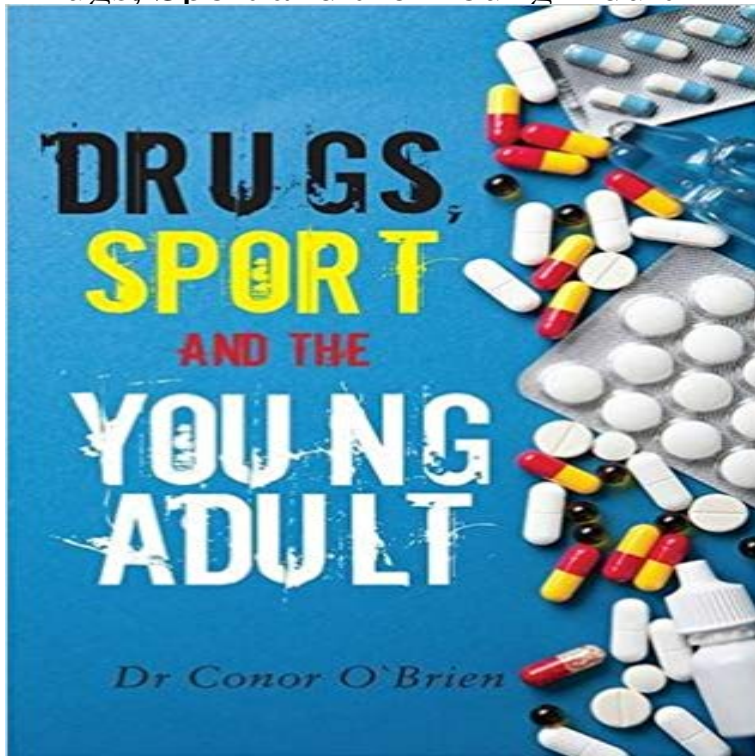


## Drugs, Sport and the Young Adult



For 3 Millennia athletes and young adults have experimented with performance enhancing agents, and drugs. Throughout time the abusers have denied the practice, endeavoured to evade detection and hidden behind the veracity, or lack of, in the rules and laws governing sport. *Drugs, Sport And The Young Adult* gets past the innuendo and subterfuge that frequently accompanies this common practice and highlights the nuts and bolts of drug misuse to the guardians and opinion formers of vulnerable young people. Written in a common sense style by a Dublin Physician who has spent over 20 years working in the area, the book provides practical information on the world of drug abuse, in sport and society. *Drugs, Sport And The Young Adult* guides the reader through the earliest reports of drug abuse in sport up to present day, with real life examples of the causes and effects of a practice which contaminates sport and many aspects of modern living. The book covers issues such as: History of drugs in sport / Creatine / Anabolic steroids / Drug Abuse and Body Image / Growth Hormone / Erythropoietin / Why Athletes Cheat / Stimulants / Street Drugs / Criminality and Drug Abuse / Death and Performance Enhancing Drugs / What to do with a Performance Enhancing Drug Abuser / Enhancing Performance without taking Drugs. *Drugs, Sport And The Young Adult* is a practical and readable insight into the world of drug misuse in sport and society. It guides and informs the reader in a way that will both educate and help to direct potential abusers away from the risks associated with doping and sport. Michele Verroken, Director of Ethics and Anti-Doping at UK Sport, 1986 - 2004.

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