

Steroids, Secrets and Shame

The Questions APED Users
Are Ashamed to Ask

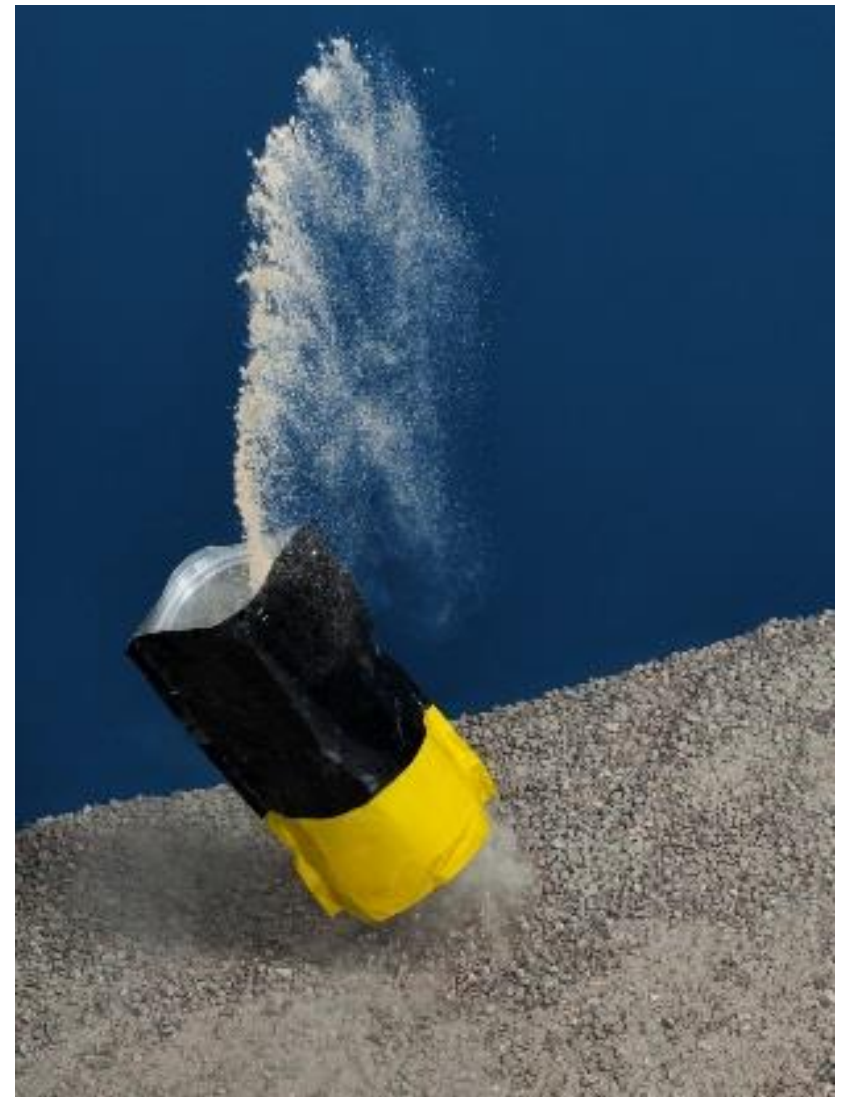
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 **Dopinglinkki**



Background

- The Finnish Antidoping Agency FINADA
- Dopinglinkki
 - Doping prevention in recreational sports
 - Online health advisory service
 - Education (e-learning programs)
 - Scientific research
- A-Clinic Foundation
 - 60 years of experience
 - Health advisory services
 - Treatment





Health advisory service in Finland

- Number of APED users
- Low-threshold health advisory service
- Reaching 10 000 visitors / month
 - Information
 - More than 250 questions
- Other ways to reach APED users
 - Exhibitions, events
 - Education
- Health respective and harm reduction

Questions of APED users

- Anabolic androgenic steroids
- On behalf of their friends or family member
- Diseases & medication & doping substances
- Injection risks and complications
- Bad experiences with health care sector
- Doping substances & alcohol



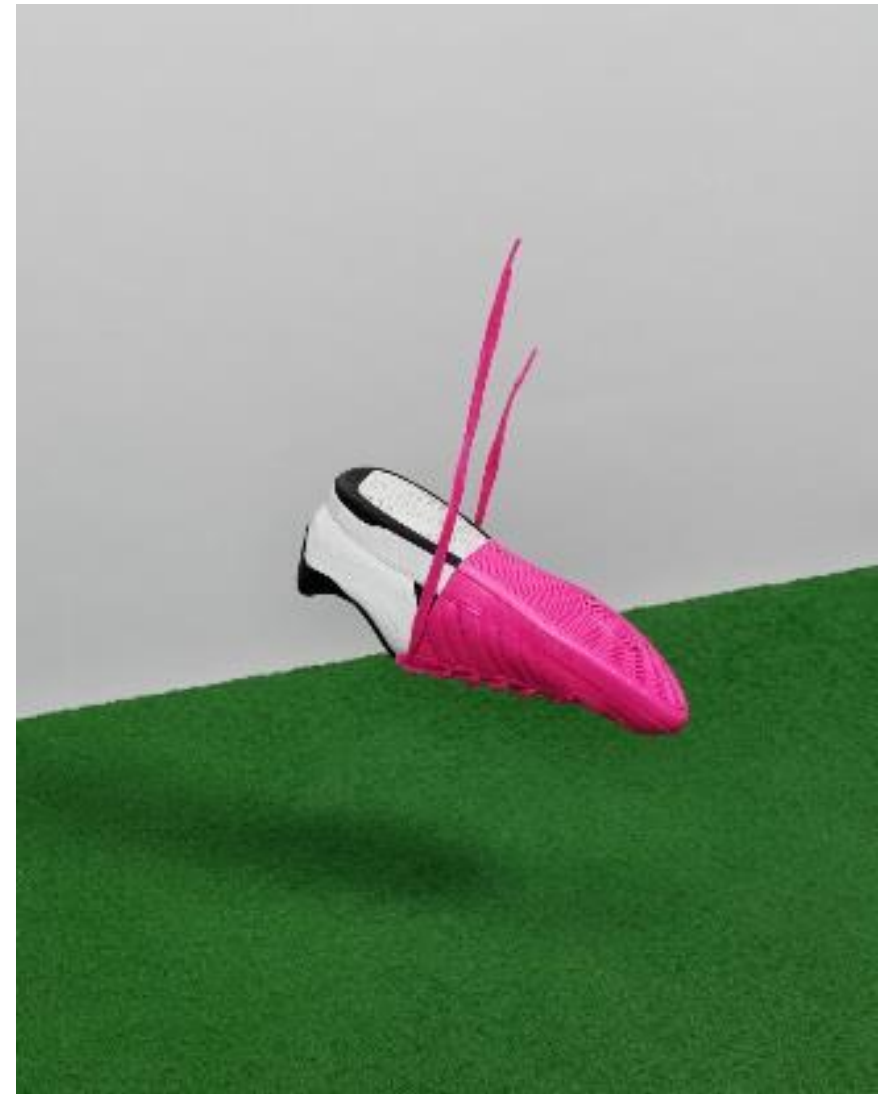
Crime & shame

- Competitive sports
- Doping offences
 - Legislation in Finland
 - Other countries
- Report from health care sector to the police
- Leagues
 - Drugs
 - Doping substances



Shame & worries

- Difficult to admit APED use
 - Health care sector
 - Family
 - Training buddy
- Side effects
 - Long-term side effects
 - Hiding the side effects
 - Behaviour
- Pregnancy
- Teenagers





Conclusion

- Share and spread information
 - APED users
 - Professionals who will come into contact with APED users
- Especially young adults
- Health service based on anonymity is needed in Finland
 - Scientific research
 - Treatment – clinic for doping users



Thank you!

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