



## PERSONNEL BUREAU MEMO

SUBJECT: ANABOLIC STEROIDS AND HUMAN GROWTH HORMONE	
DATE ISSUED	NUMBER
12-21-09	95



1. All members of the Department are expected to uphold the law and maintain a high standard of integrity. Members are responsible for their actions and must ensure that their conduct, including the use of prescription medication, is lawful.

2. Anabolic steroids are controlled substances listed within Schedule II of the New York Public Health Law. With very limited exceptions, the state law requires a written prescription for a controlled substance and that an examination by a practitioner be conducted prior to the issuance of a controlled substance. While legitimate medical uses for anabolic steroids are very limited and include treatment for conditions such as hypogonadism and body wasting diseases, reports in the medical and psychiatric literature suggest a significant association between the inappropriate use of this class of drugs with aggressive, anti-social or inappropriate behavior in some individuals.

3. Body building and/or body enhancement are not legitimate medical uses of anabolic steroids and related substances. Additionally, the dosages required for treatment of the medical conditions requiring use of anabolic steroids are very low when compared to the amount required for body building or body enhancement.

4. Prescription dosages for anabolic steroids written for illegitimate medical purposes very often markedly exceed the dosages required for the treatment of legitimate medical conditions and should raise concern. Each member of the service must make it his/her responsibility to inquire whether the substance prescribed is medically necessary for a legitimate medical condition and whether it has been prescribed in the proper dosage. It will not be considered a justification for steroid abuse that such exceptional dosages were prescribed by a physician.

5. Human Growth Hormone (HGH) is a powerful anabolic hormone that occurs naturally in the human body. It is produced by the pituitary gland in the brain and stimulates the growth of muscle, cartilage and bone. Synthetic HGH which is regulated by the Food and Drug Administration (FDA) is only available by prescription to treat a limited number of conditions including, hormonal deficiency that causes short stature in children, adult deficiency due to rare pituitary tumors or their treatment, and muscle wasting diseases associated with HIV/AIDS. Individuals who use HGH face an increased risk of developing irreversible, excessive growth of bone and other tissues, nerve pain, carpal tunnel syndrome, and elevated glucose and cholesterol levels.

6. It is a misdemeanor under the New York Public Health Law to obtain or attempt to obtain a controlled substance or a prescription for a controlled substance by fraud, deceit, misrepresentation or by the concealment of a material fact. Additionally, it is a violation of New York State Health regulations, with certain defined exceptions, to issue a prescription for a controlled substance without an examination of the patient.

7. Members of the service should be cognizant of these laws when seeking prescriptions for anabolic steroids or any controlled substance. Special caution should be exercised when utilizing the Internet to obtain prescriptions. It is the Drug Enforcement Agency's (DEA) and the New York City Police Department's (NYPD) position that completing a questionnaire that is reviewed by a physician hired by or working on behalf of an Internet pharmacy does not establish a doctor/patient relationship. Accordingly, where there is no actual medical examination of the officer and the relationship is based solely on internet communications, it is questionable whether a doctor/patient relationship can be established between the prescribing health care provider and the member of the service. Such a relationship is required, under the law, before a prescription for a controlled substance is issued. Thus, obtaining any controlled substance without a bona fide doctor/patient relationship is illegal and subjects the member to disciplinary action.

8. As members of the law enforcement community, we need to also note that the manufacture of anabolic steroids is highly regulated. However, the demand for anabolic steroids created through their use for body building and body enhancement creates an illegal market for these substances that is supported through organized crime. Often these compounds are manufactured in a non-regulated environment and are imported from sources outside the United States.

9. It is also important that members of the service are aware that abuse of anabolic steroids may have very serious health consequences such as causing a number of forms of cancer, high blood pressure, infertility, kidney and/or heart disease and some gender specific side effects. Some research also indicates that abuse of anabolic steroids may cause birth defects.

10. Since all members of the service are responsible for following Department policies regarding drug use, all members of the service and applicants for Department positions should also be aware that various commercially available nutritional supplements contain steroids or steroid-like substances sufficient to cause a positive result on certain Department drug tests.

11. On July 28, 2009, the Food and Drug Administration (FDA) issued a Public Health Advisory warning consumers to stop using body building products that are represented as containing steroids or steroid-like substances. Generally, these products, used for bodybuilding, claim to enhance or diminish the effects of hormones like testosterone, estrogen or progestin. These substances are known to be metabolized as hormones and **can generally be found in products marketed as dietary supplements**. In particular, the products labeled with code words like "anaboli" and "tren," or phrases like "blocks estrogen," and "minimizes gyno" are among those contained within the warning issued by the FDA.

12. Such products are frequently marketed as alternatives to anabolic steroids for increasing muscle mass and strength. However, due to the potentially serious health risks associated with using these types of products, the FDA recommends that consumers immediately stop using them. Some symptoms of the use of such products include serious liver injury, stroke, kidney failure, pulmonary embolism (blockage of an artery in the lung), nausea, weakness or fatigue, fever, abdominal pain, chest pain, shortness of breath, jaundice or brown/discolored urine.



13. A list of products that would be considered steroid hormone precursors is attached to this Personnel Bureau Memo as Appendix "A."

14. All members of the service are directed to familiarize themselves with this Personnel Bureau Memo. The abuse of anabolic steroids-HGH or misuse of commercially available steroid-like substances are dangerous to the health and safety of the public, as well as to the individual. These substances are known to be metabolized as steroids and/or hormones and may be generically referred to as hormone precursors. Therefore, any member of the service found to be abusing anabolic steroids-HGH or steroid hormone precursors will be subject to disciplinary action.

15. Personnel Bureau Memo 23, series 2008 is hereby REVOKED.

Rafael Pineiro  
CHIEF OF PERSONNEL

BY DIRECTION OF THE POLICE COMMISSIONER

ANY MEMBER OF THE SERVICE (UNIFORMED OR CIVILIAN) EXPERIENCING OR  
AWARE OF ANOTHER MEMBER EXPERIENCING ANY PROBLEMS RELATING TO:

STRESS  
MARITAL PROBLEMS  
ALCOHOL AND GAMBLING  
EXPOSURE TO AIDS  
POTENTIAL FOR SUICIDES

SHOULD CALL  
HELPLINE (718) 271-7777

SEVEN DAYS-24 HOURS

WE ARE AN EQUAL OPPORTUNITY EMPLOYER

DISTRIBUTION  
All Commands

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## APPENDIX "A"

### **\*\*Non-Exclusive List of Potentially Contaminated Nutritional Supplements\*\***

The following products available for over-the-counter or online purchase may contain prohibited substances not listed on the label or may cause a positive drug test.

Just because a product is not on this list **DOES NOT MEAN IT IS SAFE**. Numerous other products available for purchase may cause a positive drug test or be contaminated.

<i>6-OXO</i> by Ergopharm	<i>NOVEDEX XT</i> by Gaspari Nutrition
<i>6-OXO EXTREME</i> by Ergopharm	<i>HALODROL LIQUIGELS</i> by Gaspari Nutrition
<i>11-OXO</i> by Ergopharm	<i>HYDROXYCUT</i> products by MuscleTech
<i>MELTDOWN</i> by VPX	<i>DECA VOL</i> by Advanced Muscle Science
<i>TREN 250</i> by Genetic Edge Technologies	<i>AROM-X</i> by Advanced Muscle Science
<i>REBOUND XT</i> by Designer Supplements	<i>1-ANDROSTERONE</i> by Advanced Muscle Science
<i>INHIBIT-E</i> by SNS	<i>DIENEDRONE</i> by Advanced Muscle Science
<i>ATTITUDE</i> by SAN	<i>TREN XTREME</i> by American Cellular Laboratories
<i>JUNGLE WARFARE</i> by ALRI	<i>MASS XTREME</i> by American Cellular Laboratories
<i>MASS TABS</i> by IDS	<i>TREN XTREME TREN</i> by Tri-City Chemicals
<i>METHYL-ID</i> by LG Sciences	

\*Products by AMERICAN CELLULAR LABORATORIES  
(Including, but not limited to, TREN XTREME and MASS XTREME)

\*Products by ROCKHARD FORMULATIONS  
(Including, but not limited to, MONSTERDROL, SUPER TREN XTREME and TRI-BOLIC)

\*Products by SUPPLEMENTS911  
(Including, but not limited to, MONSTERDROL and TREN VOL-V)

\* Any Products containing METHASTERONE (SUPERDROL) or  
*2a-17 a-dimethyl-5a-androstane-3-one-17b-ol*

\* Any Products containing Androstenedione, 3,6,17-Androstenedione, or  
*4-etioallocholen-3,6,17-trione*

\* Any Products containing ATD, Androstatrienedione,  
*1,4,6-androstatriene-3,17-dione, or 1,4,6-etioallocholan-dione*

\* All Products that claim to INCREASE TESTOSTERONE or SUPPRESS ESTROGEN

\* Numerous Weight Loss Supplements and Diet Pills (See [www.FDA.gov](http://www.FDA.gov) for more information)

Just because a product is not on this list **DOES NOT MEAN IT IS SAFE**. Members are urged to only use nutritional supplements that are NSF Certified for Sport.

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