Doping and Neuro-Enhancement in Elite and Leisure Times Sports: a Severe Danger for Girls and Women

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Main Arguments against Doping as Misuse of Pharmacy in Sports and Body Culture:
The scientific construct of “Doping” focuses on misuse of pharmacy in sports and leisure times sports in order to enhance performance:
The construct presents mainly three arguments against misuse of pharmacy in sports:

- The principal of equal chances for all competitors are in danger by doping which is therefore unfair -- doping as a mean in training or competition that fore has the value like cheating or to bribe the arbiter;

- And: Health is in danger by misuse of pharmacy as an enhancer – the research on “side effects” after 20 Years has brought more and more proves for that hypotheses. We can find more then 25 dangerous side effects for females, which are not reversibel.1 Also, by that reason substances and methods are banned by IOC and Internatunionale Federations of Sports, today by WADA-Decisions.

- The third argument against Doping on male and female individuals focuses on the different sexes and obvious Gender-disturbances: Doping is especially a severe danger for girls and women, comparable with criminal sexual abuse or heavy body damage.

Anti-Doping Mainstream in longitudinal section: Rules, Controls, Punishment
The reconstruction of the Doping phenomenon is possible through the means of social science2 - Doping is basically the abuse of performance-enhancing drugs (P.E.D.) for a

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better achievement in competition sports of humans (but also giving it animals, e.g. horses for cheating in a race).

The word “abuse” of pharmacy demonstrates that Doping means are not used for the medical goal, they are constructed and sold in order to heal illness. Abused are means like male sexual hormone or “pep-pills” of the amphetamine type (which are todays “neuro enhancers” outside sports!).

Because the pharmacy is used for other then medical reasons the intake causes unwanted effects on health of athletes: “Side effects” (“S.E.”). Especially girls and women suffer more than male athletes – it is only to remind on male hormone change to male body shape and to the male type of behaviour. Beside that the gynaecological organs of the biological female body suffer, most cases irreversible.

Growing abuse caused regulations against Doping as well as (first :) drug testing system in competition since about 30 Years and then (secondly :) as reaction of new practises Random Doping Controls in the process of training since about 18 Years. The latter seem to be very effective, because suddenly the average achievement in elite sports went down (!) since the, e.g. in shot putting especially of female throwers. That fact proves that even by better forms of coaching and training the abuse of e.g. Steroids are lowered since then.

Venen in history terms: Slowly, a system of national or IOC-punishment regulations started. It depends on International Sport Federation and / or national law system if there are differences between the way of intake: self administered misuse or mandatory against the own will or without knowing of the athlete by others, namely a coach or a medical doctor, like in the GDR. Even the punishment differed, until Doping definitions


4 Scientific German studies are, even to doping international Top-10-Level statistics: A. Singler, G. Treutlein, Doping im Spitzensport, Sportwissenschaftliche Analysen zur nationalen und internationalen Leistungsentwicklung, Aachen : Meyer & Meyer Verlag, 2000. To have scientific work against Doping the „International Network on Humanistic Doping Research“ was built 2001 at the University of Southern Denmark, Odense (Steering Committee J. Hoberman, G. Spitzer V. Moeller).
Doping and Enhancement as a Danger for Girls and Women.

were centred to the actual W.A.D.A.-World Anti-Doping Code which is accepted by the Olympic Sports Federations. The new universal Code in roughly shortening words deals with use of forbidden drugs or methods in competition or Training (testing by accredited I.O.C.-Anti-Doping-Laboratories. Even hiding the abused pharmacy against doping control or denying or refusal to give the urine sample to a controller are positive cases. Highest institution in the decision is the C.A.S. in Switzerland (Court of Arbitration). The CAS work is well known sinc the positive case by indirect blood testing of Claudia Springstein. (even if it is not proved if it was self administered or a case of doping without knowledge) On the other hand there is an basically important institution “Therapeutic use exemption committee” (“TUEC”) which supervises the use of banned substances as real medical treatment. Nowadays also the first regulations allow Transsexuals to take part under male hormones treatment (because Testosterone “TE” is a powerful Doping mean, in this case as a medical substance for transformed biological women or, striking, for male competitors with a section of the TE producing testicals in the scrotum after Cancer).

In many states Anti-Doping-Laws exist, some punish with Jail: France, Italy. Other nations like Germany have a prosecution on the line of Medical distribution regulations.

Public health: body damages by Doping and prevention against misuse

E.g. we can find more then 25 dangerous side effects for female. In a first phase a model like the (West German) Deutscher Sportarzte-Bund Doping defines performance enhancing by drugs, which are not in physiological (“normal”) concentration in ones body or which are given to the goal as performance enhancer. So, substances and methods are banned, as well as mimetic which do not enhance but cover doping (like male post cancer treatment in Italy, forgiving for women who normally have no male prostate).

Because of the fundamental meaning of P.E.D. every enthusiast of body culture should inform her/himself about this great danger for ethics of sports as well as the danger for health, especially biological women. That goes also for IOC-world of “Classic” sport disciplines, normally represented at the Olympic arenas, as well as sports in the Fitness sector (with a growing meaning into wellness and anti-aging treatment which are based on drug which are forbidden in Olympic sport like male sexual hormone).

The unique GDR-System brought data which can give a picture of the short- and long term side effects of drug abuse in sports as well as causal medical links between health

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6 Reflecting the ideas of the (Western) German sport medical doctors organisation Doping is performance enhancing by drugs, which are not in physiological (“normal”) concentration in ones body or which are given to the goal as performance enhancer. So, substances and methods are banned, as well as mimetic which do not enhance but cover doping (like male post cancer treatment in Italy, forgiving for women who normally have no male prostate).

7 Historical and sociological analyse in German language: G. Spitzer, Doping in der DDR. Ein historischer Ueberblick zu einer konspirativen Praxis. Genese – Verantwortung – Ge-
and abuse; the re=analyzing produces strong and grounded arguments against Dop-
ing:

Nearly 1,500 persons were active in „research“ or „application“ of Doping means, working for the leading Communist party aimed to win against the Western state, the today even existing Federal Republic of Germany. The leaders of the East began to set the goal higher: Ranking as No 3 in the world. Internal plans for 1984 and 1988 saw World Mastery in Summer Olympics, caused by Mandatory Doping. The functional „maling“ of female sport as success model of GDR-sport is one aspect. The sex transformation of a female short-putter represents only the top of the iceberg, reminding on the disturbances of sexual drive and orientation by sexual hormones. About 10,000 athletes were victims of that industrial doping. 2000 a Year since 1970.

- As a rule athletes were exposed to mandatory (or compulsory) doping because of affiliation to cadres – without active cooperation: Only few athletes knew about doping practice.
- Every selected athlete was doped – it was impossible to refuse.
- At the same time we see a paradox: In soccer on national leagues Doping was forbidden – because of guarantying equal chance within the GDR. But the National Team had to abuse drugs to get better than other nations, even the Club teams in the European Cup competitions.

An Official Doping manual proves that side effects were well known, but kept as a secret. Generally, doping means had (nearly in every case on women) negative effects on health status. Typical S.E. are described in a Secret Manual from 1982 of male and female athletes: „inhibition of production of sperms as well as Gynaecomastia at the man“ and „Cycle-anomalies and Virilisation (if high dosage and long treatment: partly

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8 Cf. about Stasi-Volunteers or Blood Doping practise, an reflexes on blood doping before and after the end of the GDR: G. Spitzer, „Blutdoping als Domäne im Wintersport. Eine Therapie, die in der DDR der Leistungsmanipulation seit 1972 gebrauchlich war“, in Neue Zuercher Zeitung, 16th of March, 2002.

9 Brigitte Berendonk and Werner W. Franke have named it so strikingly as „androgenization“ and „Virilisation“ of the woman, especially in the book “Dopingdokumente”.

10 Cf. G. Spitzer, Fussball und Triathlon, Sportentwicklungen in der DDR, Aachen: Meyer & Meyer, 2004, 208 pp. (3891248636). It is not surprising that the knowledge about doping in soccer went „down“ to the first and second division, but not as stately mandatory doping but individual financed mean of the clubs themselves. The Victims – the players -- even got no information.

11 Cf. the manual of FKS, 1982, in Spitzer, „Sicherungsvorgang Sport“
not reversible”.¹² We see changes of phenotype: Side effects on the Skin, organs like the Liver, the heart, high blood pressure, increasing of water-storage in body cells and connective tissue. We find strong disturbances of the psyche. Some specific Side effects of female athletes are moustache or beard, male hair growing at the body-trunk, abasement of the sexual hormones and thereby increasing Virilisation, reduction of the breast-gland and deep lowering of the voice. Problems with the menstruation and hypertrophy of the Clitoris to some centimetres are followed by polycystic Ovary-syndrome and loss of the ability to get pregnant or to have living children. The damage on the germ line was discussed secretly by athletes: The children of doped athletes have to a high percentage typical diseases (research is not ended to that topic, which is strong impressive for prevention.

Drug abuse in Leisure Time Sports

The international debate on the phenomenon of doping has not reached at a definite end; and first studies in prevention activities arrived.¹³

Beginning with investigations in the USA¹⁴ the abuse of doping substances like anabolic steroids is a phenomenon beyond Olympic sports (or a parallel one?), namely in the Fitness Centres or the Body building scene (e.g. Californian “Muscle Beach”). Since two decades Doping practices are increasing in Youth culture of mostly male High Scholars abusing drugs “like” in sports, maybe about 10 % of the boys in U.S. or Canada.

Systematic investigations in Germany brought clear figures: In 58 commercial sports studios dangerous anabolic steroids were abused established in 22% of the men and 8% of the women – by there own will! The products were in 88% of cases anabolic, mainly bought illegal. In 19 % the steroids were prescribed by medical doctors. The study of Boos & Smith proved: Drug abuse in Fitness studios has a positive correlation with a low educational and professional status; even a doping “career” shows up.¹⁵

A European Study, financed by the E. U., resulted with lower number of drug abuse in leisure sports, but with a clear tendency, seen as qualities in drug abuse. Also the work of Prof. Sandro Donati proved Drug abuse in Italy, as well as black market and criminal

¹³ A University course at France and many activities like anonymous “Telephone vert” for seeking help; information’s by regional Anti-Doping-Centres. See also a book about prevention against Doping of younger athletes: N. Arndt, A. Singler, G. Treutlein, G. Spitzer and T. Rous, Sport ohne Doping! Argumente und Entscheidungshilfen für junge Sportlerinnen und Sportler sowie in deren Umfeld, 2004 [, „Arguments against Doping to young athletes”; Austrian version in print; cf. www.dsi.de]. A. Singler, G. Treutlein, Doping – Analyse und Praevention, Aachen : Meyer & Meyer Verlag, 2001. See also: “Dopingbekämpfung in kommerziell geförderten Fitnessstudios”. This project has bee carried with the support of the European Community 2001 (on www of BISP.de or EU.org).
ways of distribution\textsuperscript{16} - Massive Doping outside IOC and WADA! More clear than in sports the aspect of Addiction shows up.

Public Health in General as well as helping girls and women in society makes it necessary to fight against legal and mostly illegal buying and abusing pharmacy to other reasons than the were designed. Other aspects are the use of pharmacy for schoolers against abnormal activity: Ritalin\textsuperscript{©} is a pharmaceutical product using Methylphendiate - a derivate of Amphetamine. Anti-Aging medicine with hormonal treatment (real Testosterone!) and so called Nutrition Supplements (in reality containing Steroids or Prohormones and thereby forbidden in Germany) are increasing in selling.

Here is a link for struggle against social drugs and the tendency of “Over-medication” by abusing pharmacy to feel better or avoid pain or moods, which are natural and help to stand a life, even in industrial societies which claim “tough” and “strong” behaviour.

\textsuperscript{16} Cf. A. Donati in G. Spitzer (Ed): \textit{Doping in European Sport},
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Spitzer, G. (Ed.) (2006a), Doping and Doping Control in Europe. Performance Enhancing Drugs, elite sports and leisure time Sport in Denmark, Great Britain, East and West Germany, Poland, France, Italy. Meyer: Oxford / Aachen.
