

H-60.966 Recommendations for Ensuring the Health of the Adolescent Athlete

1. The preparticipation athletic examination should remain focused on ensuring the safety of the adolescent athlete by assessing for health problems that could interfere with athletic performance.
2. When possible, this assessment should include an interview with the adolescent to determine attitudes toward and use of illegal and ergogenic drugs, as well as use of alcohol and tobacco.
3. Women athletes should be assessed for special health problems, such as anemia, amenorrhea, food and water restriction, and bulimia. Male wrestlers should be questioned about weight loss methods.
4. All adolescent athletes should be provided information about the health hazards associated with use of drugs and alcohol, tobacco, ergogenic agents, excessive measures to control weight, and sexually transmissible diseases and unwanted pregnancies. (Amended CSA Rep. B, A-92)

H-470.972 Medical and Nonmedical Uses of Anabolic-Androgenic Steroids

The AMA:

1. reaffirms its concern over the nonmedical use of drugs among athletes, its belief that drug use to enhance or sustain athletic performance is inappropriate, its commitment to cooperate with various other concerned organizations, and its support of appropriate education and rehabilitation programs;
2. reaffirms its support of increased criminal penalties enacted as a part of the Anti-Drug Abuse Act of 1988 and its support of state legislation that addresses the problem of misprescribing;
3. reaffirms its opposition to scheduling of anabolic-androgenic steroids under the federal Controlled Substances Act;
4. reaffirms its willingness to work closely with sports groups, coaches, team owners, amateur and professional athletes, and parents;
5. continues to endorse the public and professional education campaign of the FDA;
6. supports making available to practicing physicians, legislators, sports organizations, educators, adolescents, and the public existing and proposed educational materials and model state legislation on the nonmedical use of anabolic steroids;
7. supports identifying and widely disseminating information on successful initiatives and activities to curtail the problem of nonmedical use;
8. encourages survey efforts that provide a better understanding of the nature and prevalence of nonmedical use;
9. actively encourages further research on short- and long-term health effects, and encourages reporting of suspected adverse effects to the FDA;
10. supports continued efforts to work with sports organizations to increase understanding of health effects and to discourage use of steroids on this basis. (CSA Rep. A, I-89)