use

1. Extreme gains in muscle size and strength (10 pounds or more in a matter of weeks).
2. Water retention often leading to a “puffy” look in the face and limbs.
3. Aggressive attitude which may materialize toward others, toward competition, or even workouts.
4. Additional symptoms which may or may not be present include acne, body odor, testicular shrinkage, and in females the deepening of the voice, development of an “Adam’s apple,” and increased body hair.

## Profile of the PED User

Athletes using PEDs are typically very driven and hard working. Oftentimes they are unsatisfied with the rate of natural progress in workouts. PED users often have an obsession with working out, the consumption of water, and the intake of supplements while using PEDs. In that they have researched PED use and read materials espousing their safe use, they are often well versed in the propaganda surrounding legalization of PEDs and their purported harmless nature.

## Sourcing

1. **Friends and Associates:** PEDs are often accessed from friends, teammates, or associates at the gym.
2. **Internet:** The majority of PEDs are accessed either directly or indirectly from the internet. PEDs may be obtained from underground labs or illicit compounding pharmacies.
3. **Physicians:** Rarely, but too often, athletes seek PEDs from unscrupulous physicians.

## Intervention

A young athlete’s parents are crucial to intervening when suspecting PED use. Coaches and teachers also play a vital role. “Searches” by school officials are governed by the United States Constitution and may typically be done based on reasonable suspicion (although the Supreme Court recently held a strip search for drugs was unconstitutional). However, the Fourth Amendment does not interfere with a parent overseeing the wellbeing of his or her child and there is no prerequisite of probable cause or suspicion prior to searching.

1. **Text Message History:** Drug users, young and old, frequently utilize text message when seeking or distributing drugs. The messages may be coded, but typically the content of the conversation is obvious.
2. **Looking for the Contraband:** Sporadic or isolated use of PEDs is virtually nonexistent. PED use is a long term commitment. The vials and needles take up some space and the use is typically very regular. Look in places where an adolescent would conceal items including their bedroom and vehicle.
3. **Computer History:** PED users conduct a vast amount of research on PED use. They visit numerous websites explaining the aspects of PED use including types, dosing, nutrition, and workouts.
4. **Do the Research:** There is a wealth of underground information regarding PEDs on the internet. From the names of the PEDs to the images thereof, it is all there. If you suspect any steroid use, then use the internet just like any PED user would do.
5. **Contact an Expert:** This document is in no way comprehensive. If you suspect PED use by your athlete or child, consult with an expert and seek guidance in determining whether PED’s are being abused and how to intervene.

## Glossary

Anadrol.....	Oxymetholone (Steroid Tablets)
Anavar (Annie or Var) .....	Oxandrolone (Steroid Tablets)
Armindex.....	(Anastrozole) Estrogen Blocker
Clenbuterol (Clen) .....	Antihistamine (Fat Burner – not anabolic)
Clomid .....	Stimulates natural testosterone Production (not anabolic)
Cytomel (T3).....	Thyroid Medication
Dianabol (D-Bol).....	Methandrostenolone (Oral tablet steroid)
Deca.....	Nandrolone (Oil Based Injection)
Equipoise.....	Boldenone (Oil Based Injection)
Trenbolone (Tren or Fina) .....	Trenbolone (Oil Based Injection)
(H, HGH, or Growth).....	Human Growth Hormone
HCG.....	Human Chorionic Gonadotropin (Medication for low testosterone)
Halotestin (Halo) .....	Steroid Tablets
Materon .....	Oil Based Injection
Nolvadex .....	Tamoxifen (Used for excess estrogen in bodybuilders)
Primobolan (Primo) .....	Methenolone (Oil Based Injection)
Proviron.....	Mesterolone (Steroid Tablets)
Somatropin.....	Synthetic Human Growth Hormone
Sustanon.....	Blend of 4 Testosterone Esters
T4.....	Synthroid (Thyroid Medication)
Testosterone (Test).....	(Oil Based Injection)
Winstrol (Winnie).....	Stanolzol (Water Based Injection or Tablet)