

# TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊

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Hong Kong Anti-Doping Committee  
香港運動禁藥委員會

Support Fair Play Compete Clean Everyday  
香港支持公平競賽 運動禁藥人人愛

## Performance enhancing drugs is not only a sports issue A Public Issue Indeed

提昇表現藥物 不單是運動界的問題

## 甚至是社會問題

A good body image is becoming more important in the modern society. In addition to focusing on leanness, muscularity is an important component of body satisfaction. Individuals looking for fast result could end up in misery that could be costly to the individual and to the society as well.

Performance enhancing drugs (PEDs) refer to any substances that will enhance the capacity for physical and/or mental activity. The most commonly used PEDs include steroids, growth hormone, peptides, stimulants, etc.

**The use of PEDs is not limited to elite sport, the community's hunger for PEDs is increasing rapidly all around the world.**

- Between 2007 and 2012, arrests for steroids increased by 213% in Australia.
- The Belgium Police seized twice the amount of illegal hormones and PEDs during 2012 than 2011.
- World Health Organization believes that there is around 3% of high school boys in the USA are taking a steroid or growth hormone.
- In USA, 8% of 18- to 25-year-old male reported using steroids; 28% reported knowing someone who had taken PEDs; and 77% reported that PED use in professional sports puts pressure on young athletes.
- In South Africa, 91% of school athletes believed there was an increased usage of PEDs by their peers; and 84% felt significant pressure was placed on them to use PEDs to win.

**The danger of PED use could not be underestimated.**

PED users frequently consume highly supraphysiological doses of PEDs, combine them with other PEDs and/or other classical drugs of abuse, and thereby impose significant risk to health. In addition to liver and heart disease, stroke and drug dependence, studies showed that high doses or chronic use of steroids increased risk of aggressive or violent behaviour. Studies have indicated that those who engage in the use of steroids are twice as likely to engage in violence compared to non-users. The situation is further intensified by the fact that most of these PEDs obtained from the black market are contaminated with dangerous chemicals.

The relatively unregulated supplement industry also contributes to the problem. A large number of supplements, contain 'prohormones', testosterone boosters, or other products that are advertised as 'legal steroids', could contain actual steroids. Most users are not aware of the dangers imposed by these products.

**The PED issue is not only threatening fair play among the elite athletes, but also imposing criminal threat to the wider community.**

The criminal impact of PED is not only limited to the derived criminal behavior from the side-effects of use, there is also the issue of criminality in use, possession, production and distribution of PED.

(to be continued on page 2)

現今社會越來越重視健美體型，除了追求纖瘦，發達肌肉也是健美身材的重要指標。然而個別人士若走捷徑以達目的，會為個人和社會帶來沉重負擔。

提昇表現藥物(PEDs)泛指一切可以提昇體能及/或腦功能的物質，常見的PEDs包括類固醇、生長激素、肽及刺激劑等。

**PEDs的使用並不只限於精英運動，民間對PEDs的渴求在全球正急速膨脹：**

- 2007至2012年期間，在澳洲的類固醇緝獲個案上升213%。
- 比利時警方充公的非法激素及PEDs，於2011及2012年間上升一倍。
- 世界衛生組織相信在美國約有3%男性高中生正在服用類固醇或生長激素。
- 在美國，8%的18-25歲男性表示有服用類固醇，28%表示認識有人曾服用PEDs，77%表示在職業比賽中使用PEDs會對年輕運動員構成壓力。
- 在南非，91%院校運動員相信朋輩間使用PEDs有增加趨勢，84%表示明顯感受到需服用PEDs以爭取比賽勝利的壓力。

**PED的危害不容忽視**

PED的使用者經常服用高劑量的PEDs，並同時服用多種PEDs及/或受監管藥物，對健康構成嚴重風險。除了導致肝、心臟病變、中風及成癮，研究顯示高劑量及長期服用類固醇容易引起攻擊性行為，相比非使用類固醇人士，使用類固醇者涉及暴力行為的機會高出一倍。此外，因為這些在黑市購得的PEDs往往攙雜有害物質，對身體健康傷害尤深。

相對缺乏監管的補充劑行業亦是構成問題的箇中原因之一。含有激素原、羥酮促進劑及其他被標榜為“合法類固醇”成份的芸芸眾多補充劑之中，當中很多其實含有真正類固醇，消費者往往會對此類產品的危害掉以輕心。

(第二頁繼續)

### Important Dates 重要日期

**27 March 2014**

Outreach Education Programme at the Rugby International Youth Tournament at King's Park

**2014年3月27日**

外展教育計劃將於香港國際青少年欖球賽期間在康士柏公園舉辦

**28 March 2014**

Whereabouts Training Workshop & Anti-doping Information Counter at HKSI

**2014年3月28日**

於體育學院舉辦行蹤資料講座及運動禁藥資訊站

**31 March 2014**

Year 2014 Q2 whereabouts submission deadline for testing pool athletes

**2014年3月31日**

藥檢名單的運動員遞交2014年度第二季行蹤資料的最後限期

### Advisory Notes 重要忠告

A complete summary of important messages to help avoid inadvertent violation of anti-doping regulations are available at HKADC website. Articles newly added into the Advisory Notes are:

#### Supplement warnings

- Products containing unlabeled stimulants
- Amphetamine-like compound found in products

香港運動禁藥委員會網站收錄了一系列針對避免無意中違反運動禁藥規條的忠告。新增的「重要忠告」為：

#### 補充劑警告

- 含未註明刺激劑產品
- 產品中發現類似安非他命合成物

### The Committee 委員會

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傅浩堅教授 MH, JP

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楊世模博士

Mr. CHEUNG Ping Wai  
張炳槐先生

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Studies indicated that PED are manufactured on a massive, global scale and distributed to the users by individuals with links to organized crime. For instance, in Queensland, Australia, criminal motorcycle gangs have got into gyms and using them as an outlet to sell steroids and "ice". It is believed that trafficking of steroids is one of the major sources of income for the gangs.

**The widespread use of PED could not be tackled by sports movement alone.** Partnership between sports movement and public authorities has to be engaged before the widespread use of PEDs could be under control. On one hand, investigative powers of the public authorities, including search and seizure, surveillance, and compulsion of witness testimony, should be mobilized. On the other hand, the anti-doping organizations could provide information and expertise that assists in understanding and developing the available evidence.

WADA has engaged cooperation with both Interpol and World Customs Organization by signing Memorandum of Understanding with these partners in 2008 and 2011 respectively. This enabled the agency to increase intelligence on upstream perpetrators involved in doping activities. The partnerships not only contribute to fairer sport competitions but also provide better protection of the society.

(接第一頁)

**PED的問題不但危害精英運動的公平競賽原則，更為整體社會帶來罪案的隱憂。**

PED所帶來的罪案不只限於其副作用所衍生的犯罪行為，使用、藏有、製造和銷售PED等本身亦涉及犯罪行為。

研究顯示PED往往由與犯罪組織有聯繫人士在全球大規模生產及銷售。例如在澳洲昆士蘭，黑幫電單車黨往往以健身室作為其銷售類固醇和冰毒的窗口，走私類固醇相信是該匪幫主要收入來源之一。

**憑體育界一己之力無法打擊PED的廣泛濫用**

為避免PED的濫用進入失控地步，體育界與政府執法機關的聯手行動已是刻不容緩。一方面，執法機關須要調動其諸如搜查、監視及強制證人作供等偵查權力，另一方面，禁藥管制機構則可以提供資料及專業意見，協助研判及解構所獲證據。

WADA已經先後與國際刑警及世界海關組織於2008及2011年分別簽署了諒解備忘錄，針對在供應源頭從事禁藥活動的罪犯，協助該組織掌握更多情報。該合作項目不但對公平體育競技作出貢獻，更有助改善社會治安。

## Myth buster misconceptions about anti-doping

### 破解謎團

### 有關運動禁藥管制的誤解



**Athlete can refuse to provide a urine and/or blood sample if feeling sick that day.**  
運動員若感到身體不適，可以拒絕提供尿液及/或血液樣本。



Athlete cannot refuse to provide a sample for whatever reason when requested by doping control personnel. Or else, the athlete has already violated the anti-doping rules and may be sanctioned.

當收到藥檢人員通知要進行藥檢，運動員並不可以拒絕提供樣本，否則會觸犯運動禁藥管制規條並受到處分。



**Caffeine is prohibited**  
咖啡因是禁用物質

Caffeine is currently not prohibited in 2014. But it is placed on the WADA 2014 Monitor Program to detect patterns of misuse in sport. 目前(於2014年)咖啡因並未被列為禁用物質，但WADA已將其納入2014年監測計劃之中，跟進咖啡因被體育界濫用的情況。



**HKADC has a list of safe supplements to suggest athletes to use**  
香港運動禁藥委員會備有一份安全補充劑名單可供運動員參考



Supplements are not strictly regulated and may contain hidden ingredients or contamination not listed on their labels. HKADC would not endorse the safety of any supplement.

因補充劑並不受嚴格監管，有機會含有未註明物質或污染物，故此香港運動禁藥委員會不會為任何一種補充劑提供安全承諾。



**Only oral medicines are prohibited. Topical cream, nasal sprays, eye drops etc are allowed.**  
只有口服藥物才有機會列為禁用物質，外用藥膏、噴鼻劑、眼藥水不屬禁用類別。



In most cases, the ingredients, rather than the route of administration, determine the prohibited status of a medicine. Athletes must therefore check the ingredients of a medicine before use at [www.druginsport.hk](http://www.druginsport.hk).

在大部份情況下，一種藥物是否被禁用取決於其所含成份，與使用途徑無關，運動員在使用藥物前必須先到[www.druginsport.hk](http://www.druginsport.hk)檢查其成份是否安全。



**Athlete can only be tested at the times and venues according to the whereabouts submitted.**  
運動員只能於已提交的行蹤資料所包括的時間地點接受藥檢



Anti-doping organizations have the right to test athletes anytime, anywhere as long as they can locate the athletes.

只要能找到該運動員，禁藥管制機構有權於任何時間、任何地點進行藥檢。



# You know the drug and we know your whereabouts all by **the mobile!** 一機在手 運動禁藥免入口，行蹤資料無遺漏 !!

## DruginSport App

As an athlete, you have to be always cautious about the prohibition status of the drugs you are going to take.

To facilitate the checking of drugs' prohibition status, HKADC has launched the *DruginSport* App in February 2014. The Apple iOS version is now ready for free download. Let's try it now! The Android version is coming soon as well.

## ADAMS App

At the same time, athletes of the testing pool have to maintain their whereabouts always updated.

The **ADAMS App** introduced by WADA enables athletes to easily browse and update whereabouts already submitted onto ADAMS. You can now download the application at iTunes App Store for free.

**Athletes are advised to use mobile and the apps to avoid inadvertent doping and update their whereabouts.**

## 運動禁藥資料庫App

作為運動員，必須對所服藥物的禁用狀況提高警覺。

香港運動禁藥委員會為方便大家隨時查閱藥物的禁用狀況，已於2014年2月推出「運動禁藥資料庫App」。免費的蘋果iOS智能手機版本都已經準備就緒，歡迎大家下載。Android版本亦快將推出。

## ADAMS App

同時，在藥檢名單中的運動員均須確保提交的行蹤資料準確。

世界運動禁藥機構(WADA)推出的ADAMS App可讓運動員利用蘋果智能手機輕鬆地檢視及更新已在ADAMS提交的行蹤資料。大家現在可於iTunes App Store免費下載程式。

**各運動員請善用手机及以上Apps  
以避免誤用禁藥及隨時更新行蹤。**



Download  
**DruginSport App**  
iOS version

「運動禁藥資料庫App」  
iOS版本下載



Download  
**ADAMS App**  
iOS version

**ADAMS App**  
iOS版本下載

# 模擬個案 Case Study

Gary is a highly devoted coach who dedicates himself much to sport and his team. Not only does he care about his team's performance, he also treats them as his family and best friends. In a recent event, Tim, his very promising team member, lost the gold medal by a narrow defeat and was therefore very upset. Soon after the match, Tim was notified by a Doping Control Officer (DCO) that he had been selected for a doping test.

Since Gary really wanted to console Tim who was very moody at the moment, he did not want Tim to be disturbed. Thinking what he did was for Tim's good, Gary led the DCO away from Tim and asked the DCO to find someone else to undergo the test.

Gary是一位工作非常投入的教練，對其運動事業及隊員殫精竭慮，除了關注隊員比賽成績，更把他們視為家人摯友一樣關懷備至。在最近一次比賽，他的愛將Tim因為些微分數而落敗，與金牌擦身而過，故此甚為懊惱。賽後不久，Tim接獲運動禁藥管制主任(DCO)的通知，他已被選中接受禁藥檢測。

由於Tim當時情緒異常波動，Gary認為要趁機好好對他勸慰開解一番，而不應讓他受到外人打擾，於是Gary把該DCO帶開，並著他另找人選進行藥物檢測。

## What is wrong with Gary's goodwill?

### Gary的好意到底有甚麼問題?

According to the anti-doping rules, Gary has already violated the rules by "tampering, or attempting to tamper, with any part of doping control". 根據運動禁藥管制規條，Gary已經觸犯了其中“干預或試圖干預任何運動禁藥管制程序”的規條。

## Do the anti-doping rules only apply to athletes?

### 運動禁藥管制規條是否只針對運動員?

No. The rules also pertain to coaches, trainers, officials and other support personnel. It even applies to any other people who may not be related to the sports circle. For example, a watchman of an athlete hostel who does not allow a DCO to gain access to the target athlete for carrying out a doping test may violate the rules. 不是。有關規條同時適用於教練、訓練員、隊中工作人員及其他支援人員。規條甚至涵蓋體育界以外的任何人士。例如，一名在運動員宿舍當值的管理員，若刻意阻撓DCO進入宿舍為目標運動員進行藥檢，其行為即屬犯規。

## Gary's goodwill had got himself in trouble!

### Gary的一番好意竟為自己惹來麻煩!

#### Lessons learnt 教訓 (1)

All athlete support personnel are expected to cooperate with the doping control team in facilitating doping control. 所有運動支援人員必須與運動禁藥管制人員通力合作，以配合其進行藥檢工作。

#### Lessons learnt 教訓 (2)

Being moody and similar reasons should never be used for rejecting being tested for doping control. 心情不佳或類似藉口皆不能成為拒絕接受藥檢的理由。

# Keep posted on Summaries on Anti-Doping Activities

## Get prepared for the New WADA Code

# 掌握禁藥管制年報 履行新法規無難度

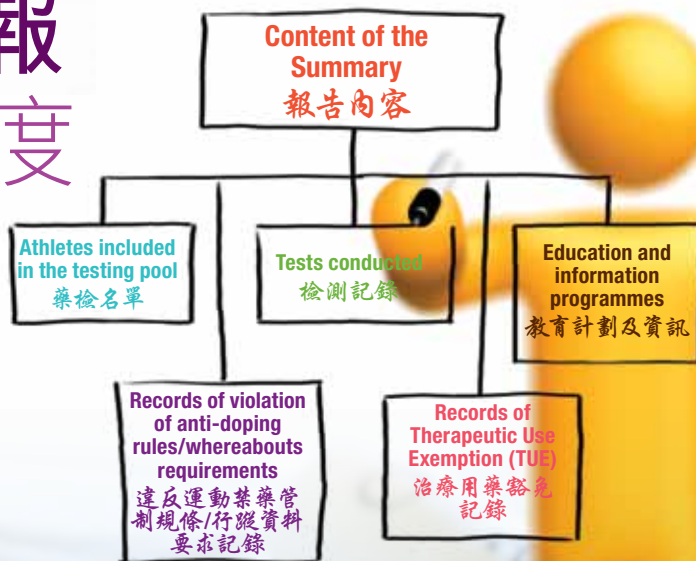
2013 was a fruitful year for the Hong Kong sport industry, same for the anti-doping effort as well. Looking ahead, we are working painstakingly to compile the Summaries on Anti-Doping Activities for the 39 NSAs having participated in our programmes in the past year, enabling them to get better prepared for the new WADA Code, which will become effective on 1 January 2015.

### Ideas and Objectives:

HKADC has been compiling Summaries on Anti-Doping Activities for NSAs in the past 3 years. It is believed that the statistics and information revealed in the summaries could help NSAs strategically allocate resources to arrange anti-doping activities for the sport in the coming year.

The latest summaries will be released in early April. We look forward to having meetings with NSAs to enhance mutual understanding and cooperation. HKADC will also elucidate highlights of the 2015 Code and thus assist NSAs to achieve a smooth transition and implementation of the new regulations.

Let's work together to further improve the anti-doping works in Hong Kong.



回顧2013年，是香港體壇豐收的一年，亦是禁藥管制工作充實的一年。展望來年，新修定之世界運動禁藥法規（新法規）將於2015年1月1日生效，有見及此，我們正密鑼緊鼓為過去一年曾參與本會活動的39個體育總會編製年度報告，以協助本地體育組織為履行新法規做好準備。

### 理念及目標：

委員會已經連續三年為體育總會編製年報，背後的理念，是希望體育總會藉由年報中披露的統計數據及資料，策略性地安排資源，為相關的運動項目計劃來年的運動禁藥管制工作。

最新的報告將於四月上旬發佈，委員會期望與體育總會安排約見，推動與會的相互了解及合作，同時解釋新法規的重點以協助體育總會順利過渡及落實新法規。

讓我們同心協力，攜手進一步完善香港的運動禁藥管制工作。

## What actions related to the use of performance enhancing drugs may violate the laws of Hong Kong?

下列哪一種有關使用提昇表現藥物的行為有可能觸犯香港法例？

- (a) Importing pharmaceutical products from offshore websites without licence  
在沒有許可牌照下從外國網站進口藥物
- (b) Selling of unregistered pharmaceutical products  
販賣未經註冊藥物
- (c) Trafficking of substances regarded as Dangerous Drugs (eg, stimulants)  
走私屬於危險藥物類別的物質（如刺激劑）
- (d) All of the above  
以上皆是

Answer: (d)

