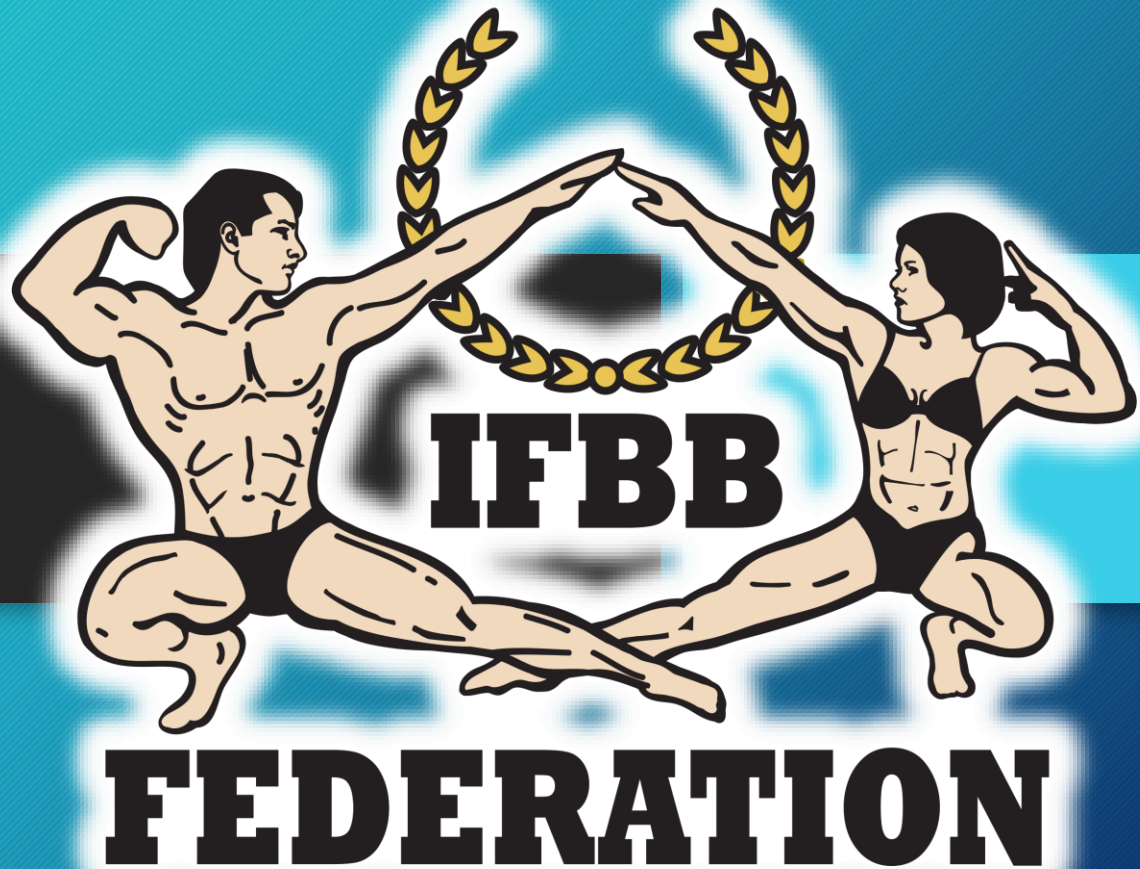
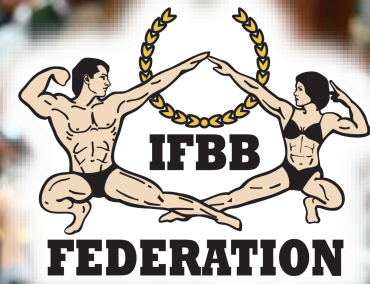


**THE FIGHT
AGAINST
DOPING**

By Dr. Rafael
Santonja; IFBB
President



FEDERATION

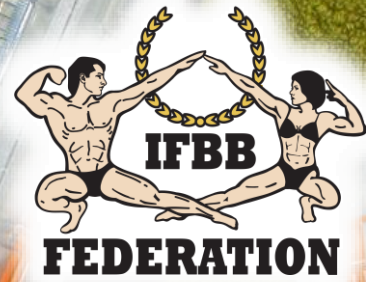


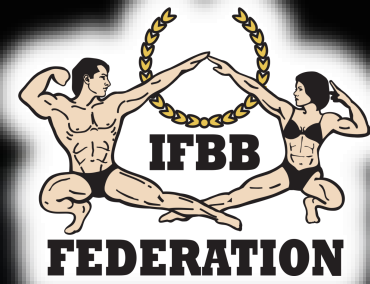
DOPING

IS A

**WORLD SOCIAL
PROBLEM**

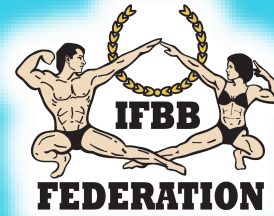
Doping is a problem in all sports





The use of stimulating substances in sport has been around since the Ancient Greeks

And at the present is the order of the day



VICE NEWS

The World Anti-Doping Agency wants Russia from the Rio Olympics

By Tamara Khandaker
July 18, 2016 | 8:00 pm

CRIME

Agency wants Russia from the Rio Olympics

Facebook Twitter Pinterest

The image shows a screenshot of a VICE NEWS article. The headline reads "The World Anti-Doping Agency wants Russia from the Rio Olympics". The author is Tamara Khandaker, and the article is dated July 18, 2016, at 8:00 pm. There are social media sharing icons for Facebook, Twitter, and Pinterest. A cartoon illustration of a muscular man in a white tank top and blue pants is running across the bottom of the article, holding a large blue and green syringe.

Mirror

OTHER SPORTS | ATHLETICS | IAAF

The IAAF scandal: A timeline of the doping allegations engulfing athletics

10:59, 15 JAN 2016 | UPDATED 11:21, 15 JAN 2016 |
BY MIRROR SPORT

The image shows a screenshot of a Mirror article. The headline is "The IAAF scandal: A timeline of the doping allegations engulfing athletics". It was published on January 15, 2016, at 10:59 and updated at 11:21. The author is attributed to "BY MIRROR SPORT".

Doping: Retests uncover 45 new failures from London and Beijing Games

22 Jul | Olympics

The image shows a screenshot of an article with the headline "Doping: Retests uncover 45 new failures from London and Beijing Games". It is dated July 22 and is categorized under "Olympics".

45 more positive doping cases in retests from 2008, 2012 Olympics

Cases include 23 medallists

Jul 22, 03:04 PM ET

The International Olympic Committee report that 45 athletes from the 2008 and 2012 Olympic Games have tested positive for doping in retests. © Alberto Pizzoli/AFP/Getty Images

The image shows a screenshot of an article with the headline "45 more positive doping cases in retests from 2008, 2012 Olympics". It mentions that the cases include 23 medallists and is dated July 22, 2016, at 03:04 PM ET. The text below the headline states: "The International Olympic Committee report that 45 athletes from the 2008 and 2012 Olympic Games have tested positive for doping in retests. © Alberto Pizzoli/AFP/Getty Images".

Another Olympic champion involved in a doping case: Gil Roberts, positive

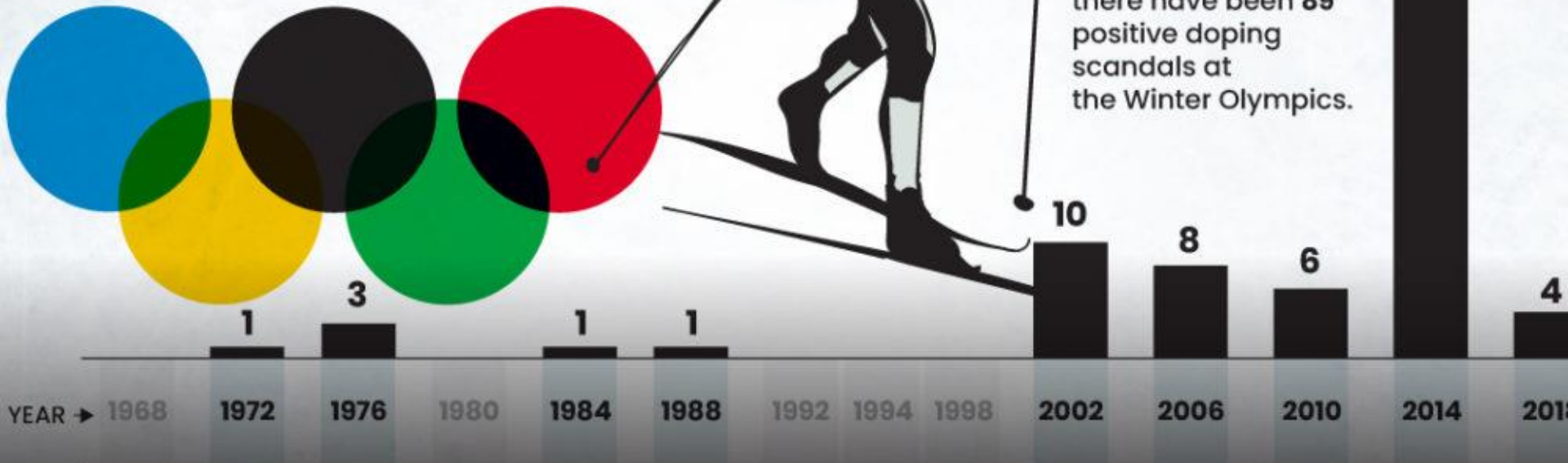
In the same week that 31 medallists in London 2012 were required to return the awards, the Oklahoma-born sprinter, winner in Rio 2016, will be disabled from competing until October 2023.

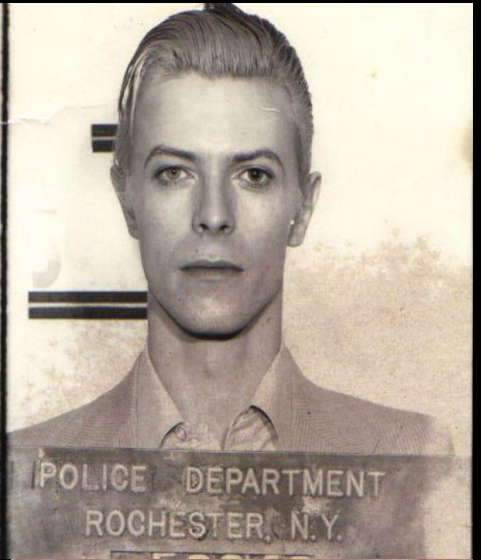
The image shows a screenshot of an article with the headline "Another Olympic champion involved in a doping case: Gil Roberts, positive". The text below the headline states: "In the same week that 31 medallists in London 2012 were required to return the awards, the Oklahoma-born sprinter, winner in Rio 2016, will be disabled from competing until October 2023." The image also features a photograph of sprinter Gil Roberts celebrating with the American flag.

And at the present is the order of the day

50 YEARS OF DOPING SCANDALS AT THE WINTER OLYMPICS

(1968–2018)





But Drugs are not only in sport



Dinah Washington - Died at 39.
Secobarbital and anobarbital



Bruce Lee - Died at 32.
Brain edema from prescription painkillers



Marilyn Monroe - Died at 36.
Barbiturate overdose



Jimi Hendrix - Died at 27.
Respiratory arrest



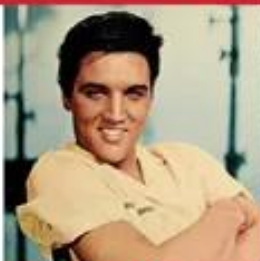
Erica Blasberg - Died at 25.
Multiple drug overdose



Michael Jackson - Died at 50.
Propofol & benzodiazepine intoxication

CELEBRITY DEATHS

FROM PRESCRIPTION DRUGS



Elvis Presley - Died at 42.
Heart arrhythmia (multiple drugs)



Phyllis Hyman - Died at 45.
Fatal overdose



Heath Ledger - Died at 28.
Oxycodone and hydrocodone



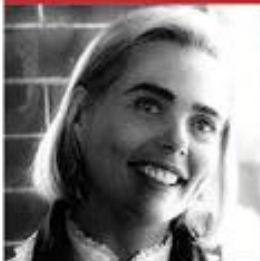
Anna Nicole Smith - Died at 40.
Combined drug toxicity



Abbie Hoffman - Died at 52.
Phenobarbital overdose



Brittany Murphy - Died at 32.
Multiple drug intoxication



Margaux Hemingway - Died at 42.
Phenobarbital overdose



Paul Gray - Died at 38.
Fentanyl & Morphine overdose



Judy Garland - Died at 47.
Barbiturate (Seconal) overdose



Dana Plato - Died at 34.
Painkiller overdose

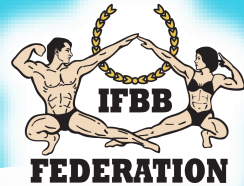


Prince Rogers Nelson - Died at 57.
Fentanyl overdose



Dorothy Dandridge - Died at 42.
Barbiturate Poisoning

Drugs amongst politicians and famous people



Rolling Stone

Blow by Blow: 10 Politicians Linked to Cocaine

30 Famous Actors and Actresses Who Have Battled Drug Addiction and Alcoholism

Leave a Comment :: Posted to: Abuse, Drugs and Society, Info
30 Famous Actors and Actresses Have Battled Drug Addiction and Alcoholism

DRUGS

9 Politicians Busted for Drugs (Even Staunch Drug War Supporters)

BUSINESS

21 Super Rich And Famous People Who Did Drugs

FRIDAY, AUG 16, 2013 02:39 PM CEST

14 Politicians Who Have (Allegedly) Used Cocaine

10 famous geniuses and their drugs of choice

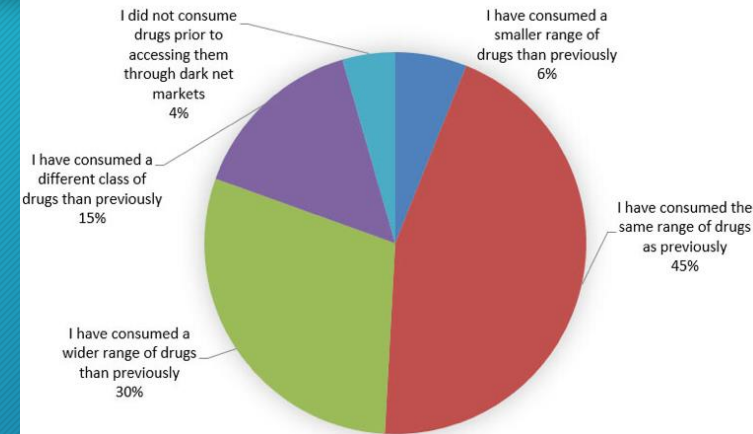
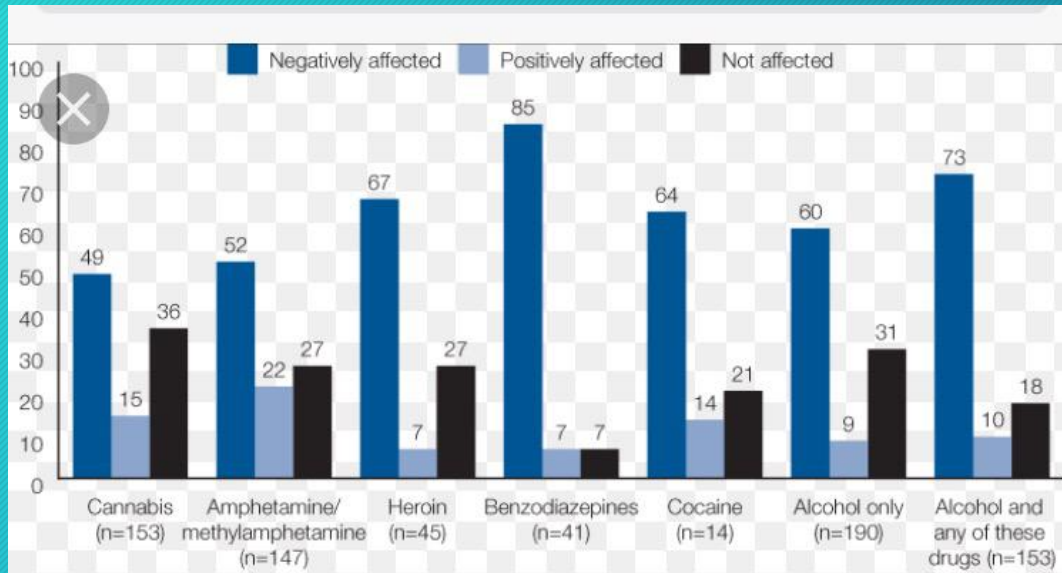
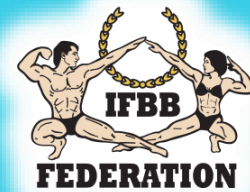
Drug-Related Deaths - Notable Celebrities

The tragic loss of a renowned celebrity or athlete to a drug or alcohol event that often...

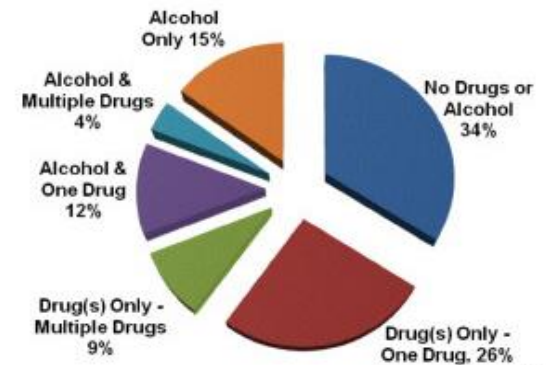


...and
...in
...here
with
...death is an
...ered
...elebrities
...uston,
...is of
...many
...illicit -
...tional.

Driving under drugs



Drug and Alcohol Use Among Injured Drivers

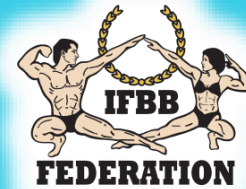


www.aic.gov.au

Drug driving among police detainees in Australia

Las imágenes pueden estar protegidas por derechos de autor.

Doping is in teenagers and young people



Good Teens Turned Drug Addicts

Posted: 09/24/2014 4:48 pm EDT | Updated: 09/24/2014 5:59 pm EDT



770 277 85 0 35 18

Like Share Tweet Pin it Email Comment

Teen drug abuse: Help your teen avoid drugs

Teen drug abuse can have a major impact on your child's life. Find out how to help your teen make healthy choices and avoid using drugs.

By Mayo Clinic Staff

Teens who experiment with drugs put their health and safety at risk. Help prevent teen drug abuse by talking to your teen about the consequences of using drugs and the importance of making healthy choices.

Why teens use or misuse drugs

Various factors can contribute to teen drug use and misuse. First-time use often occurs in social settings with easily accessible substances, such as alcohol and cigarettes.

Continued use might be a result of insecurities or a desire for social acceptance. Teens may feel indestructible and might not consider the consequences of their actions, leading them to take dangerous risks with drugs.

Common risk factors for teen drug abuse include:

- A family history of substance abuse
- A mental or behavioral health condition, such as depression, anxiety or attention-deficit/hyperactivity disorder (ADHD)
- Impulsive or risk-taking behavior
- A history of traumatic events, such as experiencing a car accident or being a victim of abuse
- Low self-esteem or feelings of social rejection



Teen drug dealer Tyler Pagenstecher gets at least 6 months in juvenile prison



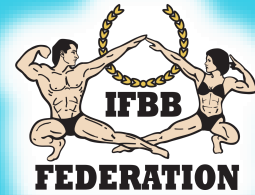
Tyler Pagenstecher, 18, center, sits in juvenile court Oct. 22, 2012, in Lebanon, Ohio, as a judge sentences him. Pagenstecher is flanked by his mother, 50-year-old Daffney Pagenstecher, and his attorney, Mike O'Neill. AP

PHOTO
Comment / f Shares / Tweets / Stumble / Email More

Last Updated Oct 22, 2012 4:43 PM EDT

Updated at 4:43 p.m. ET

DOPING IS IN ANTIAGING THERAPIES



Athletes in doping documentary linked to controversial anti-aging industry

By Will Hobson and James Wagner
March 11, 2016



'A fountain of youth in a syringe': How human growth hormone injections became the latest anti-ageing weapon for Hollywood's A-list

By DANIEL BATES
UPDATED: 11:51 GMT, 2 February 2012

Human growth hormone has become the latest fad amongst dozens of ageing celebrities in Hollywood who are desperate to look young.

Well known actors and household names are paying \$240 a time to inject their bodies with chemicals they have dubbed 'a fountain of youth in a syringe'.

HGH users report that they feel 20 years younger, their skin feels tighter and that their sex drive increases.



Acting: Actress Suzanne Somers (left) and Alana Stewart, Rod Stewart's ex-wife, are among the names to have used human growth hormone

Dr. Stewart, Rod Stewart's ex-wife, has admitted using it to get rid of her hair while Sylvester Stallone has long been an advocate.

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Cosmetic Treatments
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Locations

Human Growth Hormone

The Human Growth Hormone (HGH) has been called the "elixir of youth." HGH is naturally produced by the pituitary gland and is responsible for the body's growth during childhood and cellular well-being throughout life. As we age the pituitary gland secretes less and less HGH. This decrease in HGH levels is one of the leading causes of degenerative diseases, as well as the daily aches and pains we develop with age.

Studies have shown a multitude of benefits:

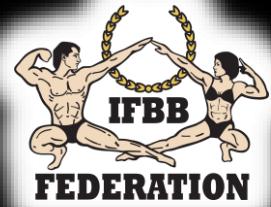
- Increased bone density
- Improved muscle tissue
- Improved skin tone
- Hair growth
- Rejuvenation of heart, kidney, lung, and liver function
- Reverse wrinkles
- Increased oxygen intake
- Stronger immune system
- Improved emotional stability
- Increased energy levels
- Heightened mental alertness and memory skills
- Increased sexual potency
- An improved overall sense of well-being

Human Growth Hormone is not for everyone and only a doctor can determine which patients it is appropriate for. It is a prescription hormone just like Testosterone, Estrogen and Progesterone. In older patients it can be very helpful for degenerative conditions. One of the draw backs of HGH is that it has to be given by injection. If you have further questions about this hormone or any other Anti-Aging therapy, please schedule an appointment.

Locations
14 Hickory Ridge Road
Hollywood, Maryland 21044
13637 Route 1
Laurel, Maryland 20707
Contact: Cindy Battle

Hosting & Maintenance by Dramatic Visions LLC



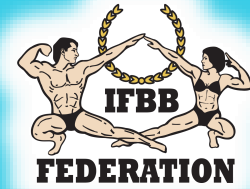


WE MAY FIND DOPING EVERYWHERE

- in the society
- in models, movie stars, singers
- in politics
- in sports
- in teenagers and young people
- in antiaging therapies

Doping is present in daily life

Reasons for the use of Doping Substances in Sport



- The Desire for Success
- Improve Performance and Training
- Pain Relief
- Pleasure
- Personal Problems





DOPING:

THE ROAD TO NOWHERE

*TWO WAYS
TO LIVE*



The speed of the incorporation in sport of new undetectable substances is faster than the fight against doping in sport



RELEASES | 29 SEP 2022

WADA publishes 2023 Prohibited List

Agency calls on athletes, entourage and all stakeholders to note major modification concerning tramadol that is to take effect in 2024



FIGHT AGAINST DOPING

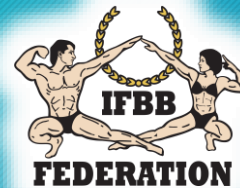
- It is essential to have established by the Governments the strongest and most decided policy in the prosecution and punishment of the mafias trafficking with drugs in sport



THE FIGHT AGAINST DOPING

It is a team work

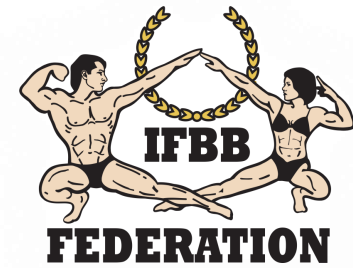
- IF's
- NADOs
- Governments
- Society
- Education



Source: Public twitter profiles



EDUCATION



- It is necessary to invest in education for future athletes and in high schools against doping in sport
- It is very important to implant in the University of Physical Sciences, issues regarding doping control



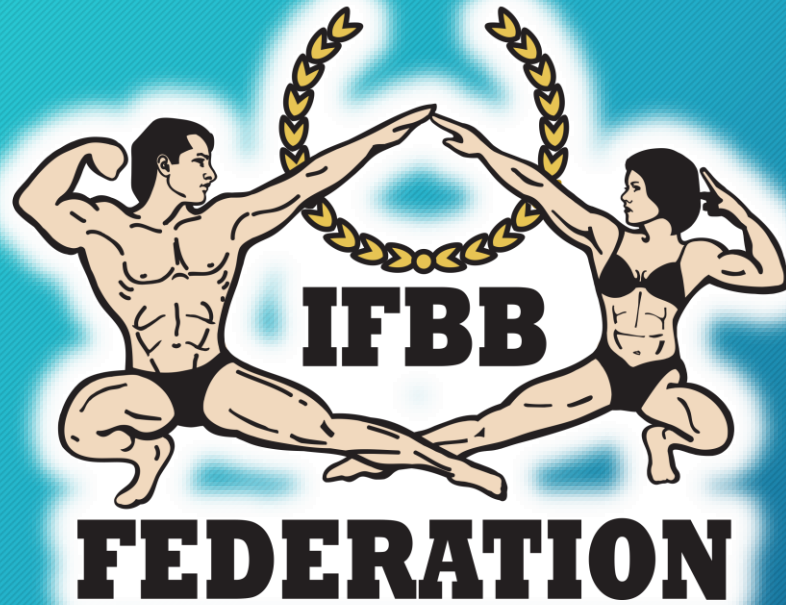


International UNESCO Convention against Doping in Sport

In this Convention, world wide governments agreed for first time the implantation of international law against doping in sport.

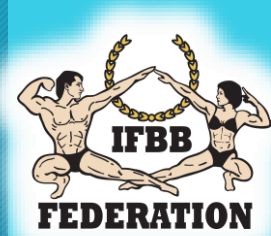
179 countries have already signed it.

How is



facing doping??

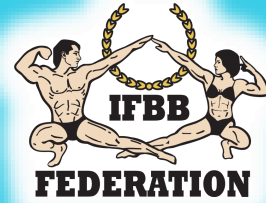
IFBB Measures



- **New IFBB categories**
- **Doping control / WADA**
- **Education Healthy Life Style**
- **Promoting Natural alternatives to Doping**



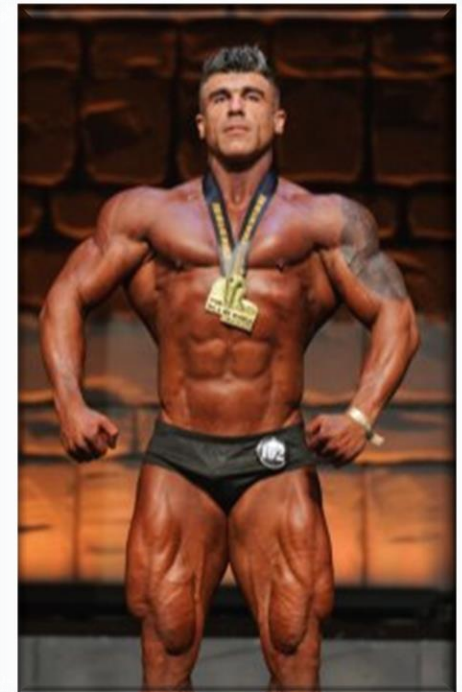
New IFBB categories



Men Physique



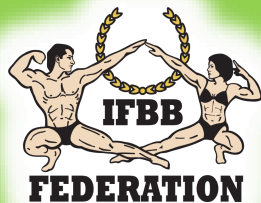
Fitness challenge



Games Categories

What do we wish??

This type of
physique?

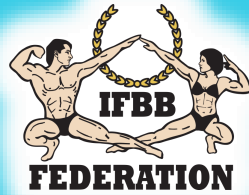


USA private
organizations
and others

Or this??



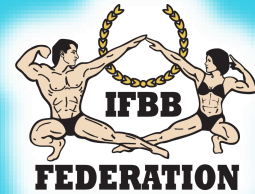
WADA CODE



- Is the Governing document in the fight against Doping in sport
- IFBB is signatory of the WADA Code



WADA CODE



wada

- International Federation of Bodybuilding and Fitness (IFBB): Non-compliant related to the implementation of the anti-doping program. Non-compliant as decided by WADA's Executive Committee effective 15th October 2022.
Once a Signatory is declared non-compliant, WADA monitors how the respective consequences are enforced and prioritizes resources and support to ensure that the Signatory can be reinstated as soon as possible.

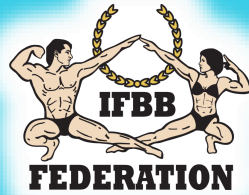
Certain Signatories were previously deemed non-compliant but have since resolved outstanding non-conformities and have been reinstated.

IN FORCE | PUBLICATION DATE 03 FEB 22

Signatories previously declared non-compliant and subsequently reinstated

Signatories previously declared non-compliant and subsequently reinstated (as of 3 February 2022)			
Signatory	Declared non-compliant	"Reinstated"	Reason of non-compliance
Guinea-Bissau NOC acting as NADO	13 May 2015	18 June 2015	Implementation of the World Anti-Doping Code in the national legal system
Sierra Leone NOC acting as NADO	13 May 2015	18 June 2015	Implementation of the World Anti-Doping Code in the national legal system
El Salvador NADO	13 May 2015	18 June 2015	Implementation of the World Anti-Doping Code in the national legal system
Haiti NOC acting as NADO	13 May 2015	18 June 2015	Implementation of the World Anti-Doping Code in the national legal system
U.S. Virgin Islands NOC acting as NADO	13 May 2015	18 June 2015	Implementation of the World Anti-Doping Code in the national legal system
Korea, DPR NOC acting as NADO	13 May 2015	18 June 2015	Implementation of the World Anti-Doping Code in the national legal system
Israel NADO	18 November 2015	18 June 2015	Implementation of the World Anti-Doping Code in the national legal system
Argentina NADO	18 November 2015	5 January 2016	Implementation of the World Anti-Doping Code in the national legal system
Ukraine NADO	18 November 2015	22 February 2016	Anti-Doping Program implementation
Bolivia NOC acting as NADO	18 November 2015	18 March 2016	Implementation of the World Anti-Doping Code in the national legal system / Anti-Doping Program implementation
Andorra NADO	18 November 2015	21 April 2016	Anti-Doping Program implementation
Mexico NADO	19 March 2016	12 May 2016	Implementation of the World Anti-Doping Code in the national legal system
Kenya NADO	12 May 2016	20 June 2016	Implementation of the World Anti-Doping Code in the national legal system
Indonesia NADO	20 November 2016	4 August 2016	Implementation of the World Anti-Doping Code in the national legal system
Azerbaijan NADO	20 November 2016	17 February 2017	Anti-Doping Program implementation
		17 February 2017	Implementation of the World Anti-Doping Code in the national legal system
Spain NADO	19 March		system
Brazil NADO	20 November		Anti-Doping Program implementation
Equatorial Guinea NOC acting as NADO	16 November		Implementation of the World Anti-Doping Code in the legal system
Kuwait NADO	16 November		
Russia NADO	18 November		
Nigeria NADO	6 December		
Korea, DPR NADO	13 February		
Mauritius NADO	16 November		
International Taekwon-do Federation (Austria) ¹	15 October 2021		
Deaf International Basketball Federation (DIBF)	7 October 2021		
Indonesia - Lembaga Anti-Doping Indonesia (LADI)	7 October 2021	3 February 2022	Anti-Doping Program implementation
Thailand - Doping Control Agency of Thailand (DCAT)	7 October 2021	3 February 2022	Implementation of the World Anti-Doping Code in the legal system

IFBB performs annually over 2000 doping controls



Bodybuilding praised as Asian Beach Games reports no positive drugs tests

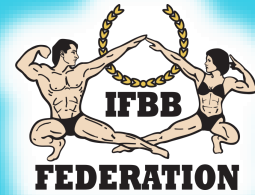
By Nick Butler at the Phuket Orchid Resort and Spa Karon



There have been no positive doping cases recorded at the Asian Beach Games so far, it was revealed here today, with bodybuilding singled out for particular praise following the special measures taken beforehand.



Education



IFBB Courses are incorporating Anti Doping education

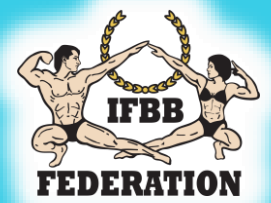
There are specific Anti Doping seminars organized internationally by IFBB

Education is an essential part in the fight against doping

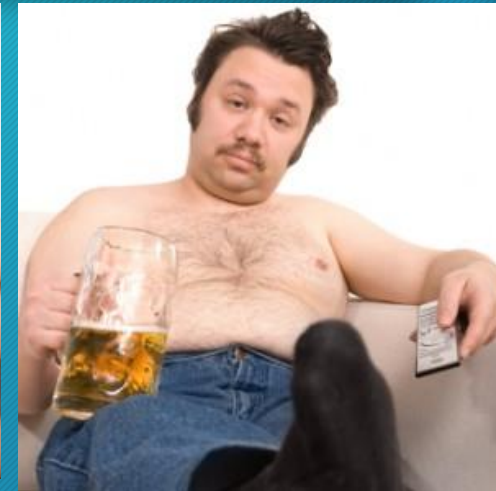
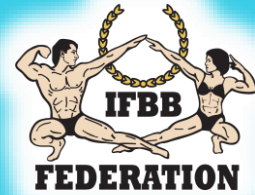


IFBB Academy

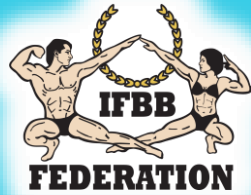
IFBB IS HEALTHY LIFE STYLE



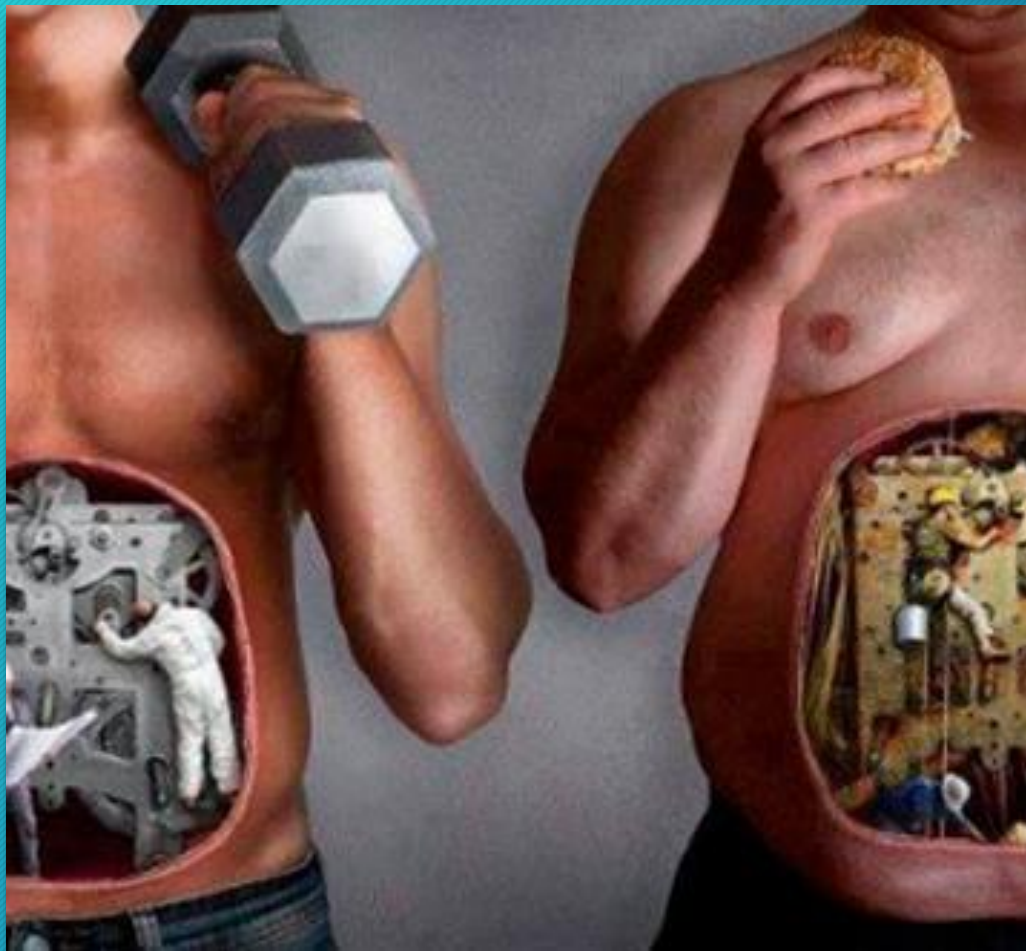
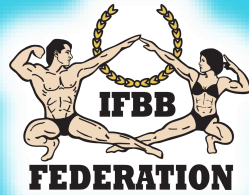
IFBB VS SEDENTARISM AND BAD HABITS



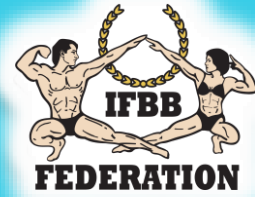
Doping side effects / oil injections



What is your choice????



The Triangle For Maximum Athletic Performance



STRENGTH

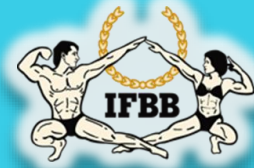
**Máximum
Athletic
Performance**

TECHNIQUE

NUTRITION



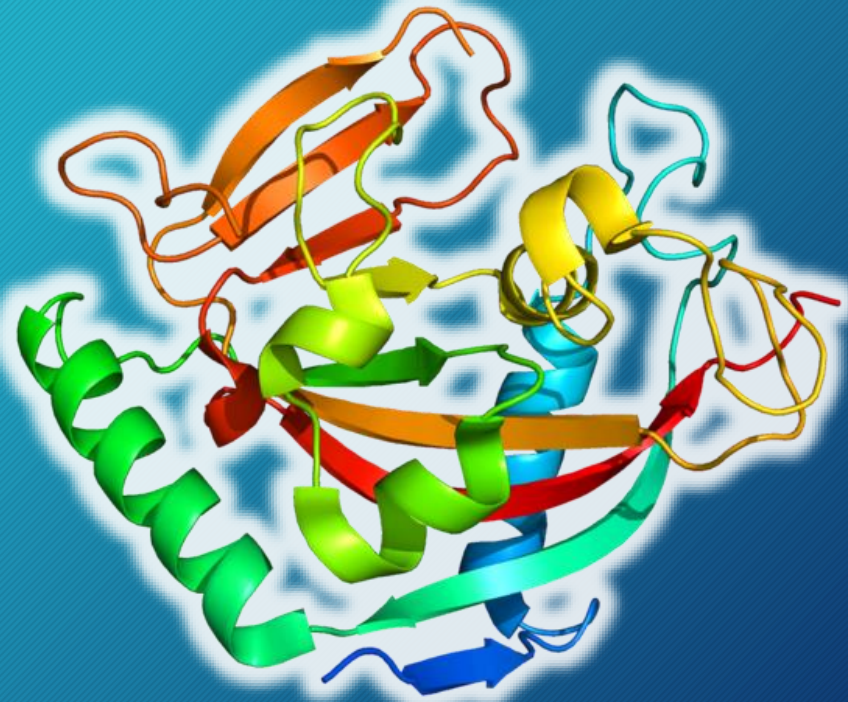
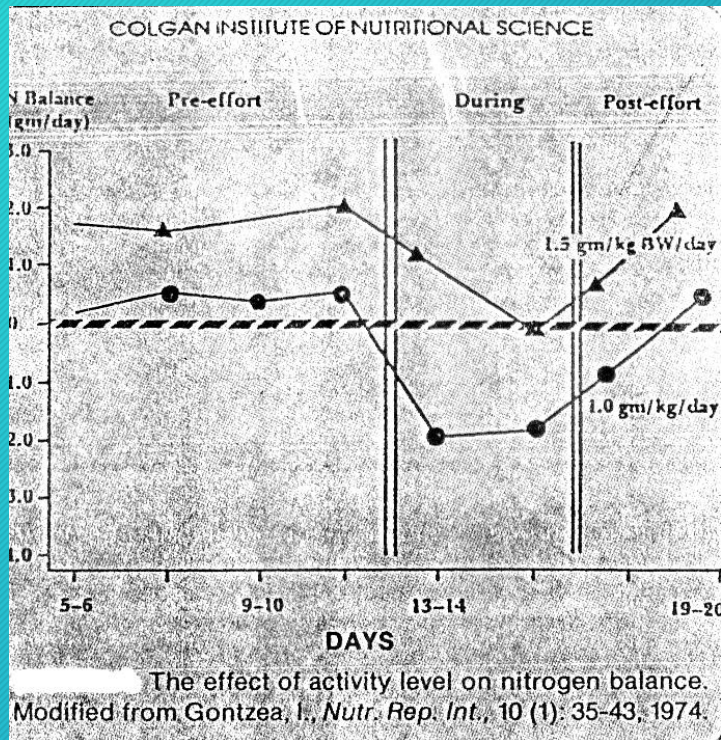
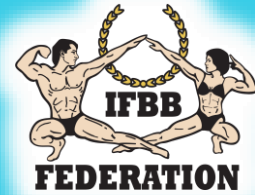
SPORT NUTRITION



- Essential Complement for High Performance
- Natural Alternative for Doping
- Improve the Active Sport-life of the Athlete
- Prevent and Reduce Painful Injuries

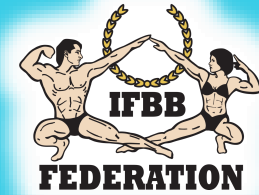


PROTEIN REQUIREMENTS



RDA: 0,75 grs./Kg bodyweight/ day

DIETARY HABITS/CALORIC INTAKE DISTRIBUTION MODELS



Latin model

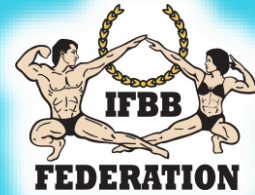
**Small
breakfast
Abundant
dinner**



Anglo-Saxon Model

**Plentiful
breakfast
Small dinner**

BEFORE TRAINING



▶ Protein Anabolism:

- ▶ L-GLUTAMINE or BCAA'S

▶ Energy Needs:

▶ CREATINE

- ▶ Three first days: 200 mg/Kg
- ▶ Following days: 50-75 mg/Kg

▶ CARBOHYDRATES and ELECTROLYTES DRINK

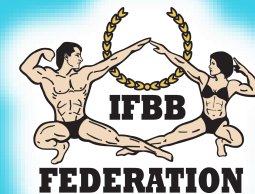
- ▶ Dilution 10%
- ▶ 200 ml

▶ Another Specific Supplements.

- ▶ INOSINE (anaerobic energy)
- ▶ VANADYL SULPHATE (age)
- ▶ CARNITINE (overweight)



DURING TRAINING:



- **TO MAINTAIN ENERGY LEVEL:**
 - **Short & Medium Lengthy efforts: CARBOHYDRATES AND ELECTROLYTES DRINK**
 - Dilution: 10%
 - 200 ml by 30-45 minutes of training (accommodation climate)
 - **Explosive energy: INOSINE**
 - **Long Lengthy efforts: L-CARNITINE**

TO MAINTAIN ELECTROLYTES LEVELS:

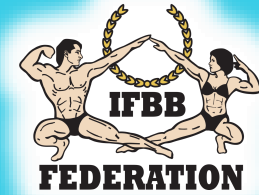
- **Carbohydrates & Electrolytes Drink**

TO MAINTAIN FREE AMINOACIDS LEVELS

- **Liquid Aminoacids**



AFTER TRAINING:



▶ REPLENISH ENERGY AND GLUCOGEN LEVELS:

▶ CARBOHYDRATES & ELECTROLYTES DRINK

▶ Dilution: 20%

▶ 200 ml

▶ Just intake at the end of training

▶ PROTEIN ANABOLISM:

▶ 80-90% PROTEINS DRINK

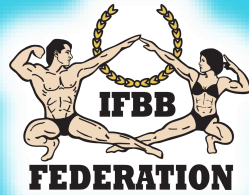
▶ Dilution: 10-15%

▶ 500 mg/Kg

▶ 30 minutes after training



BEFORE SLEEP



▶ ENDS:

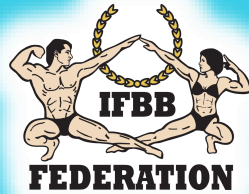
- ▶ To stimulate GH Liberation
- ▶ To increase Glycogen Levels (Energy)



▶ PRODUCTS:

- ▶ ARGININE or ARGININE/ORNITHINE or ARGININELYSINE (sometimes can be added L-GLYCINE)
- ▶ MINERAL MIXTURE

DOPING SUBSTANCES



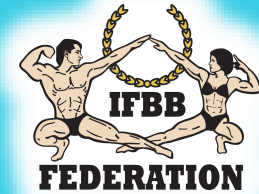
- ▶ Stimulants
- ▶ Narcotic Analgesics
- ▶ Anabolic Steroids
- ▶ Beta-Blockers



- ▶ Diuretics
- ▶ Other:
 - ▶ Alcohol
 - ▶ Local Anaesthetics
 - ▶ Corticosteroids
 - ▶ GH Stimulatos
 - ▶ Insulin
 - ▶ HCG



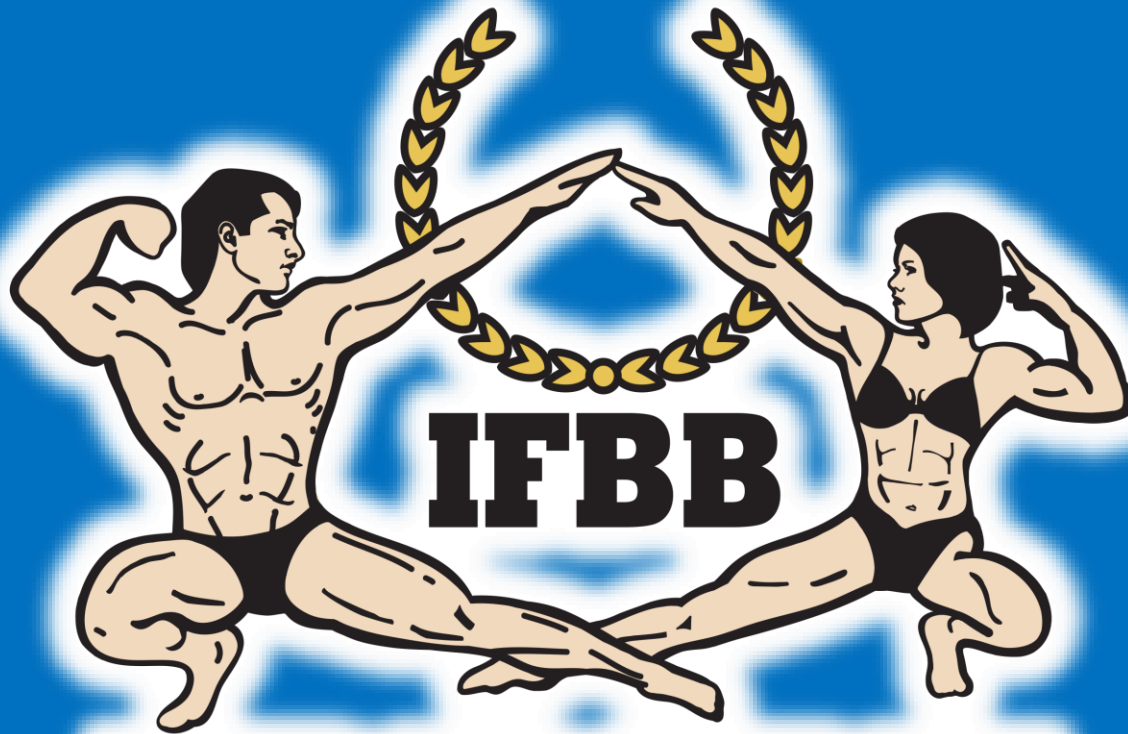
NATURAL ALTERNATIVES FOR DOPING



DOPING SUSTANCE	NATURAL CHOICE
GH	ARGININE-ORNITHINE, OKG, NOS
ANABOLIC STEROIDS	FERULIC ACID, CREATINE, CREATINE ETHYL ESTHER, AMINOACIDS, BCAA'S, HMB, DIBENCOZIDE, GLUTAMINE
INSULINE	VANADYL SULPHATE, CHROMIUM PICOLINATE, LIPOIC ACID
AMPHETAMINES (reduce appetite)	GARCINIA CAMBOGIA, TYROSINE
ANTI-INFLAMMATORY & CORTICOSTEROIDS	SHARK CARTILAGE , OKG
DIURETICS	ACEDERA



THANK YOU



IFBB

FEDERATION